

Oregon Military Department's



Stay Well Newsletter July 2008

Welcome to our Agency's quarterly Health and Wellness Newsletter. The goal of this newsletter is to provide you with health and wellness information and tips on a quarterly basis. As the agency's Health and Wellness Coordinator, I encourage you to participate by providing me with topics or ideas you may have as they relate to Health and Wellness. I will try to share some of that information with other employees within our agency through this link. You can contact me at 503-584-3581 or email me at Robin.M.Webb@mil.state.or.us.

UP COMING & CURRENT EVENTS

Annual Health and Wellness Fair – Our next 2008 Health and Wellness Fair is scheduled for October 1st at the Salem Auditorium on 17th Street from 9:00 AM to 4:00 PM. I don't have a complete list of vendors yet but should have it available within the next month. I am working with PEBB to align flu shots again this year with this event. I will have more information as the event gets closer.

Reminder – Employees are granted 45 minutes of free time to attend the Health Fair event before needing to use leave time. Employees are allowed to combine their 15 minute break for a total of one hour of free time for attendance. For employees located outside the Salem area, if you are interested in sponsoring a Health & Wellness Fair in your location, please contact me at 503-584-3581 or send me an email at Robin.M.Webb@mil.state.or.us.

Global Corporate Challenge – The Oregon Military Department currently has 7 employees who chose to participate in the "Global Corporate Challenge (GCC)." This program consists of a team of 7 members and is a "Walk Around the World" program. The 7 members are Robin Webb, AGP; Steve Petit, AGP; Paul Geck, AGP; Theresa Klopfenstein, AGC; Mike Wilson, AGI; Paula Cilia, USPFO; and Robert Garcia, K-Falls. This event was scheduled to start on May 22nd and ends on September 23rd. So far, our team is in 2585 place and has walked 4,314,782 steps total. Steve Petit just completed his one millionth step!! Congratulations Steve! Paul Geck won a pair of ASICS walking shoes from GCC for being prompt on entering his step count each day.

SUMMER IS HERE AND SO IS THE HEAT!

It's important for anyone who will be outdoors for work or play to know how to cope with the heat. In order of seriousness, these are:

- Heat rash: not dangerous, but definitely uncomfortable. (take shower and apply talcum powder)
- Heat stress: as indicated by such symptoms as extreme thirst, fatigue, dizziness, and even trouble seeing. (take a break in the shade, drink plenty of water)

- Heat cramps: painful muscle spasms in arms, legs or intestines, caused by losing salt as the result of sweating. (cool down and drink plenty of water)
- Heat exhaustion: may cause weakness, dizziness, headache, nausea, chills with clammy skin and profuse sweating. (rest in cool spot, slightly elevate feet, drink cool water)
- Heatstroke: is the most serious and can be life-threatening. Heatstroke is when the cooling action of perspiration stops. The skin may be hot to the touch and the victim may appear confused and show poor coordination. (Call doctor and/or ambulance and move to a cool place then sponge with cold water, apply ice packs until medical help arrives.)

Wearing lightweight, light-colored and loose fitting clothes is helpful. Dehydration should be avoided by drinking plenty of cool (not cold) fluids (not alcohol). Exposure to the sun should be limited as much as possible by scheduling outdoor activities for morning and evening times. Try to stay in the shade if you must be outside midday.

Use sunscreen with a SPF of 30 or higher and eyes should be protected with sun glasses. Avoid heavy meals, instead using light foods at room temperature and choosing small portions of fruits and vegetable, along with cool drinks.

Who May Be at Risk?

Some people are likely to be at greater risk than others on especially hot days. For example, people who

- Overexert during working or exercising – may cause dehydration
- Wear heavy clothing
- Are overweight
- Are ill
- Are tired, having trouble sleeping

When to apply sun screen:

- Approximately 30 minutes before being in the sun
- Reapply after swimming or strenuous exercise
- Throughout the day if you work outdoors

How and where to apply:

- As a rule of thumb, use an ounce (a handful) to cover your entire body
- Make sure to cover ears, back, shoulders and back of knees and legs
- Be careful when applying around eyes

What to look for when buying sunscreen: One that protects against UV-A and UB-B rays and has a sun protection factor (SPF) of at least 15. Look for waterproof brands if you will be sweating or swimming. Also be aware of expiration dates because some ingredients might degrade over time.

STRESS. WHAT IS IT?

