

Oregon Military Department's



Stay Well Newsletter

January 2012

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. Also, check out our Health and Wellness page on the AGP website at <http://www.oregon.gov/OMD/AGP/health.shtml>

You can also contact me at 503-584-3581 or email me at Robin.M.Webb@mil.state.or.us.

UP COMING & CURRENT EVENTS

Up Coming Events



The next Safety, Health and Wellness Event is scheduled for Friday, January 20, 2012 at the Salem Auditorium located at 2310 17th St NE, Salem. This event will run from 10:00 AM to 4:00 PM and is **FREE and OPEN TO THE PUBLIC**. Here are just a few of the vendors scheduled to attend: Marion County District Attorney's Office; Life Source Natural Foods; Juice Plus; Salem Cherriot's Bus Service; Eugene Vet Center; Salem Vet Center; Oregon Family Program; Military One Source; Albany/Salem & Keizer Hearing Aid; COSTCO; NW Human Services; STREET Combat Defense Systems; Salem Hospital and many more.

Also, in supporting the Governor's 2012 State Employees Food Drive, bring in a can of food and you will be entered into a drawing for a \$25 gift card.

For more information, contact Robin Webb at 503-584-3581 or by email at robin.m.webb@mil.state.or.us

Safety & Health Trivia Game



Our Safety & Health Trivia game ends on Friday, January 6th so if you haven't submitted your questionnaire, your time is running short. If you did not get the questionnaire email, contact Robin Webb at 503-584-3581 or by email at robin.m.webb@mil.state.or.us to get a game piece. All applicants will be submitted into a drawing for a \$25 gift card. The first person to submit a completed trivia form with all correct answers will receive a Safety Coin. The next three runners up will receive a free pair of Safety Glasses. Winners will be announced the week of January 9th, 2012.

Cook Book Fundraiser

The JFHQ Family Program is putting together Cook Books as a fundraiser. If you are interested in submitting recipes and having your name in print, send them to Robin Webb at robin.m.webb@mil.state.or.us. The deadline for submission is

January 31st. If you are interested in reserving one, they will be selling for \$10 each and should be ready sometime this spring. Please let Robin know so she can add you to the reservation list as supplies will be limited.

The Biggest Loser

Are you located in the Salem area and need a little motivation to loss weight? JFHQ has set up "The Biggest Loser" competition which officially begins on January 4th, 2012 with initial weigh in. This event runs for 12 weeks and has a \$10.00 registration fee. Final weigh in is on Wednesday, March 28th. Winners will be determined by the largest percentage of weight loss within their section, as well as a grand prize winner of the entire competition.

This Competition is open to everyone, federal or state. For more information or competition rules, contact SSG Stacey Lyman at 503-584-3943 or by email at Stacey.lyman@us.army.mil.

Up Coming Training Opportunities



JOINT Training Classes **(State, Federal & Contractors)**

Safety Committee Training



Due to our increase in workers compensation costs over the last several years, the Executive Safety Committee decided to institute a Mandatory Safety Committee training class and a Manager/Supervisor Safety Training Class. Both classes consist of OSHA materials and review of OSHA Division One. All safety committee members and Managers/Supervisors are required to attend this training. One of the objectives of the class will be to review each Safety Committee's By-Laws and/or Charters. Although all classes have been conducted, a make up class has been scheduled in January. The class instructors are Marc Snook and Robin Webb. A list of training classes are as follows:

Location	Date	Class	Room	Conf. Call Number
JFHQ	January 11, 2012	Safety Committee	200	866-308-7464 – Pswd 111222
JFHQ	January 18, 2012	Safety Managers/Supervisors	200	866-308-7464 – Pswd 111222

Each class is currently scheduled from 8 AM to Noon, end time is really determined by the number of questions or concerns the class materials might raise. These classes are open to everyone (State or Federal) so if you are interested in attending either class or missed a class and need to make one up, please contact Robin Webb at 503-584-3581 or by email at robin.m.webb@mil.state.or.us Everyone needs to register in order to make sure there are enough class materials for everyone. For those of you who are out of the area but still need to do a class, you can participate by phone at the Conference Call Number listed above. Please register at least several days before class so that you will have time to receive your class materials in the mail.

American Red Cross

Are you looking for some training classes on First Aid/CPR/AED or Lifeguarding & Swimming, Caregiving & Babysitting or how to become a licensed training provider? Check out the American Red Cross Website at <http://www.redcross.org/en/takeaclass> to see what classes are available in your area.

