

CHIEF EXECUTIVE OFFICE —
RISK MANAGEMENT DIVISION

BITS & PIECES

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WELLNESS & SAFETY FAIR 2002

BY: DAVID L. DOLENER, DEPUTY EXECUTIVE OFFICER

The Wellness & Safety Fair 2002 is only 3 months away! Are you ready? The CEO - Risk Management Division has been working on the 2002 event since August and is very excited about this year's event. Be sure to watch closely to see the stars start shining...

There will be 38 classes this year of which 15 are new! The new topics range from Road Rage, to Desktop Fitness with Judy Ulrey, to Dealing with High Maintenance People presented by the Workplace Wellness Warriors. Of course the standard ergonomics classes, Fire Prevention/Fire Extinguisher Use, Forklift training, Asbestos and Lead Awareness training will also be offered.

The overall theme for the event is still being developed by the high-energy design and marketing team that has been selected this year. And we are very happy to say that Julie Cascia will be back again this year as

the fair coordinator for the County. Julie will be working with the Department Registrar's and the on-line registration firm to assure that once again our registration process is as quick and painless as possible.

There were several steps to the on-line registration process that worked well last year but, as with any new process, improvement opportunities have also been identified. These improvement opportunities are what Julie will be focused on and dedicated to correcting. Any comments or suggestions that you would like to share with Julie are welcome. Please send them to her via GroupWise.

So, mark your calendars now for May 21, 22, 23, for more training, new exhibitors and products and wonderful networking opportunities. Stay tuned! Our May newsletter will provide the final details of the Fair.



THE ULTIMATE PROGRAM SUCCESS "A CHILD'S LIFE SAVED"

SUBMITTED ANONYMOUSLY TO DAVID BECKER, SAFETY OFFICER

On an unusually warm mid-November morning, about 9:00 a.m., I was standing in the sun on my front patio. I heard a lady down the street yelling at the top of her lungs, something about her YCR. I thought she had missed wrestling or something. I went to the sidewalk and discovered she was asking if anyone knew CPR. She was saying, "Billy isn't breathing."

I followed her into the living room, wholly expecting to see a full-grown man. Instead, I saw a 4 or 5 month-old baby who had strangled himself with his blanket while sleeping. As I knelt down to check his airway his parents handed me the phone and the 911 operator was on the line. "Do you know CPR?" I said, "Yes, (Continued on Page 3)

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CANCER PREVENTION: 7 STEPS TO TAKE NOW

SUBMITTED BY: PEGGY HUNTSINGER, DISABILITY MANAGER

You probably know that not smoking and limiting alcohol can cut your cancer risk. Current research suggests that following some other simple rules can help, too:

1. **Stay Alive.** Research suggests that regular exercise may help protect against certain cancers. It also helps fight excess pounds and obesity, which are associated with increased risk for colorectal (large bowel), prostate, kidney, breast and endometrium, (uterus) cancers.
2. **Trim fat off your diet.** Eating less fat, especially animal fat from meat and dairy products, is believed to help lower your risk of colon, prostate and other cancers.
3. **Fill up on “plant” foods instead.** Get at least five servings of fruits and vegetables a day and several helpings of other plant foods, such as whole grains and dried beans. You’ll arm yourself with antioxidants, fiber and other important cancer-fighting nutrients.
4. **Take some tea.** It contains polyphenols, substances that may help protect against a variety of cancers, especially in green tea.
5. **Avoid tobacco altogether.** It’s estimated that cigarette smoking causes one-third of all cancer deaths. But chewing tobacco and snuff are also harmful and have been linked to cancers of the mouth and throat.
6. **Safeguard your skin.** Avoid sun overexposure; wear a wide-brim hat and tight-weave clothing when under the sun for long periods. Use sunscreen of SPF 15 or greater.
7. **Stick to a screening schedule.** Discuss with your doctor when to begin screening for certain cancers and how often to repeat testing. It could save your life.

