

Oregon Military Department's



Stay Well Newsletter

October 2010

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 new 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

Open Enrollment Time



October is Open Enrollment month. This year everyone is required to re-enroll for your 2011 medical and dental plans even if you are not making any changes. PEBB has announced a list of changes for the 2011 benefit year so if you have not already re-enrolled, make sure you do by the 31st of this month. If you don't re-enroll in a medical or dental plan for 2011, you will automatically be enrolled for employee-only coverage through PEBB.

To enroll, go to <https://pebb.benefits.oregon.gov/members> . You will need to log in with your user name and password. If this is your first time, you will need to register first. Also, check out PEBB's Resources and Plan Resources on the PEBB website at <http://pebb.das.state.or.us/DAS/PEBB/>

AED/First Aid/CPR Training



We are currently looking at scheduling an AED/First Aid/CPR class at Kingsley Field Airbase in Klamath Falls in the **next several months**. The cost of the classes will be free but there is a \$1.25 charge for the certification card. If this is something you would be interested in attending, please

contact Robin Webb at 503-584-3581 or by email robin.m.webb@mil.state.or.us to get signed up. This class will be open to everyone, civilian and soldiers.

Flu Shot Clinics

Have you had your flu shot yet? If not, PEBB health plans are sponsoring flu vaccine clinics in state worksites mid-September through December 2010. Schedules are updated weekly so check out the PEBB website frequently to see if your location comes up. The link is <http://pebb.das.state.or.us/DAS/PEBB/flushots.shtml>



Things to keep in mind with PEBB Flu Shot Clinic's:

- Vaccinations are provided on a first-come-first-served basis.
- All eligible PEBB members and dependents currently enrolled in a PEBB medical plan may receive a free flu shot at the worksite flu shot clinics.
- Clinics will provide CDC-approved vaccine which protects against H1N1 and 2 other strains of influenza. Pneumococcal vaccine will not be available at these clinics
- Dependents must be at least 12 years old. Dependents younger than 15 must have written consent from a parent or guardian.
- Members and dependents must show the enrolled member's medical plan ID card and complete a short insurance form.
- Employees who are not covered by PEBB (temporaries, contract workers, etc.) may receive a flu shot for \$30. Cash or check accepted. No credit cards.
- Wear clothing that allows access to your upper arm.

Members may have access to vaccination against seasonal flu through resources in their community. These resources include pharmacies, public health agencies and medical providers.

Other Available Training Classes



Next time you are ready to do some training check out iLearn. There are many online classes offered in the iLearn course catalog such as safety training from OSHA, 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.

Basic Steps for Flu Prevention

The flu is a seasonal disease caused by the Orthomyxoviridus virus. It spreads via airborne droplets and contaminated surfaces. It's highly contagious – people can spread the flu even if they don't know they're sick. Influenza spreads mainly person-to-person when infected people cough or sneeze. A few simple, everyday steps will help you stay healthy and protected from the flu virus:

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand sanitizers are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Try to avoid close contact with sick people.
- [Stay home if you become sick.](#)

Hand-washing technique

Washing your hands often will help protect you from germs. When you wash your hands, use soap and warm water. Wash for 15 to 20 seconds. When soap and water are not available, alcohol-based sanitizers may be used. You can find them in most supermarkets and drugstores. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.

Get a flu shot

Most deaths and hospitalizations from influenza and its related complications occur in babies, the elderly, and people with weakened immune systems. But most flu transmissions come from young, healthy, unvaccinated children and adults. That's why [vaccination](#) is such an important part of flu prevention.

To find out where you can get your flu shot or vaccine, call the statewide toll-free flu hotline at 1-800-978-3040.

Other ways to reduce the spread of the virus:

- Clean work and household surfaces often
- Wear a mask if you have a weakened immune system
- Ask your family, friends and health providers to get a flu vaccination

Make yourself less susceptible to the virus:

- Get an annual influenza vaccination
- Get plenty of sleep
- Exercise and eat well
- Manage any [chronic conditions](#)

Employee Assistance Program

As part of your benefit package through PEBB, you are eligible for the Employee Assistance Program through Cascade Centers. So, if you're struggling with a work or family issue, free **confidential** help is just a call away at 1-800-433-2320. Here is a list of items they may be able to help you with:

- Marital or premarital problems
- Alcohol or drug abuse
- Interpersonal issues
- Conflict at work
- Depression or Anxiety
- Stress management
- Family relationships
- Grieving a loss
- Financial, legal or consumer concerns
- Personal decision making

Free Legal & Financial Advice

Through Cascade, you can have an initial, free 30-minute office or phone consultation with an attorney or CPA on a legal or financial issue (up to three per year). And if the issue needs further attention, you can hire the professional at 25 percent off of his or her normal hourly rate.

Homeownership Savings

This is a **no cost, no obligation** program where you can receive **free** consultation on using this service and also take advantage of substantial savings. You can save up to 50% off closing costs when buying, selling or refinancing a home. Get discounts on lender fees, real estate commissions, home inspection and moving services nationwide. Call (866) 505-3244. Or, you can [sign up online](#).