Salem Community Health Education Center

Check out the Salem Health Education Center for classes relating to Kids, Infant CPR, Cooking classes and more at <http://www.salemhealth.org/home.php#!chec.classes>

Employee Guide Training

This is a two hour presentation in which topics such as teamwork, customer service, stress, health, workplace violence and discrimination is covered. This class is a great time for employee's to gather and share information for personal development and is open to everyone. Date for the next class is yet to be determined.

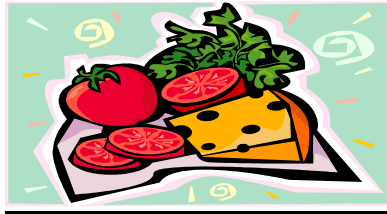
If you are interested in attending, log into iLearn or contact Paul Geck at 503-584-3815.

For other available training opportunities, check out iLearn. There are many online classes offered in the iLearn course catalog such as SAIF training, software courses for Microsoft Office, and other useful classes. Registering for classes through iLearn automatically updates your State Training Transcript which contains your list of training accomplishments. For more information and a list of classes, check out our website at <http://www.oregon.gov/OMD/AGP/Training.shtml> or contact Paul Geck in AGP at 503-584-3815 for more information.

FEDERAL Training Classes

For current schedule of Federal Technician training, contact HR at 503-584-3839. For current schedule of training for AGR's, contact DCSOPS at 503-584-3617.

Current News Releases/Alerts



Keep up on current Consumer Product Safety (CPSC) recalls and advisories at <http://www.cpsc.gov/#> Here you will find all product safety recalls on items such as strollers, ladders, gel fuel, etc.

Keep up on current Public Health news releases and Advisories by checking out the Oregon Health Authorities website at <http://public.health.oregon.gov/NewsAdvisories/Pages/index.aspx> There you will find topics that may be of interest to you, such as Flu news, Product Safety recalls, Food Safety Alerts, etc. You can also sign up for free email alerts.

FDA's New Food Group Icon



The Department of Agriculture (USDA) has replaced the former "Food Pyramid" with the new "My Plate" icon. This icon aims to help consumers make healthier food choices. "My Plate" focuses on fruit, vegetable grains, protein and dairy food groups, and also encourages consumers to fill half their plate with vegetables and fruits.

Check out their new website at www.ChooseMyPlate.gov which provides additional nutritional guidance as well as tips, recipes and sample diets. This site also includes interactive tools to help people manage their diets and track exercise and weight.

Martin Luther King Day of Service

What is MLK Day of Service? Dr. Martin Luther King Jr. once said, "Life's most persistent and urgent question is: 'What are you doing for others?'" Each year, Americans across the country answer that question by coming together on the King Holiday to serve their neighbors and communities.

The MLK Day of Service is a part of [United We Serve](#), the President's National Call to Service initiative. It calls for Americans from all walks of life to work together to provide solutions to our most pressing national problems. To see what is happening in your area, go to <http://mlkday.gov/>.

Cascade Employee Assistance Program (EAP)



The Employee Assistance Program (EAP) is a free confidential benefit for state employees 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 on 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

January is National Blood Donor Month



January is National Blood Donor Month and above all other times of the year, it is the month that presents the most challenges for blood collection. Changing weather, busy holiday schedules, increased cold and flu symptoms and even the winter blues can keep the most dedicated blood donors from making or keeping an appointment to give.

This January is no exception with the local Red Cross in need of blood donations. First-time and regular donors are encouraged to make a difference in their communities by scheduling an appointment to give blood every January, and regularly thereafter. Remember, just one pint of blood can help save multiple lives.

How to Donate Blood

Simply call 1-800-RED CROSS (1-800-733-2767) or visit redcrossblood.org to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license, or two other forms of identification are required at check-in. Individuals who are 17 years of age (16 with parental permission in some states), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

About the American Red Cross

Governed by volunteers and supported by giving individuals and communities, the American Red Cross is the single largest supplier of blood products to hospitals throughout the United States. While local hospital needs are always met first, the Red Cross also helps ensure no patient goes without blood no matter where or when they need it. In addition to providing nearly half of the nation's blood supply, the Red Cross provides relief to victims of disaster, trains millions in lifesaving skills, serves as a communication link between U.S. military members and their families, and assists victims of international disasters or conflicts.

Get Smart – Know When Antibiotics Work



According to the Center for Disease Control and Prevention, here is what everyone should know and do when you feel a cold coming on.

Snort. Sniffle. Sneeze. No Antibiotics Please!

Are you aware that colds, flu, most sore throats, and bronchitis are caused by viruses? Did you know that antibiotics do not help fight viruses? It's true. Plus, taking antibiotics when you have a virus may do more harm than good. Taking antibiotics when they are not needed increases your risk of getting an infection later that resists antibiotic treatment.