The word stress means different things to different people. Some people define stress as events or situations that cause them to feel tension, pressure or negative emotions such as anxiety and anger. Others view stress as the response to these situations. This response includes physiological changes such as increased heart rate and muscle tension as well as emotional and behavioral changes. However, most psychologists read stress as a process

involving a person's interpretation and response to a threatening event.

Stress Management: Twenty proven stress Reducers:

1. Get up 15 minutes earlier in the morning.
2. Prepare for the morning the evening before by setting the breakfast table, making lunches and putting out the clothes you plan to wear.
3. Don't rely on your memory. Write down appointment times, when to pick up laundry and when library books are due, etc.
4. Do nothing that after being done, leads you to tell a lie.
5. Make duplicates of all keys. Bury a house key in a secret spot and carry a duplicate car key in your wallet apart from your key ring.
6. Practice preventive maintenance. Your car, appliances, home and relationships will be less likely to break down/fall apart at the worst possible moment.
7. Be prepared to wait. A paperback can make a wait in a post office line almost pleasant.
8. Procrastination is stressful. Whatever you want to do tomorrow do today and whatever you want to do today do it now.
9. Plan ahead. Don't let the gas tank get below one-quarter full, keep a well stocked emergency shelf of home staples, don't wait until you are down to your last bus token or postage stamp.
10. Don't put up with something that doesn't work right. If your alarm clock, wallet, shoe laces, windshield wipers, etc. are a constant aggravation, get them fixed or get new ones.
11. Allow 15 minutes of extra time to get to appointments. Plan to arrive at an airport two hours before domestic departure times.
12. Eliminate (or restrict) the amount of caffeine in your diet.
13. Always set up contingency plans, "just in case".
14. Relax your standards. The world will not end if the grass doesn't get mowed this weekend.
15. Count the good things that go right. For every one thing that goes wrong, there are probably 10 or 20 blessings.
16. Ask questions. Take a few moments to repeat back directions of what someone expects of you.
17. Say NO! Saying no to extra projects, social activities, and invitations you know you don't have the time or energy for takes practice, self-respect, and a belief that everyone, everyday needs quite time to relax and to be alone.
18. Unplug your phone. Take a long bath, meditate, sleep or read without interruptions.
19. Turn "needs" into preferences. Our basic physical needs translate to food, water and keeping warm. Everything else is a preference. Don't get too attached to preferences.
20. SIMPLIFY, SIMPLIFY, SIMPLIFY

CASCADE EMPLOYEE ASSISTANCE PROGRAM (EAP)

The Employer Assistance Program (EAP) is a free confidential benefit that can assist you with problems that interfere with your day to day activities. This confidential service provides telephone contact and/or in-person sessions. There is no charge to you or your eligible family members. Types of services EAP offers are marital conflict; interpersonal relationship problems; conflict at work; financial, legal, consumer concerns; child care, elder care; depression or anxiety; career changes; stress management; family relationships; grieving a loss; personal decision making; referrals to community resources and information and alcohol and drug abuse. You can contact them in Portland at 503-639-3009; Salem/Keizer at 503-588-0777 or all other areas 1-800-433-2320. You can also contact them on the web at www.cascadecenter.com

LOOKING FOR VOLUNTEERS

I am looking to put together a Wellness Committee for our Agency. If you are interested in volunteering some of

your time to be a part of this, or if you have more questions, please contact me at 503-584-3581. You can also reach me by email at robin.m.webb@mil.state.or.us

DID YOU KNOW?

The lack of physical activity is contributing to higher rates of childhood obesity, which increases the risk of diabetes, heart disease, and other health problems. By enjoying physical activities together with your children, you'll encourage them to develop a lifelong healthy habit.

What can you do?

- Give 'em the runaround - Children are encouraged to play actively for at least 60 minutes each day.
- Be a role model. Go on hikes or long walks, ride bikes, play sports, or engage in any kind of physical activity with them.
- Limit sedentary activities such as watching TV and playing computer and video games to one hour a day.
- Offer them water when they're thirsty. Cut down on sodas, juice and other sweet drinks to no more than one can or cup a day.

The simple act of walking has vast health benefits. Routine walking helps:

- Manage your blood pressure
- Lose weight and gain strength
- Get rid of stress and boost your spirits

Taking that first step can be difficult. Here are a few tips to remember when you start:

- Dress for it. Wear comfortable shoes and protective clothing you can adjust for weather
- Warm up. Stretch and get warm
- Pace yourself. Use the talking test; if you can't hold a conversation because you're out of breath, slow down
- Keep straight. Bad posture can increase your likelihood of injury
- Keep track. How far did you go? A pedometer can help you track your progress.

