

Bits & Pieces

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WELLNESS PARTNERSHIP

By: David L. Dolanar, Deputy Executive Officer



The CEO-Risk Management Division and Workplace Wellness are partnering to make accessible to County employees an on-line wellness program that is designed to promote health and wellness for everyone. This program will be in conjunction with Fitness Consulting Inc. and their newest web-based wellness program.

Many of you may remember some of the fitness, nutrition and exercise classes taught by Judi Ulrey of Fitness Consulting during the Wellness and Safety Fair four or five years ago. These classes were always well attended and many employees have requested to have Judi return. Through a web-based link from the Workplace Wellness website, access to monthly health and wellness topics can be made available to employees within minutes. The goals of this program are to improve the image of Stanislaus

County, increase the awareness of health and body issues and improve health habits.

In addition, Workplace Wellness has plans to broaden its scope of services by increasing emphasis on the physical and social aspects of wellness. Workplace Wellness will increase its visibility, user friendliness and provide an enhanced and more interactive website. The Wellness Newsletter will continue to be offered with additional topics and will be accessible online as well as in hard copy.

More information will be provided in the Workplace Wellness newsletter coming in October. We anticipate our partnership with our friends at Workplace Wellness and Fitness Consulting will be beneficial to all County employees and their families in the future as we learn ways to stay active and become a healthier workforce.

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KUDOS

By: Peggy Huntsinger, Disability Manager



A special recognition goes out to Donna Flores of Health Services Agency, Jeff Fairbanks of the Sheriff's Office, John Turner of Community Services Agency, and Ron Gandy of Behavioral Health and Recovery Services for their participation in presenting at the Disability Management Employer Coalition's National Confer-



ence in San Diego on July 17, 2006. Donna, Jeff, John and Ron's presentation on their Departmental Action Plans resulted in reduced injuries and reduced overall workers' compensation charges to their departments. It is exciting to see these four departments recognized for their efforts in work place safety.

Challenges are what make life interesting; overcoming them is what makes life meaningful.

-Joshua J. Marine

The true measure of a man is how he treats someone who can do him absolutely no good.

- Ann Landers

MEDICAL PROVIDER NETWORK

By: Peggy Huntsinger, Disability Manager



The County has established a Medical Provider Network for employees who have been injured on-the-job. If you are injured on-the-job, you may now select a physician from a larger panel of doctors. A full list is available on line at www.hmcmpn.com. Use the employer code of STANMPN to obtain the list of physicians by area of specialty. The Medical Provider Network (MPN) is similar to a Preferred Provider Organization (PPO) which you may be famil-

iar with under your regular health insurance provider.

One of the nice things about the MPN is an employee with a workers' compensation (WC) claim also known as an on-the-job injury/illness (OJI) can select a treating physician from a larger list of physicians and specialists that have already been identified for quicker referrals when necessary.

A Medical Provider Network brochure was distributed with paychecks on July 19, 2006. If you have not yet read through the brochure, you should fa-

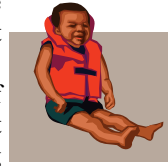
miliarize yourself with the new process. An electronic copy of the brochure can be found on the CEO-Risk Management Division web site at <http://www.co.stanislaus.ca.us/riskmgt/Workers%20Comp.htm>. Hard copies are available from the CEO-Risk Management Division's Disability Management Unit or from your department payroll clerk or human resources department. If you have questions regarding the MPN, please contact a member of the CEO-Risk Management Division's Disability Management Unit at 5-5782.

WATER SAFETY

Submitted by: Ed Fenton, Liability Claims/Insurance Manager

Two minutes. That's how long it takes for a child to lose consciousness in the water. After four to six minutes, irreversible brain damage occurs. Childhood drowning is swift, silent and deadly. Drowning can occur in swimming pools and open water, but it can also occur in wading pools, bathtubs, hot tubs, toilets and scrub buckets.

When infants and toddlers are in or near water, an adult should be within arm's length. The American Academy of Pediatrics recommends that children wear properly fitting life jackets at all times when on boats or near bodies of water. "Floaties" such as water wings, water toys, or air mat-



resses should not be used as life jackets or life preservers. Experts recommend that pools be enclosed with four-sided isolation fencing at least five feet high, with self-closing and self-latching gates, which prevents direct access from the house and the yard.

CHANGE MOUSE SETTINGS TO REDUCE WRIST MOVEMENTS

By: John Turner, Safety Representative, Community Service Agency

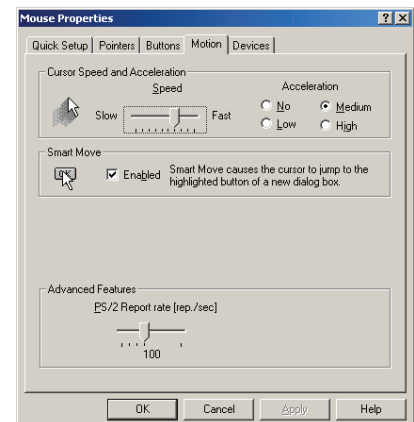
Increasing the mouse "speed" means less work is needed to move the cursor across the screen. When the "Smart Move" option is selected, the cursor automatically moves to the default button when a dialog box pops up.