If You Have a Cold or Flu, Antibiotics Won't Work For You!

- **Antibiotics cure bacterial infections, not viral infections such as:**
 - Colds or flu;
 - Most coughs and bronchitis;
 - Sore throats not caused by strep; or
 - Runny noses (with green or yellow mucus).

- **Taking antibiotics for viral infections, such as a cold, cough, the flu, or most bronchitis, will not:**
 - Cure the infections;
 - Keep other individuals from catching the illness; or
 - Help you feel better.

What Can You Do To Protect Yourself Or Your Child?

When you use antibiotics appropriately, you do the best for your health, your family's health, and the health of those around you. "We want Americans to keep their families and communities healthy by getting smart about the proper use of antibiotics," said Lauri Hicks, D.O., medical director of CDC's Get Smart campaign.

What To Do

- Talk with your healthcare provider about antibiotic resistance.
- When you are prescribed an antibiotic, take it exactly as the doctor tells you. Complete the prescribed course even if you are feeling better. If treatment stops too soon, some bacteria may survive and re-infect you.
- This goes for children, too. Make sure your children take all medication as prescribed, even if they feel better.
- Throw away any leftover medication once you have completed your prescription

For more information go to <http://www.cdc.gov/GetSmart/antibiotic-use/know-and-do.html>

February is American Heart Month: Are You Doing Enough?



February is American Heart month and that means it's a good moment to think about a disease that kills more than 600,000 Americans each year. Heart disease is the leading killer amongst both men and women.

But there's lots we can do to stay heart healthy. According to the [CDC](#), making these healthy lifestyle choices can help:

- Choose lean meats and poultry without skin and prepare them without added saturated and Trans fat.
- Select fat-free, 1percent fat and low-fat dairy products.
- Cut back on foods containing partially hydrogenated vegetable oils to reduce Tran's fat in your diet.
- Cut back on foods high in dietary cholesterol. Aim to eat less than 300 mg of cholesterol each day.
- Cut back on beverages and foods with added sugars.
- Select and purchase foods lower in salt/sodium.
- If you drink alcohol, drink in moderation. That means no more than one drink per day if you're a woman and two drinks per day if you're a man.
- Keep an eye on your portion sizes.

It's also important to know the signs of an impending heart attack, because they can start slowly and symptoms may seem mild. According to the [National Heart, Lung and Blood Institute](#), these are the signs that may mean a heart attack is in progress.

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath. May occur with or without chest discomfort.
- Other signs may include breaking out in a cold sweat, nausea, or lightheadedness.

For more information, check out the [CDC](#) and the [American Heart Association](#).

2012 Governor's Food Drive will run from January 30 - March 2, 2012

It's that time of year again. The Governor's Food Drive committee is hard at work getting ready for the 2012 Food Drive. The need is greater than ever and this year's theme is "The Face of Hunger." The goal this year is that no one in this state should go hungry.

You can donate through Payroll Deduction at http://oregon.gov/FOODDRIVE/docs/j_doc.pdf, or bring in a non perishable food item at work. Watch your emails for more information as this date grows closer.



March is National Nutrition Month



Splash some color on your plate! It's National Nutrition Month and the theme is "Eat Right with Color." This month the American Dietetic Association wants you to make healthy choices by incorporating a colorful variety of fruits, vegetables, whole grains, lean proteins and dairy into your meals every day.

"ADA encourages all Americans to take time during National Nutrition Month to look at their eating patterns and begin to make the small improvements that, over time, add up to significant health benefits," says registered dietitian and ADA President Judith C. Rodriguez.

National Nutrition Month

National Nutrition Month is an annual campaign sponsored by the American Dietetic Association to promote nutrition awareness and education. It originated in 1973 as "National Nutrition Week" and expanded to the month-long observance in 1980 in response to growing public interest in nutrition. The theme changes each year, but it always focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

Eat Right with Color

This year's theme, "Eat Right with Color," provides an easy way to focus on improving eating habits — simply include plenty of color on your plate!

"Adding a splash of colorful seasonal foods to your plate makes for more than just a festive meal. A rainbow of foods creates a palette of nutrients, each with a different bundle of potential benefits for a healthful eating plan," says registered dietitian and ADA Spokesperson Karen Ansel, who offers up a quick fruit and vegetable color guide.

For more tips visit the [National Nutrition Month section](#). Plenty of resources are available, including recipes, interactive games, nutrition education resources and the [NNM blog](#).

PEBB Weight Loss Benefits

PEBB medical plans cover participation in **Weight Watchers®** for the principal subscriber and their covered spouses or domestic partners at no cost after completing a confidential online health assessment.