Child & Elder Care Resources

Cascade Center will round up information and resources for you on any child or elder care issue. Examples include infant-to-college-age resources on education, childcare, parenting and adoption. For elders, examples include such issues as housing, alternative living, home health, community services, legal concerns and access to medical care.

Identity Theft Recovery

Where do you turn if you think someone has stolen your identity? Turn to the Cascade EAP. They'll provide unlimited phone consultation for identity theft recover. They'll help you manage and contact credit, ATM and other banking accounts. They'll also help you in resolving credit problems that can result. And, they'll be a free referral resource for access to consumer hotlines, government resources and Identity Theft Insurance providers.

Crisis Counseling

A personal or family crisis can turn your world upside down in a second, and crises can come up at any time. That's why Cascade Centers offers crisis counseling 24-hours a day, seven days a week. The service is available to you and all your eligible dependents, even if they live outside the state. Just call (800) 433-2320.

Help for Busy People

The Cascade EAP offers information and resources to help today's busy people keep their minds on work. Call Cascade to find resources to make your life easier. Just call 1-800-433-2320.

Small Steps for Your Health

According to the American Diabetes Association, there are many things the "experts" tell us to do to get to and stay at a healthy weight and prevent type 2 diabetes: Choose healthy foods, make healthy meals, and be active 30 minutes a day. But where should you start? It's not easy to do all of this every day living in today's fast-paced and fast-food world. And it can be even harder if you have a lot of changes you want to make.

It's easier to make lifestyle changes one step at a time—over months and years. Think of each small step as one piece of your effort to change your habits. Making changes one step at a time gives you the best chance to reach and stay at a healthy weight and prevent type 2 diabetes. The good news is that making just a few small changes can have make a big impact on your weight and health. Learn how to make these changes step-by-step.

Is your health at risk?

People around you may tell you that you have a problem with your weight or health. But what do you think? If you don't believe you have a problem, you will probably not want to make changes. You may even resent or be angry at the people pushing you to change. If you do think you have a problem, you will probably succeed. Step number one: accept that you have habits you need to change.

Are you ready, willing, and able to change?

To succeed at making lifestyle changes you need to answer YES to the question, "Are you ready, willing, and able to change?" The experts say that for people to change, making the change must be important to them. In other words, you must have good reasons to change. For example, maybe you want to live long enough to see your grandchildren grow up. You must have more reasons to change than reasons not to change. The experts also say that you must be confident—believe that you can change.

To succeed, take what you want to do and break it down into small steps. Then think about a few things you are ready, willing, and able to change. Leave other habits that you don't feel ready, willing, and able to change for another time.

What are you ready, willing, and able to change?

To answer this next question, think about your current eating and activity habits. What foods do you buy? How active are you? Try to keep honest food records for a few days to get a true picture of what you eat. Based on your current habits, start with a few changes that are easy to tackle. Pick some changes that you want to do the most, and that will make the biggest impact. Perhaps choose one change in your eating habits and another in activity. Remember; don't try to change everything at once.

For example, maybe you tend to eat a bowl of ice cream every night while you watch TV. Can you switch that ice cream to a healthier snack? Maybe fruit or a small bowl of cereal, or just a smaller portion of ice cream. Can you take a 15 minute break from the TV and go for a walk?

For each goal, think about four things:

1. How long will you try to reach this goal? Keep it short.
2. Is it easy to do in your regular daily life? Keep it realistic.
3. Is it limited in scope? Be specific.
4. How often will you do this?

Keep your goals realistic. Don't try to do too much too quickly. Let's look at three examples of realistic goals.

1. Eating: For the next month (how long), four days each week (how often) I will eat two pieces of fruit a day -- one at breakfast and one as an afternoon snack. (realistic and specific).
2. Eating: The next five times (how long) I go to a fast food restaurant (how often), I will order a small French fries and a single hamburger, rather than a large French fries and double hamburger (realistic and specific).
3. Physically active: For the next month (how long), four days each week (how often) I will take a 15 minutes walk after lunch three days a week (realistic and specific).

Notice that the eating goals are not "I will eat more fruit" or "I will eat healthier." The activity goal is not "I'll walk more." These goals aren't specific like the examples above. Set 1 to 3 goals at a time. Write them down. Put them in a place where you will see them often -- on the refrigerator, your bathroom or bedroom mirror, or in your purse or wallet.

Did you succeed?

The last step is to see how you did at making the change. Once the time you set is over, look at the goals you set. Ask yourself these questions: Did you succeed? Did you set your sights too high? Did something happen in your life to keep you from being successful? If you were successful, give yourself a BIG pat on the back. (Or maybe a trip to the movies!)

Wait, you are not done! Making a change for two weeks or a month does not mean that it will stick for life. It's so easy to slip back to your old ways. Practice the new habits faithfully. It will take months before they become your way of life. If you weren't successful, try again. Revise your goals or choose easier ones. Make sure they contain the four parts of setting a goal that's within reach. Make sure you want to make changes in this area and that you believe you can.



