

# Bits & Pieces

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## Wellness and Safety Fair Coordinator

By David L Dolenar, Deputy Executive Officer

Please welcome Gina Telford who is the new Wellness and Safety Fair Coordinator for 2003. Gina began her new position (PSC) on January 6<sup>th</sup> and is very busy familiarizing herself with processes and making contacts with many team players.

Gina comes to us after having spent nine years working in Student Services at Modesto Junior

College. Her duties there included providing one on one assistance, as well as speaking to large groups of students at both the High School and College levels. In addition to working with a diversified student population, Gina worked for her fellow staff members by planning and coordinating events such as Retirement dinners, picnics and Holiday gatherings. She also served as Treasurer

for the Employee's Union. She has a lot of new ideas and suggestions and is very excited about getting started on the many projects associated with the Wellness and Safety Fair.

**If you haven't already done so, mark your calendars now for the Wellness and Safety Fair from October 14<sup>th</sup> through the 16<sup>th</sup>, 2003.**

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## Kaiser Permanente Modesto Opens Medical Office at Bangs Avenue

by Barbara Cooper, Employee Benefits Manager



Kaiser is proud to open their first medical office in Stanislaus County that will provide the model for care for which Kaiser Permanente has been known throughout California.

Members in Stanislaus County may now choose to receive medical services at Kaiser Permanente Medical Office or continue to seek

care through their Stanislaus Network.

All services at Bangs Avenue Medical Offices are open to all members who may want to take advantage of the convenience of Laboratory and other services. Urgent Care is not available as of yet. Employees wishing to change their Primary Care Physician should call Kaiser at 800-464-4000 (Bangs Avenue Medical Offices offer Adult PCPs, Pediatric PCPs, Mental Health,

Member Services, Laboratory and Health Education).

The Bangs Avenue Medical Offices are open for appointments weekdays, 8 am to 5 pm. For after-hours urgent care or advice, call (209) 557-1650. Bangs Avenue Medical Offices are located at 4125 Bangs Avenue, Modesto, California. (North of Costco off of Sisk Road.)



## Time is on Your Side

*By Maria Cunnington, Safety Analyst / Trainer*

Instead of time being your enemy, put time on your side. Using some basic planning strategies will give you the necessary additional time that is so critical in arriving safely to and from work.

This is truly important during the winter months when fog and rainy conditions present their unique challenges. Driving slower in these conditions will help reduce your chance of becoming an accident statistic.

When driving in foggy/reduced visibility or rainy conditions (day or night) turn on your vehicle headlights (not your high beams). Drive slower in these conditions and be alert as poor visibility reduces your ability to react in time.

Of interesting note, many people cannot recall the route they took from their home to work. They are focused on other things (putting on make-up, cellular phone calls, etc.) instead of the act of driving.

Here are some suggestions to make your drive to work a safer and less-stressful experience. Try using some of them in your quest for more time and stress reduction:

- Set your vehicle clock, watch and clocks at home 10 minutes fast. That way, you have a cushion of time and won't feel the need to rush. (However, if your spouse or children decide to change the time because it is wrong, this is not very effective.)

- Plan tomorrow's tasks the night before. Avoid over-committing yourself trying to "fit it all in".
- Lay out your own clothes for the next day the night before. Have your children and spouse lay out their clothes as well for the next day. The morning ritual of "Keystone Cops" would be avoided.
- In some cases, lunches for your children and spouse could be made the night before and refrigerated.

By employing the above suggestions, you reduce the possibility of becoming an accident statistic. Don't sacrifice safety for speed.

## Burning Candles Safely

*By David Becker, Safety Officer*

Fall and wintertime in my house means candles. I love them and have never had any problem using them feeling 100% safe. To help you enjoy candles as much as we do, here are a few simple safety procedures:

- ❖ Never leave a lit candle unattended.
- ❖ Use sturdy candleholders that are

made from materials that can't burn and are large enough to collect dripping wax.

- ❖ Place candles on an uncluttered, heat-resistant surface, out of reach of children and pets.

- ❖ Keep candles away from flammable items.



- ❖ Burn candles in a well-ventilated room, away from drafts and vents.
- ❖ Keep candlewicks trimmed to 1/4" prior to use and extinguish taper and pillar candles when they get to within 2" of the holder or decorative materials.

Enjoy the season but do so in safety.