For the brochure that describes how to access the Weight Watchers benefit in 2012, click here <http://www.mypowwr.com/downloads/PEBB2012.pdf> .

2012 Weight Watchers Eligibility

Learn how to take your health assessment	
PEBB Statewide and Providence Choice	Kaiser Permanente
<ul style="list-style-type: none"> • Register for an account on MyProvidence.org • Log In • Click "WebMD HealthQuotient" • Click "Take HealthQuotient Now" • Complete the Assessment • After three weeks, call Weight Watchers at 1-866-454-2144* 	<ul style="list-style-type: none"> • Register for an account on kp.org • Log In • Click "Health Manager" • Click "Total Health Assessment" • Click "Start Succeed Now" • Follow the instructions and complete the Assessment. • After three weeks, call Weight Watchers at 1-866-454-2144*

*If you live in Lane, Douglas, Coos, Curry, Josephine, Jackson or Klamath counties, call 1-800-651-6000.

State Employee Insurance Plans

<p>Public Employees' Benefit Board 1225 Ferry St SE Salem, OR 97301</p>	<p>E-mail: Eligibility and Enrollment E-mail: Comments for the Board (503) 373-1102, fax (503) 373-1654</p>
	<p>Kaiser Permanente <i>(Medical and Vision)</i></p> <p>1-800-813-2000 Website</p>
	<p>Providence Health Plans <i>(Medical)</i></p> <p>1-800-423-9470 Website</p>

	<p>VSP (Vision for Providence Choice and PEBB Statewide)</p> <p>1-800-877-7195 Website</p>
	<p>ODS (Dental)</p> <p>1-800-452-1058 Website</p>
	<p>Willamette Dental (Dental)</p> <p>1-800-460-7644 Website</p>
	<p>The Standard (Life and Disability)</p> <p>1-800-242-1888; Disability 1-800-842-1707 Website</p>
	<p>UNUM (Long Term Care Insurance)</p> <p>1-800-227-4165 Website</p>
	<p>Cascade Centers Inc. (Employee Assistance Program)</p> <p>1-800-433-2320 Website</p>
	<p>BenefitHelp Solutions (COBRA, Retiree and Self-pay participants)</p> <p>1-800-556-3137; Portland 503-765-3581 Website</p>
	<p>ASIFlex (Flexible Spending Accounts)</p> <p>1-800-659-3035 Website</p>

Federal Employee Information

TriWest Health Care Alliance: For questions about enrollment, eligibility, benefits, authorizations and claims. Call: 1-888-TRIWEST (874-9378). Their hours of operation are Mon-Fri 8:00am - 6:00pm, All US Time Zones.
www.triwest.com

TRICARE: For questions about benefits, etc., you can call 1-800-600-9332 or go on line at <http://www.tricare.mil/contactus/>

PEBB Offers Improved Tobacco Cessation Benefits

The Quit For Life® Program has resources to help you, and your chances of quitting will be eight times greater than trying to quit on your own. Call 1.866.QUIT.4.LIFE (1-866-784-8454).



No matter which medical plan you're in, if you use tobacco, you have access to a complete support program to help you quit.

Your benefits include an expanded Quit for Life Program. If you're in a Kaiser, Providence, or the PEBB statewide plan, you have no-cost access to:

- Unlimited phone consultations with a trained quit coach who knows how tough it can be to quit
- Printed guides to help you plan and stick to your personalized quit program
- Private, online Web coaching
- Nicotine replacement therapy -- patch or gum -- sent right to your home

Prescription medications to help you quit

The Free and Clear benefit also covers medications your provider may prescribe to help you quit -- bupropion (generic form of Wellbutrin) and Chantix.

PEBB-covered quitting assistance through the Free & Clear Program						
Medical Plan	Phone consults	Quit guide	Web coach	No-cost patch or gum	Co-pay for prescribed medication (co-pay in part-time plans)	
					Bupropion	Chantix
Kaiser Permanente*	Y	Y	Y	Y	\$1	\$5 (\$10)
PEBB Statewide	Y	Y	Y	Y	\$0	\$5 (\$10)
Providence Choice	Y	Y	Y	Y	\$0	\$5 (\$10)


***KAISER PERMANENTE MEMBERS:** Call the "Talk With a Health Coach" service at (503) 286-6816 or 1-866-301-3866 (toll free) and select option 2. They will guide you to your maximum benefits as a PEBB member in Kaiser Permanente.

All PEBB members -- employees and their eligible dependents 18 or older -- have access to the Quit for Life Program. Get in touch now for personalized, professional support every step of the way.

