

BITS & PIECES

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Welcome Aboard!!

By: David L. Dolanar, Deputy Executive Officer

The CEO-Risk Management Division is pleased to announce the employment of two new staff. Alicia Salinas is a CA-IV and will work as a Safety Analyst/Trainer in the Division's Safety Unit. Andrea Castillo is a CA-I and will provide administrative support to the Safety Unit, Disability Management Unit and the Employee Benefits Unit.



Alicia has been an Investigator Assistant for San Joaquin County, a Special Investigator for the Stanislaus County Public Defender's office and was a Community Services Officer/Police Officer for the Modesto Police Department for eight years. She was also a Postal Clerk/Carrier for the U.S. Postal Service for eight years. Her most recent employment was an English Teacher for children and adults in Guadalajara, Spain. Alicia brings enforcement and instructional experience to the Division and will be instrumental in supporting and assisting departments to understand and comply with the many safety requirements which are mandated by state and federal laws.



Andrea (she likes to be called Ande) has had a diversity of employment experience including merchandising, receptionist, letter carrier, data processing and various customer service positions. Ande brings excellent support experience and qualities which will improve turnaround time and enhance the Division's delivery of customer service. In the Safety Unit, Ande is currently responsible for safety class registration, answering phones and taking messages and providing a variety of support services. In the Disability Management Unit, Ande maintains the Workers' Compensation filing system and provides support services as necessary. Ande will be providing support to the Employee Benefits Unit in the areas of PeopleSoft data entry, filing, mailings for Leave of Absences and COBRA, receiving COBRA payments and providing counter services.

We are fortunate to have Alicia and Ande join our Division. Their pleasant smiles and warm personalities coupled with their professional qualities are a wonderful addition to our great team.

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Have a
bountiful
Thanksgiving,
a very
Merry Christmas
and a prosperous
New Year.





WELCOME


Thanksgiving Safety


Submitted by: Ed Fenton, Liability Claims/Insurance Manager


With fire-wise common sense, you can make sure tragedy does not come between you and the festive holiday you have planned. Follow these fire prevention tips to help you and your families have a safe and happy Thanksgiving.


 Keep your family and overnight guests safe with a working smoke detector on every level of the house, in every bedroom, and in the halls adjacent to the bedrooms. Test smoke detectors monthly and replace batteries at least twice a year.


 Overnight guests should be instructed on the fire escape plan and the designated meeting place for your home.


 Have a fire extinguisher available not more than 10 feet from the stove, on the exit side of the room.


 A 2 ½ lb. Class ABC multi-purpose dry chemical extinguisher is recommended. Know how to use your fire extinguisher.


 Keep the kitchen off-limits to young children and adults that are not helping with food preparations to lessen the possibility of kitchen mishaps.


 When cooking, do not wear clothing with loose sleeves or dangling jewelry. The clothing can catch on fire and the jewelry can catch on pot handles, causing spills and burns.

 Cook on the back burners when possible and turn pot handles in so they don't extend over the edge of the stove.

 Start holiday cooking with a clean stove and oven.

 Never leave cooking unattended. If you must leave the kitchen while cooking, turn off the stove or have someone else watch what is being cooked.

 Keep Thanksgiving decorations and kitchen clutter away from sources of direct heat.

 Candles are often part of holiday decorations. Candles should never be left burning when you are away from home, or after going to bed. Candles should be located where children will not be tempted to play with them, and where guests will not accidentally brush against them. The candle holder should be completely non-combustible and difficult to knock over. The candle should not have combustible decorations around it.

Have a safe holiday!

Nutrition.gov has it all...

By: Casi Persons, Employee Benefits Coordinator



Nutrition.gov provides easy online access to the best food and nutrition information from across the federal government. It serves as a resource to reliable information on nutrition, healthy eating, physical activity, and food safety for consumers,

educators and health professionals.

Providing dietary guidance is critical to enhance the public's ability to make healthy choices in the effort to reduce obesity and other food related diseases. Since dietary needs change throughout life, specialized nutrition information

is provided about infants, children, teens, adult women and men, and seniors.

Users can find practical information on healthy eating, dietary supplements, fitness and how to keep food safe. The site is kept fresh with the latest news and links to interesting sites.

Winter Safety

By: David Becker, Safety Officer

It won't be long now until winter arrives. Rain, fog and at times ice in the valley. Snow and ice in the hills. Even in California we need to keep up on the weather reports in the wintertime and be ready.

* We need to allow more time to get places (it takes twice as long to stop on wet roads).

* Winter driving demands that we drive both carefully



and defensively. In the fog turn your lights on and slow down.

* We need to dress for the weather. Cotton, when wet, offers no thermal protection. Office wear may not work if we end up walking. We need something to keep us dry and warm should trouble strike.