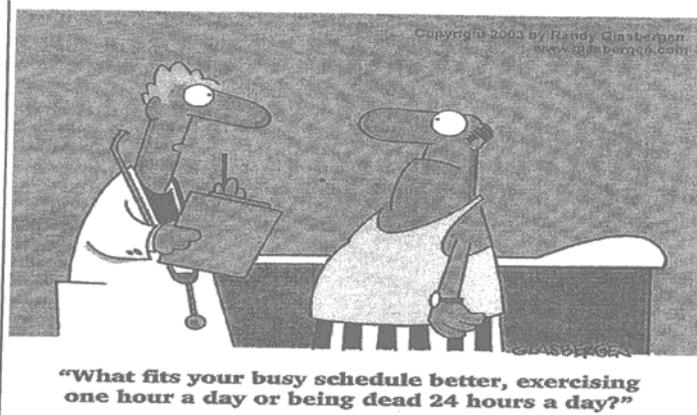
Did you know:

- If you walk 1 hour and 20 minutes, you will burn approximately 305 calories
- If you vacuum for 1 hour and 30 minutes you will burn approximately 290 calories
- If you play golf (while waking and carrying your clubs) for 1 hour you will burn approximately 350 calories
- If you walk the dog for 1 hour and 20 minutes you will burn approximately 400 calories
- If you do water aerobics for 1 hour and 15 minutes you will burn approximately 360 calories
- If you wash your car for 1 hour and 15 minutes you will burn approximately 220 calories
- If you houseclean for 2 hours and 35 minutes you will burn approximately 525 calories
- If you work in the garden for 35 minutes you will burn approximately 165 calories



2008 Fitness Discounts

Medical Plan	Discounts	Locations
<p>Regence BCBSO</p>	<p>GlobalFit</p> <p>Regence members may receive discounted fitness center rates through GlobalFit. The member must enroll through GlobalFit, not the fitness center.</p> <p>YMCA</p> <p>Regence members may receive a discounted New Member rate at participating YMCAs.</p> <p>Discounts vary by location. Contact a participating location for more information.</p> <p>Member must show Regence insurance card to receive discount.</p>	<p>Over 20 clubs in Oregon and Clark County, WA. www.globalfit.com/RegenceOregon or call (800) 294-1500</p> <p>“YMCA discounts” section at www.regence.com/OR/member/advantages.jsp.</p>
<p>Kaiser</p>	<p>Discounts vary by location. Contact a participating location or Kaiser Member Services at (800) 813-2000 or in Portland at (503) 813-2000 for more information.</p> <p>Member must show Kaiser insurance card when joining fitness center to receive discount.</p>	<p>Click Here for Locations</p>
<p>Providence Choice PPO</p>	<p>Providence members can access discounts to fitness clubs, yoga classes, pilates studio, cycling shops, and more through the LifeBalance Program.</p> <p>Members must identify themselves as LifeBalance members and show Providence Health Plan insurance card at participating location to receive discount.</p>	<p>For locations click on the “Search for Savings” section of www.LifeBalanceProgram.com.</p> <p>For further information go to www.LifeBalance.com or call (503) 234-1375 or toll-free (888) 754-5433</p>
<p>Samaritan Select</p>	<p>Samaritan Health Services offers many classes focusing on improving fitness and general well-being including yoga, tai chi, and aquatic exercise.</p> <p>Fees vary by class type and location.</p>	<p>www.samhealth.org/health_info_and_classes/</p>



6/17/2008

BENEFIT RESOURCES

Oregon.gov/das/pebb
Questions about your benefits?

Inquiries.pebb@state.or.us

(503) 373-1102

(800) 788-0520

Medical Plans

Kaiser Permanente: my.kp.org/nw/pebb

Providence Choice: providence.org/pebb

Regency BCBSO: or.regence.com/pebb

Samaritan Select: samaritansselect.com

Mail Order Prescriptions

PPS: ppsrx.com

Walgreens: walgreenshealth.com

Dental Plans

Kaiser Permanente: my.kp.org/nw/pebb

ODS: odscompanies.com/pebb

Willamette Dental: willamettedental.com

Optional Plans

Standard Insurance: standard.com

UnumProvident: unumprovident.com/enroll/pebb