Call Toll-free: **1-866-QUIT-4-LIFE (784-8454)**.*; [Or enroll online.](#)

2011 Fitness Discounts

Here are some links to fitness discounts provided through both Providence and Kaiser health plans for state employees:

Medical Plan	Discounts
	<p>Kaiser Permanente offers fitness discounts to members through its contract with the CHP group. Members can also save money on nearly everything active, healthy and fun. Click here for CHP offerings.</p> <p>Member can find information on the corporate fitness discount on the CHP site: http://chpactiveandhealthy.com</p>



PEBB Statewide and Providence Choice plan members can access discounts to fitness clubs, yoga classes, pilates studio, cycling shops, and more through the [LifeBalance Program](#).

Members must identify themselves as LifeBalance members and show Providence Health Plan insurance card at participating location to receive discount.

Go to: lifebalanceprogram.com or call 503-234-1375 or 1-888-754-5433

Quarterly Funnies

1. There's lots of people in this world who spend so much time watching their health that they haven't the time to enjoy it. – Josh Billings
2. Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon.
3. Eat right, exercise regularly, die anyway. – Author Unknown.
4. If I'd known I was going to live so long, I'd have taken better care of myself. – Leon Eldred
5. Be careful about reading health books. You may die of a misprint. – Mark Twain
6. I drive way too fast to worry about cholesterol. – Unknown Author
7. We drink to one another's health and spoil our own. – Jerome Jerome.



Fruit and Vegetable Word Find

S X A L I T X B J T P T P Q U W I L N D F U T E R J Y R I L
 N E Z P O F R R M S I J W S I X K N Z O R R A C G T J E M Y E T Q
 Z C I M I O E U J U Q G S J N S T O R R A C O E W I S E H D
 F J A R C Z N V R E S E I R R E B W A R T S N X O D F R N A
 I T D C R Y Q F H H T O M P X N W A C P B N P E A L K B S S A S
 O M O N I E E O R Y K E M P G L O S P E B T D C E F I G S K A
 L L W E K P B J F B E Y T T P R N Y P H T G T K I O G W L H
 I A E I A J O E C U C U M B E R S I F L L W A L L S W S S Q
 F J H R P K W D U O F H I P J J W H O V E O R N U T O A M S
 L O G R A I S I N L R I W E E L B K M N M V I E A D U A F K
 X T Y M B I P W F I B A M O B F S O K D O A N L C Q L F N D
 F X B Z Y H T H F C I T N H V O F Y D X N I E E S Y J Q N I
 F O T V R G W P B K I Y I G E N Y S V B W L M Z T E O I M Z
 L B F E E M I L Q F Y B V R E H D A W X E T P H V E D K L N
 T X I C L H U R Q W T A J T U O R P S B I H D Z Y O K C F C
 W A V J E C W E L G H N C J B G D P M A W L Z N O X G A N V
 J M A I C A J D G D T A W P J P Y S A T N G B A E Q Z G D M
 V F T H W N K U Q A S N F J E L F A K H F U J C C H O I R K
 U Z T B J I V W F N B A Q M H Y J R B D R I U M R B P X T H
 Y T Y P N P T X F H V B Z I F Z D F L R Z T T P E F Q L E X
 P S V O Z S W Y V J F N A R W O X C C Y T U H A G V O D O I
 Z F J Z V L S L O N E H L C N I H N C E U C N S A U T V O S
 R G Y V T X T N V R N B P F S J K L L V T D W Q K Z W D P L
 U W C E I I S R V D V C Q P U G D J A B M K B Y B B Y W Z T
 W F S S N D H G X E T H K Z Q V Q X D V I G Z R D L G L Z M
 M D G A E C M K Y N H R D B U K T D X E L E P V K W V M Q T
 C K E R S P I Y D W H D L O S T F K T U Q U D P U E R Y E U
 O O U T T U A U C X G F R X F I K O X P X R E O C W G K K Q
 D K V L T S P R E S P X W F O M E L O N V S C D U C H N W H
 M U T Z Y E N F G T P E S A O Z H T H G L P W K N A Z F S R

BANANA
 BEAN
 BLUEBERRIES
 BROCCOLI
 CABBAGE
 CARROTS
 CAULIFLOWER
 CELERY
 CUCUMBERS
 GRAPEFRUIT
 GRAPES
 KIWI
 LEMON
 LETTUCE
 LIME
 MELON
 NECTARINE

ONION
 ORANGE
 PINEAPPLE
 RAISIN
 SPINACH
 SPROUT
 SQUASH
 STRAWBERRIES
 TOMATO