## Cupid's "Recipe for Love"

*Angel hair pasta with Tomato-Herb sauce and Crabmeat*

1/3 cup olive or vegetable oil  
 1/2 cup finely chopped onion  
 3 cloves garlic, minced  
 3/4 cup dry white wine or chicken broth  
 1 1/2 tsp. dried basil leaves  
 1 tsp seafood seasoning  
 1/2 tsp. dried marjoram leaves  
 1/2 tsp. salt  
 1/4 tsp. ground pepper  
 3 1/2 cups (28oz can) whole plum toma-

atoes, undrained and finely chopped  
 1 pkg (12 oz) angel hair Pasta, uncooked  
 1 can (6 oz) crabmeat, drained

In large skillet, over medium heat, heat oil. Add onion; cook until soft about 2 minutes. Add garlic; cook 1 minute. Add wine and seasonings. Heat to boiling; Cook 1 minute. Add tomatoes with juice; return to boiling. Cook 5 minutes stirring occasionally. Meanwhile

cook pasta according to package directions. Toss hot pasta with sauce and crabmeat.

*"There is only one  
 happiness in life,  
 to love and  
 be loved."*

## Be Kind to Your Heart

By Dixie Barrigar, Medical Review Nurse

February is the month our thoughts turn to Valentines, flowers and candy. Everywhere we look, since they took down the Christmas decorations, we've seen cupids with bows and arrows and hearts. So, with all these thoughts of love, I thought it would be appropriate to consider our hearts, the ones beating in our chests, and offer a bit of advise on how we can be a little kinder to them.



As you know, the heart is a vital organ; we cannot live without it. However, when you get right down to it, the heart is just a pump. The average heart beats 72 times per minute. In the course of one day it beats over 100,000 times. In one year the heart beats almost 38 million times, and by the time you are 70

years old, on average, it beats 2.5 billion times! The average heart pumps 2.4 ounces per heartbeat. At 72 beats per minute that is 1.3 gallons per minute, 1,900 gallons per day, 700,000 gallons per year and 48 million gallons by the time someone is 70 years old. That's not bad for a 10-ounce pump!

As with other pumps it can become clogged, break down and need repair. Almost 2,000 Americans die of heart disease every day. That is 1 death every 45 seconds! This is why it is critical that we know how the heart works. With a little knowledge about your heart and what is good or bad for it, you can significantly reduce your risk for heart disease.

There are several risk factors for heart disease; some are controllable, others are not. Uncontrollable risk factors include:

- Being male
- Advanced age
- Family history of heart disease
- Race (Blacks and Mexican Americans are more likely to have heart disease than whites)

Still, there are many risk factors that can be controlled. Making changes in your lifestyle is a proven method for reducing your risk of developing heart disease.

- **Quit smoking.** Smokers have more than twice the risk for heart

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## 7 Steps to Compliance

By Priscilla Bobst, Safety Analyst/Trainer

With the New Year upon us, it is time to start thinking of the necessary steps to adhere to California Code of Regulations (CCR) Title 8 by complying with the Stanislaus County Safety Manual.

The CEO-Risk Management Division Safety Checklist Protocol can assist your department in this effort.

**1. Departmental Meetings:** Departments must have at least **quarterly** safety meetings to discuss safety-related issues within their respective departments. For any of these types of meetings to be recognized, they must be recorded and the employee's signature obtained.

**2. Safety Inspections:** Inspections should be done on an **annual** basis and include any sites used by each department, regardless of size. **This annual time period is an absolute minimum.** Forms are located in your Safety Manual under Tab 3

**3. Review Department Accidents:** Accident investigations are required **at least quarterly** by CCR Title 8 for every incident involving injuries, property losses or near misses. The Safety

Committee process must review every injury, property loss or near miss incident to determine if the incident has been identified. The root cause of the incident must be identified and a plan of correction has to be developed and implemented.

**4. Personal Protective Equipment:** The Department's use of Personal Protective Equipment (PPE) must be reviewed in writing **at least annually**. Should personal protective equipment be issued, it must be of a type that mitigates the danger. The entire process must be documented and signed by the Department Head **annually**.

**5. Division Disaster Plan Review:** Your site specific disaster plans must be reviewed **annually** to assure that they are currently up to date. When this is completed, it is a good time for a safety meeting with your staff to review the policy/procedure. Remember to have your employees sign in at any meeting of this type.

**6. Division Safety Manual Inspection:** A review and update of every section of the Safety Manual must be completed **annually**. This responsibility rests with the CEO-Risk Manage-

ment Division, Safety Unit, and updated policies can be obtained from them at the Safety Manual updates held at least **annually**. These safety policies, once received, must be in place in every safety manual. This must be inspected annually to assure that every safety manual is up to date.

