



WELLNESS CONNECT - 2021 VIRTUAL COURSE CATALOG

November 1st – November 12th

EMPLOYEE BENEFITS:

UNDERSTANDING YOUR CORE COUNTY BENEFITS Course Code: SBEN21 CEO-HUMAN RELATIONS			
Course Overview	Overview of the County's EPO and HDHP Medical plans including explanation of Health Savings Accounts, dental plans, vision plan, and County provided basic life insurance benefit. Bring your questions and learn the details about our benefit offerings.		
November 1st	3:00 – 4:00 pm	TEAMS	Session #0003
November 8th	10:00 – 11:00 am	TEAMS	Session #0004
VOLUNTARY COUNTY BENEFITS – DO YOU KNOW WHAT THEY ARE? Course Code: SVBEN CEO-HUMAN RELATIONS			
Course Overview	The County offers several voluntary employee-paid benefits to complement our core benefit offerings. Learn what is offered and how these benefits will work for you and your family.		
November 2nd	3:00 – 4:00 pm	TEAMS	Session #0003
November 12th	9:00 – 10:00 am	TEAMS	Session #0004
HEALTH SAVINGS ACCOUNT 101 – THE BASICS Course Code: SHSA01 KATE GONZALO, OPTUM BANK			
Course Overview	The County offers several voluntary employee-paid benefits to complement our core benefit offerings. Learn what is offered and how these benefits will work for you and your family.		
November 9th	9:00 – 10:00 am	TEAMS	Session #0003
November 10th	1:00 – 2:00 pm	TEAMS	Session #0004



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SAFETY:

BLOODBORNE PATHOGENS Course Code: SBBP2 DEREK DAVIS, CEO HUMAN RELATIONS			
Course Overview	The target audience for this course are supervisors and employees with occupational exposure to bloodborne pathogens. We will review employer responsibilities pertaining to bloodborne pathogens and provide guidance in procedure development necessary to reduce employee risk. The learning objectives include: <ul style="list-style-type: none"> Exposure routes for bloodborne pathogens Signs indicative of potential hazards What to do if there is an exposure incident Universal precautions Employer responsibilities in the event of employee exposure 		
November 9th	10:00 – 11:00 am	TEAMS	Session #0038
DISTRACTED DRIVING Course Code: SDISTD GREG CUPPER, ECO FLEET TRAINING SOLUTIONS			
Course Overview	Motor vehicle collisions are one of the leading causes of death and serious injury to employees who drive as part of their work responsibilities. The national cost of motor vehicle collisions is more than \$230 billion annually. Want to learn to drive safer? Then come to this class!		
November 2nd	9:00 – 10:00 am	ZOOM	Session #0003
November 10th	3:00 – 4:00 pm	ZOOM	Session #0004



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ERGONOMICS FOR TELECOMMUTERS

Course Code: SERGTE
ARTHUR DELOACH, CEO-HUMAN RELATIONS

Course Overview	Ergonomics for Telecommuters is an educational program designed to increase awareness of ergonomics among employees. Listening to your body is essential to the quality of life. Learn how ergonomics can save you from pain, suffering, and loss of income and disruption of your lifestyle due to injury. This course provides an overview of the major principles specific to office environments. The principles are then applied to home work environments and attendees are trained on how to properly configure their work areas to minimize musculoskeletal risks, maximize comfort and increase productivity.		
November 2nd	2:00 – 3:00 pm	TEAMS	Session #0003
November 5th	11:00 – 12:00 pm	TEAMS	Session #0004

HAZARD COMMUNICATONS

Course Code: SHCOM
DEREK DAVIS, CEO HUMAN RELATIONS

Course Overview	All workers who may be exposed to chemicals and other hazardous materials are required to be trained on the potential hazards of those materials. The objectives of this class are to understand toxic substances, apply Title 8 CCR 5194 (Hazard Communication Regulation), know exclusions, determine hazards in the workplace, read and understand Material Safety Data Sheets (MSDS), know labeling and warning requirements, develop a written Hazard Communications Program, develop an employee information and training program and understand trade secret protection.		
November 10th	2:00 – 3:00 pm	TEAMS	Session #0001



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HEALTH:

DIABETES: RISK, DETECTION AND MANAGEMENT
Course Code: SDIAB
DR. RICKY BASSI, ENDOCRINOLOGIST, DOCTORS MEDICAL CENTER

Course Overview	Diabetes can increase your risk of severe illness from COVID-19, it's more important than ever that you know your status and how to manage the disease. Beyond that, understanding how to manage your diabetes can help you live a healthier life.		
November 10th	2:00 – 3:00 pm	TEAMS	Session #0002

TIPS TO KEEP YOUR TICKER TICKING
Course Code: SHYPER
DR. COLM MURPHY
DOCTORS MEDICAL CENTER

Course Overview	“Evidence based tips to keep your ticker ticking!” Heart disease is the leading cause of death in the United States and what you can do to prevent a heart attack. Dr. Colm Murphy will discuss the evidence for nutrition, exercise, medication, and others to keep you healthy into your golden years.		
November 5th	Noon – 1:00 pm	TEAMS	Session #0001

STROKE AWARENES, PREVENTION AND TREATMENT
Course Code: SSAP
DR. CHRISTOPHER NEAL
DOCTORS MEDICAL CENTER

Course Overview	Stroke awareness, prevention, and treatment.		
November 12th	10:00 – 11:00 am	TEAMS	Session #0007



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BE TOBACCO FREE TODAY: CESSATION INFORMATION AND THE LATEST ON TEEN VAPING