Halloween Food Safety Tips for Parents

Take these simple steps to help your children have a fun and safe Halloween.

- Children shouldn't snack while they're out trick-or-treating. Urge your children to wait until they get home and you have had a chance to inspect the contents of their "goody bags."
- To help prevent children from snacking, give them a light meal or snack before they head out, don't send them out on an empty stomach.
- Tell children not to accept – and especially not to eat – anything that isn't commercially wrapped.
- Parents of very young children should remove any choking hazards such as gum, peanuts, hard candies or small toys.
- Inspect commercially wrapped treats for signs of tampering, such as an unusual appearance or discoloration, tiny pinholes, or tears in wrappers. Throw away anything that looks suspicious.

And follow these tips for Halloween parties at home

- If juice or cider is served to children at Halloween parties, make sure it is pasteurized or otherwise treated to destroy harmful bacteria. Juice or cider that has not been treated will say so on the label.
- No matter how tempting, don't taste raw cookie dough or cake batter.
- Before going "bobbing for apples," an all-time favorite Halloween game, reduce the number of bacteria that might be present on apples and other raw fruits and vegetables by thoroughly rinsing them under cool *running* water. As an added precaution, use a produce brush to remove surface dirt.
- "Scare" bacteria away by keeping all perishable foods chilled until serving time. These include, for example, finger sandwiches, cheese platters, fruit or tossed salads, cold pasta dishes with meat, poultry, or seafood, and cream pies or cakes with whipped-cream and cream-cheese frostings. Cold temperatures help keep most harmful bacteria from multiplying. And don't leave the food at room temperature for more than two-hours.



Entertain the Fruit & Veggie Way

We all enjoy gathering with friends and family for fun, laughs, and of course, food! Social gatherings sometimes offer few healthy choices, and you may be tempted to overeat in the company of others.

Encourage others to eat a healthy diet* by including a variety of fruits and vegetables at your next gathering. Host a fruit and vegetable pot luck. Ask family and friends to bring their favorite fruit or vegetable dish. Or set a theme, such as cultural night, and prepare fruit and vegetable dishes from a certain country or region.



Sample Regional Menus

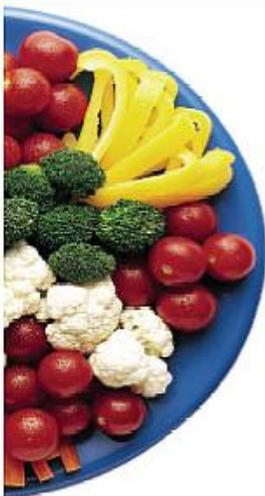
Mediterranean *Whole-wheat pita bread with hummus • Turkey apple gyros • Cucumber and tomato salad*

Italian *Bruschetta with plums and fresh basil • Whole-wheat pasta with tomato sauce • Steamed mixed vegetables*



Mexican *Baked tortilla chips with salsa • Avocado tacos • Black beans and rice*

Include fruits and veggies at your next get-together



- Use a fresh vegetable platter or fruit salad as a colorful, appetizing, and tasty centerpiece.
- Make kabobs by placing bite-sized pieces of fruits or veggies onto skewers. Get your kids to help—they are fun to make and eat!
- Use salsa or hummus as dips for cut vegetables and whole-grain crackers or breads.
- Season your dishes with garlic, onions, or lemon juice to add flavor without adding fat or salt.

* In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats (including poultry, fish, beans, eggs, and nuts) and is low in saturated fats, *trans* fats, cholesterol, salt, and added sugars. A healthy diet also means staying within your



Calorie Counter Tip Of The Month

Check out the amount of calories you can burn just by doing things you do most everyday.

1. Pushing baby stroller - 85 calories in 30 min
2. Changing linen - 14 calories in 5 min
3. Walking with children - 170 calories in 1 hr
4. Driving a car - 136 calories in 1 hr
5. Applying Makeup - 34 calories in 15 min
6. Brushing Teeth - 5 calories in 2 min
7. Light cleaning (e.g., dusting) - 128 calories in 45 min
8. Office work - 122 calories in 1 hr
9. Eating while sitting - 51 calories in 30 min
10. Preparing food at home - 85 calories in 30 min
11. Ironing - 26 calories in 10 min
12. Watering lawn -- 34 calories in 20 min
13. Movie -- watching - 68 calories in 1 hr
14. Napping (sleeping) - 122 calories in 2 hr
15. Playing - board games - 102 calories in 1 hr
16. Reading while sitting - 44 calories in 30 min
17. Setting table - 28 calories in 10 min
18. Showering - 34 calories in 15 min
19. Talking on the phone while sitting - 51 calories in 30 min
20. Washing hands - 2 calories in 1 min

For additional personalized calorie counting activities, visit
http://www.caloriesperhour.com/index_burn.html

*All estimates are based on average female frame of 150 lbs



"I want to clean up the blood!"



The employees like to start off the day with some aerobic exercise . . . It's part of our wellness program.