* Vehicles need a little TLC. Check the battery, tires, lights and wind shield wipers/washers.

* When we drive to the hills remember thermal underwear, a coat and hood, good warm socks and gloves will be needed if you have car trouble.

* Falls are a major cold weather safety concern. Even in the valley ice can be a problem. Be on the lookout for it as you are walking into work in the morning. Report any problems to your supervisor so the area can be sanded.

How to Keep Fit in Cold Weather

Submitted By: Diane Pearson, Safety Assistant

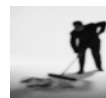


Cold weather, slushy streets, and limited daylight can test the resolve of even the most ardent physical fitness devotee. For anyone already struggling with finding the motivation to stay active, it can be all too easy to snuggle in when the temperature dips.

Unfortunately, hibernating during winter isn't a good strategy - unless you're a bear. Engaging in regular

physical activity provides numerous health benefits, which include weight control, stronger bones, better cardiovascular health, lower blood pressure, decreased risk of diabetes, enhanced sleep, and if all that isn't enough, better spirits. But to maintain these advantages, physical activity should be varied, regular, and year-round. This is why recommendations such as the Dietary Guidelines for Americans stress that you

should accumulate 30 minutes or more of moderate physical activity on most, and preferably all, days of the week.



To keep going no matter what the weather, consider some of these options

* Stick with your usual routine on decent days, but modify it for winter conditions.

(Con't on Back Page)

Kaiser On-the-Job...



Kaiser has relocated and expanded their Occupational Health services to better serve Stanislaus County employees with

on-the-job injuries.

Effective Monday, October 9, 2006 Kaiser Occupational Health relocated to:

Modesto Medical Offices
4601 Dale Road, 4th Floor
Modesto, CA.

M-F 8:30am to 5:00pm
209-735-4100.

Stanislaus County

CEO-Risk Management Division
1010 10th Street, Suite 5900
Modesto, CA 95354

Phone: 209-525-5710

Fax: 209-525-5779

www.co.stanislaus.ca.us



Did you know.....

- Time zones were first used by the railroads in 1883 to standardize their schedules.
- From 1945 to 1966, there was no U.S. law about Daylight Saving Time. So, states and localities were free to observe Daylight Saving Time or not.
- When Congress created the Department of Transportation in 1966, it transferred the responsibility for the time laws to the new department.
- The American law by which we turn our clock forward in the spring and back in the fall is known as the **Uniform Time Act of 1966**.
- The law does not require that anyone observe Daylight Saving Time; all the law says is that **if** we are going to observe Daylight Saving Time, it must be done uniformly.

Kaiser's Facilities

Go to the following link and click on Facility Directory to check out all of Kaisers services.

http://members.kaiserpermanente.org/kpweb/toc.do?theme=locate_members&rop=MRN

Keep Your Eyes Healthy

By: *Barbara Cooper, Employee Benefits Manager*



VSP Provides Effortless Benefits

1. Choose a VSP doctor (or check your benefit eligibility) at vsp.com or call 800-877-7195.



2. Make an appointment and tell the doctor you are a VSP member.

That's it!! No ID cards or filling out claim forms.

Satisfaction guaranteed with VSP doctors. You'll enjoy quality and personalized care. Your VSP doctor will get to know your eyes, helping you keep them healthy year after year.

(Keep Fit— Con't from Page 3)

* Dress in layers and wear a hat.

* If possible get outside during daylight hours when it's easier to check your footing.

* Wear bright or reflective clothing to enable motorists to see you.

* Pick up an appealing exercise video, set up home equipment like a stationary bike, or go low-tech with a jump rope and sneakers.

Try using light weights and a simple muscle strengthening routine. Consider using your in-home routine to balance your usual outside routine. Swap winter cleaning for

spring cleaning. Scrubbing floors or woodwork, clearing out the attic or cellar and engaging in other vigorous household tasks will help you stay fit.

Adapt your regular routine to the indoors. If walking is your usual exercise, for example, consider using a treadmill (your own or one at a health club), or look for an indoor track or mall where you can walk. In a pinch, you can even lace up your sneakers, turn on some lively music and trek around your own house.

Take up a leisure activity like bowling, basketball, ballroom dancing, or splashing around in an indoor pool. You'll get a welcome change of environ-

ment and exercise.

Take a class. From aerobics to yoga, winter is a great time to experiment with an exercise class. In addition to traditional venues like health clubs and "Y's" check area senior centers, local hospitals, or adult education programs for offerings.

Whatever your methods, remember that physical activity can be enjoyed year-round. The process begins with a plan, one step at a time, and the New Year is a good time to take the first step toward implementing it. There's no reason to skip a beat, just because it's cold outside.