Course Code: STOBF
TIAWNY MURPHY, TOBACCO PREVENTION EDUCATOR,
HEALTH SERVICES AGENCY

Course Overview	According to the Centers for Disease Control, smoking is the leading cause of preventable death in the United States. Youth and young adults are more likely to use and get addicted to flavored tobacco products than any other population age group. Learn how to be tobacco free and what you can do to protect youth and young adults from the harm caused by vaping.		
November 9th	10:00 – 11:00 am	TEAMS	Session #0002

COVID-19: GAINING VACCINE CONFIDENCE

Course Code: SCOVD
LISE TALBOTT, MBS, OPERATIONS MANAGER,
HEALTH SERVICES AGENCY

Course Overview	Join our Health Services Agency in learning all about the COVID-19 Vaccine and about protecting yourself and others.		
November 10th	2:00 – 3:00 pm	TEAMS	Session #0001



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FINANCIAL HEALTH:

457(b) ACCOUNT CONSOLIDATION – MANAGING MULTIPLE ACCOUNTS BRENDA DEVECCHIO, NATIONWIDE WORKPLACE SOLUTIONS			
Course Overview	<p>You can simplify your retirement planning. When it comes to managing your retirement accounts, simple is good. That's why consolidating your IRA, 401(K), 403(b) and other 457(b) plans into your Nationwide deferred compensation account may be right for you. Use the link below to register.</p> <p>https://stanislaus457.myretirementappt.com</p>		
November 3rd	11:00 am - noon	GoToMeeting	
ALL THINGS ROTH BRENDA DEVECCHIO, NATIONWIDE WORKPLACE SOLUTIONS			
Course Overview	<p>A new route to retirement. Introducing Roth 457: A flexible new retirement savings option that may offer you some unique tax advantages in addition to the benefits already available through your deferred compensation plan. Use the link below to register.</p> <p>https://stanislaus457.myretirementappt.com</p>		
November 10th	11:00 am - noon	GoToMeeting	
MANAGING THE TAXES ON YOUR RETIREMENT INCOME BRENDA DEVECCHIO, NATIONWIDE WORKPLACE SOLUTIONS			
Course Overview	<p>A webinar about the real issues you face in retirement planning. The Nationwide Retirement Institute Tax-efficient Retirement Income program provides insight into how taxes can impact retirement plans. Gain understanding on the basics of taxation and how tax laws can help with retirement planning. This session will enable you to have valuable and insightful conversations about your retirement income plan. Use the link below to register.</p> <p>https://stanislaus457.myretirementappt.com</p>		
November 2nd	Noon – 1:00 pm	GoToMeeting	



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RETIREMENT 101 BRENDA DEVECCHIO, NATIONWIDE WORKPLACE SOLUTIONS

Course Overview	<p>What is a 457(b) and is it right for you? Learn what deferred compensation is and why you should join the plan. Use the link below to register. https://stanislaus457.myretirementappt.com</p>		
November 1st	3:00 – 4:00 pm	GoToMeeting	

MY INTERACTIVE RETIREMENT PLANNER WEBINAR BRENDA DEVECCHIO, NATIONWIDE WORKPLACE SOLUTIONS

Course Overview	<p>How ready are you? The Retirement Readiness Report helps you get an overall picture of your retirement outlook. Using the My Interactive Retirement Planner will:</p> <ul style="list-style-type: none"> Generate your Retirement Readiness Report by answering four simple questions Track your progress to see how you are doing Receive suggested steps you can take to help improve your retirement outlook <p>https://stanislaus457.myretirementappt.com</p>		
November 8th	1:00 – 2:00 pm	GoToMeeting	

HEALTH CARE: PLANNING FOR COSTS IN RETIREMENT DOUG EQING, JD, CFP, RICP, NATIONWIDE RETIREMENT INSTITUTE

Course Overview	<p>How health care costs can impact your retirement. There's a lot you need to know – we can make it simpler to understand. With insights and ideas from Nationwide, we can help you start to plan for what's likely to be one of your biggest retirement expenses. Use the link below to register. https://stanislaus457.myretirementappt.com</p>		
November 9th	Noon – 1:00 pm	GoToWebinar	



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ENRICHMENT:

LINKEDIN LEARNING FOR WORK AND WELLNESS Course Code: SLINK MEG CALLAHAN, CUSTOMER SUCCESS MANAGER, LINKEDIN LEARNING			
Course Overview	<p>Did you know that all Stanislaus County employees have access to LinkedIn Learning, an online learning library of courses covering a wide array of professional topics? This webinar will prepare you to access and navigate LinkedIn Learning, as well as share insights on how the platform can support you in both work and life. The on-demand and ever-growing content on LinkedIn Learning can help address common challenges in our modern workplace, including how to support mental health and wellness.</p>		
November 1st	1:00 – 2:00 pm	TEAMS	Session #0001
LOW WATER USE LANDSCAPING Course Code: SGLW ANNE SCHELLMAN, MASTER GARDENER COORDINATOR, UC COOPERATIVE EXTENSION			
Course Overview	<p>You can have an attractive garden using plants that require less water. Learn best practices for saving water, and about water thrifty plants.</p>		
November 2nd	10:00 – 11:00am	TEAMS	Session #0001
POLLINATOR GARDENING Course Code: SGPG ANNE SCHELLMAN, MASTER GARDENER COORDINATOR, UC COOPERATIVE EXTENSION			
Course Overview	<p>Learn how to identify and attract local native bee pollinators, butterflies, and hummingbirds.</p>		
November 4th	10:00 – 11:00 am	TEAMS	Session #0001



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TRAINING DETAILS

- All training classes will be presented virtually.
- To get the most out of these training, please log in from a computer or device with a screen.
- Trainings will include a visual presentation that will be shared electronically during the training.
- Various platforms will be used, and login information will be sent to registered participants prior to the training date.