**7. Security Survey:** The form for this process is located in the Safety Manual Tab 4 Exhibit B. This form is to be completed **annually**. Not every question on this form can be answered for every location.

All of the above reports must be submitted to the CEO-Risk Management Division, Attn: Pat Wade, by no later than the 15<sup>th</sup> of the month following the close of each quarter. For example: the first quarter report (January – March) is to be submitted by no later than April 15, and so on...

Now would be a good time to get started on the requirements and if you have any questions, your Safety Representative and the CEO-Risk Management Division are happy to assist you.




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Did you know.....

- ♥ A goldfish has a memory span of three seconds
- ♥ In most advertisements, including newspapers, the time displayed on a watch is 10:10.
- ♥ There are 293 ways to make change for a dollar
- ♥ You're more likely to be a target for mosquitoes if you consume bananas.
- ♥ A crocodile's tongue is attached to the roof of its mouth and cannot move it




## The significance of the cupid

*Submitted by Melissa Moe, Disability/Accessibility Assistant*



Cupid is the most famous of Valentine symbols and everybody knows that boy armed with bow and arrows, and piercing hearts. He is known as a mischievous, winged child armed with bow and arrows. The arrows signifies desires and emotions of love, and Cupid aims those arrows at gods and humans, causing them to fall deeply in love. Cupid has always played a role in the celebrations of love and lovers. In ancient Greece he was known as 'Eros' - the young son of Aphrodite, the goddess of love and beauty. To the Roman's he was Cupid, and his mother was Venus.

There is a very interesting story about Cupid and his mortal bride Psyche in Roman mythology. Venus was jealous of the beauty of Psyche, and ordered Cupid to punish the mortal. But instead, Cupid fell deeply in love with her. He took her as his wife, but as a mortal she was forbidden to look at him.

Psyche was happy until her sisters persuaded her to look at Cupid. As soon as Psyche looked at Cupid, Cupid punished her by leaving her. Their lovely castle and gardens vanished

too. Psyche found herself alone in an open field with no signs of other beings or Cupid. As she wandered trying to find her love, she came upon the temple of Venus. Wishing to destroy her, the goddess of love gave Psyche a series of tasks, each harder and more dangerous than the last.

For her last task Psyche was given a little box and told to take it to the underworld. She was told to get some of the beauty of Proserpine, the wife of Pluto, and put it in the box. During her trip she was given tips on avoiding the dangers of the realm of the dead. She was also warned not to open the box. But temptation overcame Psyche and she opened the box. But instead of finding beauty, she found deadly slumber.

Cupid found her lifeless on the ground. He gathered the deadly sleep from her body and put it back in the box. Cupid forgave her, as did Venus. The gods, moved by Psyche's love for Cupid, made her a goddess.

Today, Cupid and his arrows have become the most popular of love signs, and love is most frequently depicted by two hearts pierced by an arrow, Cupid's arrow.

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attack as nonsmokers and are much more likely to die if they suffer a heart attack.

- **Improve cholesterol levels.** A cholesterol level over 200, a HDL, or "good" cholesterol level under 40, or a LDL, or "bad" cholesterol level over 160 indicates an increased risk for heart disease. A diet low in cholesterol and saturated fat will lower cholesterol levels and reduce your risk for heart disease.
- **Control High Blood Pressure.** Over 50 million people in the U.S. have high blood pressure (hypertension), making it the most common heart disease risk factor.

One in four adults has a consistent blood pressure greater than 140/90 which is the definition of hypertension. If treatment is warranted, today's blood pressure medications are effective, safe and easy to take.

- **Get Active.** People who don't exercise have higher rates of heart disease compared to people who perform even mild to moderate amounts of physical activity. Even leisure-time activities like gardening or walking can lower your risk of heart disease.
- **Eat Right.** Eat a heart-healthy diet low in fat and cholesterol.
- **Achieve and Maintain a Healthy Weight.** Excess weight puts significant strain on your heart and worsens several other heart disease

risk factors such as diabetes.

- **Manage Stress.** Poorly controlled stress and anger can lead to heart attacks and strokes. Use stress and anger management techniques to lower your risk.
- **Control Diabetes.** If not properly controlled, diabetes can lead to significant heart damage including heart attacks and death.

So now you know.

Along with my wishes for a very happy Valentine's Day are my "heartfelt" wishes that you can have a "change of heart" about the things that put you at risk for heart disease.