To change settings, double-click the My Computer icon on your desktop. Then open Control Panel and find the Mouse file. After you open this window, go to the Motion tab, as shown to the right. Here you may adjust the Cursor Speed (slide) and Acceleration

(radio button), and enable Smart Move by checking the box.

Changes may seem odd at first, but try different settings to see what works best.

Another way to reduce stress on the wrist is to use the larger muscles of the arm and shoulder to move the pointing device (mouse or track ball). Let your arm move freely over the wrist rest and armrest.



HALLOWEEN SAFETY TIPS

Submitted by: Diane Pearson, Safety Assistant

Trick-or-Treaters

- Carry a flashlight.
- Walk, don't run.
- Stay on Sidewalks.
- Obey traffic signals.
- Stay in familiar neighborhoods.
- Don't cut across yards or drive-ways.
- Wear a watch you can read in the dark.
- Make sure costumes don't drag on the ground.
- Shoes should fit (even if they don't go with your costume).
- Avoid wearing masks while walk-



ing from house to house.

- Carry only flexible knives, swords or other props.
- (If no sidewalk) walk on the left side of the road facing traffic.
- Wear clothing with reflective markings or tape.
- Approach only houses that are lit.
- Stay away from and don't pet animals you don't know.

Homeowners

- Make sure your yard is clear of such things as ladders, hoses, dog leashes and flower pots that can trip the young ones.
- Pets get frightened on Halloween. Put them up to protect them from



cars or inadvertently biting a trick-or-treater.

- Battery powered jack-o'-lantern candles are preferable to a real flame. If you do use candles, place the pumpkin well away from where trick-or-treaters will be walking or standing.
- Make sure paper or cloth yard decorations won't be blown into a flaming candle.
- Healthy food alternatives for trick-or-treaters include packages of low-fat crackers with cheese or peanut butter filling, single-serve boxes of cereal, packaged fruit rolls, mini boxes of raisins and single-serve packets of low-fat popcorn that can be microwaved later.

CALORIES COUNT

100 CALORIES TO HALT WEIGHT GAIN

By: Casi Persons, Employee Benefits Coordinator



Researchers theorize that the upward trend in the number of overweight Americans is caused, on average, by an imbalance of only 100 extra calories per day. Eliminating this 100-calorie imbalance by eating a bit less and getting a bit more physical activity each day may hold the line on weight gain for many people. This can be accomplished in an almost unlimited number of ways. Below are several ideas on how people can start to trim and burn about 100 calories a day.

Five ways to trim 100 calories from food:

- Swap an 8-ounce regular soft drink for a diet soft drink.
- Drink 2 cups of fat-free milk instead of 2 cups of whole milk.

- Use 1 teaspoon of mustard or ketchup or 1 tablespoon of fat-free mayonnaise in place of 1 tablespoon of regular mayonnaise.
- Split a bag of French fries with a friend.
- Slice a typical piece of apple pie about one-third smaller.

Five ways to burn 100 calories through physical activity:

(PHYSICAL ACTIVITY AND WALKING ESTIMATES BASED ON A 150-POUND PERSON)

- Pedal an exercise bike for 13 minutes.
- Practice some fast dance steps for 16 minutes.
- Work in the garden for 18 minutes.

- Walk briskly for 22 minutes.
- Clean the house for 25 minutes.

Five food and foot power combos to cut 100 calories:

- Eat five fewer potato chips and walk for 6 minutes.
- Eat one-quarter cup less of spaghetti with tomato sauce and walk for 11 minutes.
- Top toast with 2 teaspoons of apple butter instead of 2 teaspoons of butter and walk for 11 minutes.
- Spoon out 3 tablespoons less of mashed potatoes and walk for 13 minutes.
- Skip 2 half & half coffee creamers in coffee and walk for 15 minutes.

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Did you know...

- Eating a teaspoon of peanut butter will stop your hiccups!
- The first states to declare Labor Day as a state holiday in 1887 were; Oregon, Colorado, New York, Massachusetts, and New Jersey. Then in 1894, Congress passed a law recognizing Labor Day as an official national holiday.
- The first European explorer to realize the discovered lands were not part of Asia was Amerigo Vespucci, from whose name the word "America" derives.
- National Boss Day was started in 1958 when Patricia Bays Haroski, an employee at State Farm Insurance Company, registered the holiday with the Chamber of Commerce of the United States. Patricia started Boss Day to pay tribute to bosses. Official date (October 16) is Patricia's father's birthday.
- The Main Library at Indiana University sinks over an inch every year because when it was built, engineers failed to take into account the weight of all the books that would occupy the building.

2007 OPEN ENROLLMENT

September						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1  Open Enrollment Begins	2
3	4 Labor Day	5	6	7	8	9
10	11 CSA 9:00am - 4:30pm Lg. Training Rm	12	13 Payday Ag Ctr 8:30am - Noon Conf Rm H & I	14	15	16
17	18 10 th Street 9:00am - 2:00pm Basement Training Rm	19	20 Sheriff 6:30am - 9:30am 3:30pm - 6:00pm Adm Conf Rm 152	21	22 HSA 9:00am - Noon 2:00pm - 4:00pm Martin Conf Rm	23
24	25	26	27 Payday	28	29  Open Enrollment Ends	30

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