QUICK HANDS-ON STRESS RELIEF

SUBMITTED BY: PEGGY HUNTSINGER, DISABILITY MANAGER

Got a minute? Get a massage—a self-massage, that is. These moves will relieve tension around your head, neck, shoulders and hands:

1. *The scalp soother.* Place thumbs behind your ears and spread fingers on top of your head. Move your scalp back and forth slightly by making circles with your fingertips for 15-20 seconds.
2. *The eye closer.* Close your eyes and place your ring fingers directly under your eyebrows, near the bridge of your nose. Slowly increase pressure for five seconds, then gently release. Repeat 2-3 times
3. *The shoulder saver.* Place your left hand on the right side of your neck by your shoulder. Press fingers firmly into the muscle while tucking your chin in toward your chest. Exhale and hold for 10 seconds, release, then repeat on the left side.
4. *The palm pleaser.* Lace your fingers together, leaving thumbs free. Slowly knead your left thumb into the palm of your right hand for 20-30 seconds. Then repeat on your left hand.

April 2002

Cancer Control Month

- *Breast Cancer* - If you are a women between the ages of 50-69, remember it is recommended you get a mammogram every one to two years.
- *Cervical Cancer* - An annual Pap test for women ages 18-64 could identify early cancerous changes of the cervix that are often treatable.
- *Colorectal Cancer* - Men and women are recommended to have fecal occult blood test annually or sigmoidoscopy every 5 yrs as a regular screening beginning at age 50.



All for Love



The eternal lover that gave us the famous word 'Valentine' and originated the tradition of writing love letters on this day, is believed to be Bishop Valentine. He was a priest in Rome when; the city was ruled by 'Claudius the Cruel'. In spite of the fact that Claudius had forbidden Christian conversions and Christian marriages, the Bishop refused to surrender to Roman Gods and carried on his religious duties in secret. He was imprisoned for disobedience, but even in prison he converted the convicts. While he was in prison, the jailer's daughter became his friend and was loyal to him through his ordeal. When Claudius came to know that imprisonment had not broken his enduring Christian spirit, the bishop was executed. However, on the day of his death Valentine wrote a note to his friend, 'the jailer's daughter' and signed it - 'From Your Valentine'. This great man who died for his beliefs, for his enduring love of the Christian God, was chosen as the patron Saint of lovers. 14th February has since been

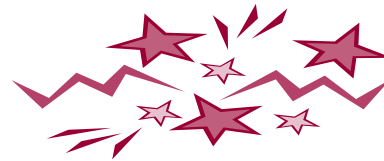
LIGHTNING SAFETY

SUBMITTED BY: DAVID BECKER, SAFETY OFFICER



At the first signs of thunder or lightning, take these precautionary steps. Clear the area if you hear thunder. Move quickly away from the area or to shelter when you see lightning. Then take these actions:

- Move into solid buildings and structures. If that's impossible, move into an automobile. Relatively small non-metallic structures, such as pavilions, outhouses, sheds, bus shelters, or others *do not* provide protection.
- If you're in a house or building, do not use the telephone or any electrical appliance that's connected to the building's electrical wiring. Do not use showers, sinks, or anything where you're in contact with the building's plumbing system. If lightning strikes the building you are in, it's likely that the current will flow through the electrical wiring or water pipes.
- Stay away from tall, isolated objects, such as trees, flagpoles or posts. Dense woods are relatively safe because of the large number and density of the trees. However, don't stand too close to any one tree.
- Avoid open areas, such as large fields, parks and parking lots.
- Stay away from lakes, ponds, railroad tracks and fences that could act as a conductor to bring the current from a distant lightning strike.
- If you are caught out in the open without time to escape or find shelter, seek a low area (if time permits), crunch down, bend forward and hold your ankles. Position your head so that it's not the highest part of your body, but don't let it touch the ground. Cover your ears. Under no circumstances should you lay down.
- If lightning is about to strike you or something relatively close, you may experience a tingling sensation on your skin and/or your hair may stand on end. If that occurs, quickly get into the tuck position.



(Continued from Page 1)

but,” and she said “5 compressions, 1 inch deep between the nipples and a puff. Get busy.”

I did as instructed for what seemed an eternity, but was probably 2 or 3 minutes. Billy coughed up the phlegm from his lungs and mouth, which unfortunately went into my mouth. But what a small price to pay I thought, as I pictured my own kids. After a few more repetitions, little Billy started crying. Already knowing the answer, I asked the operator what to do next. She said, “Nothing. You just brought that kid back.”

At that time, EMT, fire department and police flooded the living room and tapped me on the shoulder to get out of the way. I stood and walked out the door anonymously. On the walk back home I selfishly thought, man, that had to right all the wrongs I've ever done. As I walked in my front door my daughter, half asleep on the couch asked, “Where'd ya go, dad?” I looked at her and thought, loving angel, you don't even know. “Go back to sleep.”

All of us in the Stanislaus County family of employees acknowledge to our Roads and Bridges employee, “Job well done”. He certainly has stepped up to the challenge in responding to an emergency as another one of the many heroes



that have emerged since the September 11, 2001 disaster. Our society has many people who stand in the wings and watch. It takes a special person to step forward and do what is right and needed.

This Public Works Department employee was one of the 2,232 employees trained in the Stanislaus County CPR and/or First Aid Certification and Re-Certification Programs since January 1, 1999. Now, with the placement of Automatic Electronic Defibrillators throughout the county and the training provided with these units along with the CPR/First Aid Training provided by Stanislaus County, we are confident that many more employees will be prepared to step up, when the need arises. The challenge is there and the example has been set. Thanks again to another real American Hero, we are all proud of him.

*I think the purpose of life is to be useful,
to be responsible, to be honorable, to be com-
passionate.
It is, after all, to matter, to count, to stand for
something,*



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Fun Facts...

Why do full length golf courses have 18 holes, and not 20, or 10 or an even dozen? A bit of digging turns up a tale that takes us back to St. Andrews in 1858. During a discussion among the club's membership board, one of the members happened to point out that it takes exactly 18 shots to polish off a fifth of Scotch. By limiting himself to only one shot per hole (shot of Scotch that is), the Scot figured a round of golf was finished when the rotgut ran out. So there you have it, the rationale behind 18 holes, and the apparent forerunner of the popular golf 'n' guzzle format better known as Sniff 'n' Snort!

Did you know...

- The length from your wrist to your elbow is the same length of your foot.
Your mouth produces 1 liter (1.8 pint) of saliva a day.
On average, you speak almost 5,000 words a day—although almost 80% of speaking is self-talk (talking to yourself).
A flamingo can only eat when its head is upside down.
A lobster's blood is blue.
Ingredients in lipstick contain fish scales.
No word in the English language rhymes with month, orange, silver or purple.
All 50 states are listed across the top of the Lincoln Memorial on the back of the \$5 bill.
A cat has 32 muscles in each ear.
On an American one-dollar bill, there is an owl in the upper left-hand corner of the "1" encased in the "shield" and a spider hidden in the front upper right-hand corner.
You burn 3.5 calories each time you laugh.
The first minimum wage was instituted in 1938—to the tune of 25¢ an hour.

BITS & PIECES SURVEY

Nearly two years ago, the CEO-Risk Management Division initiated this quarterly newsletter as a means of communicating essential information and useful tips to its customers. It is now important to know how useful and informative the

newsletter has been for you during this time. Please rate the following questions (5 highest and 1 lowest) and provide your comments by February 28th by fax @ 525-5779 or email to Melissa Moe.

- 1) The newsletter has been informative to me as an employee. 5 4 3 2 1
2) The articles included in the newsletter are relevant and timely. 5 4 3 2 1
3) The newsletter has provided tips and advice that I can or have utilized. 5 4 3 2 1
4) What do you like most about the newsletter?
5) What suggestions do you have for improvement?