



April 2023



Health & Wellness Quarterly Newsletter

PUBLIC EMPLOYEES' BENEFIT BOARD (PEBB)



Have you had the chance to check out the online [2023 Virtual Benefits Fair that the Public Employees' Benefit Board \(PEBB\)](#) has on their website? If not, it is worth taking a look. There is a welcome video, New Hire Resource Center, Wellness Central, and even tools to help you make the best benefit choices for you and your family. In the New Hire Resource Center, you can find information about retirement, paid time off, health insurance, and flexible spending accounts. They have links for unions and Uplift Oregon benefits classes. In the auditorium, they have videos on each of the health care insurance options and information about healthy options like participating in Weight Watchers (WW) or the Healthy You portal. They walk you step by step on how to register for the program of your choice. Resources like Healthy You, offer resources like weight management and how to reduce your health risk articles. There are mental health podcasts to listen to as well as other well-being tools.

The Virtual Benefits Fair has side-by-side plan comparison sheets for you to use in the Decision Center. This is great for new employees as well as existing employees to use when considering how you can make the best choices. You can meet the interactive, computer person, Alex, to help walk you through the options. Now that was interesting. Alex has a sense of humor! He even saves your choices as you go along so you don't have to start over. It is nice to know we have somewhere to go to get answers about our choices and learn something new.



Quick Links for:

[Energizers On-Demand](#)



[Canopy EAP](#)



[Weight Watchers \(WW\)](#)



24/7 Telehealth
[Kaiser Permanente](#)
[Moda](#)

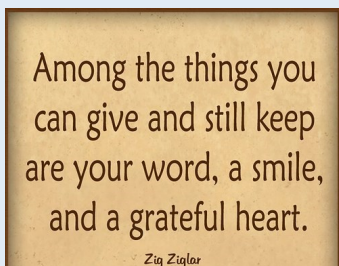


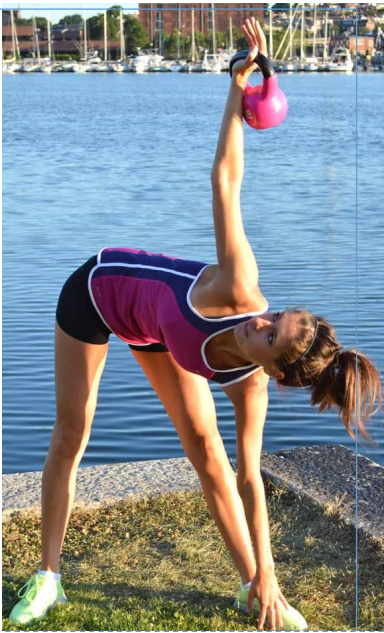
[Quit for Life](#)



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- * *Canopy Resources*
- * *Water Safety*
- * *Motorcycle Safety*
- * *Food Corner*





STAYING THE COURSE

With our new year goals to get into shape, we find opportunities to get outside as often as possible. Exercising outdoors gives you a chance to get out and smell the flowers. Exercising is a [natural antidepressant](#) and can help ward off seasonal affect disorder (SAD), depression, and even anxiety. When the body increases the serotonin, you tend to feel better. Challenging the body in the outside environment can be fun to see what is changing as plants start to turn green with new foliage. Outdoor exercise can be enjoyable and can feel more like you are going outside to play instead of focusing on the chore of the walk. When we are excited about doing something, generally it is something we not only look forward to each day, but it also makes the task something we stick with.

Check your walking or running shoes to be sure you have good protection from injuries and take a bottle of water with you so you stay hydrated. Getting regular exercise helps prevent disease and illnesses and can improve your mood and reduce stress. Be sure to check the temperature before you go out so you can [prepare properly](#). Watch out for things like rain, potholes, and bicycles on the roads.

"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity." ~John F. Kennedy

RELAX THE MIND

Take a few minutes to relax the mind with a simple word search. See how many of the words below you can find.

I H A D R A W L Y N V T L C S
 K L N R A K R L O I S Y S O I
 S G R E X S O C I A L D T M U
 H C B L I T X W C A L M K F D
 O Z R A R S E A T A L A L O R
 W N E X E U D G V M D E B R I
 E V A A A P X M X R V L H T N
 R I T T D C S L E E P Q U T K
 P T H I S E L F L O V E M A W
 Q A E O C H Y G I E N E B R A
 D R M N I F V K Z E T C L B T
 K B U B B L E B A T H B E O E
 R S Z M R H X Z O H C R R Z R
 Y F O F Y C F V P N M U S I C
 L G N R P D N L V Z J L Z E U

- | | |
|-------------|---------|
| Hygiene | Sleep |
| Relaxation | Social |
| Self Love | Eat |
| Bubble Bath | Comfort |
| Drink | Water |
| Calm | Read |
| Breath | Shower |
| | Draw |

SUNBURNS

We have all done it. We sit in the sunshine because the sun feels sooooo good and we are anxious for that warm sunshine. Even though we don't actually get vitamins from the sun, we know that exposure to the sunlight can help our bodies produce more vitamin D which is a critical nutrient for bone and immune health. However, too much sunshine can lead to inflamed skin, painful, tender, and achy blisters if we are not careful. Surprisingly, we can develop a headache if our eyes are overexposed to the sun. Wear sunglasses or a hat if you have to be outside for long periods of time. With so much controversy about sunscreen these days, it may be best to limit exposure or wear long sleeves. Be sure to check with your doctor if you develop large blisters, severe swelling, infection or pain due to sunburns. Immediate care may be needed if you have a fever over 103F with vomiting, confusion, infections, dehydration, or cold skin, dizziness, or fainting. I have learned that a little aloe helps when I have mild sunburns.



According to the [MayoClinic](#): "Sunburn is caused by too much exposure to ultraviolet (UV) light. UV light may be from the sun or artificial sources, such as sunlamps and tanning beds. UVA is the wavelength of light that can penetrate to the deep layers of skin and lead to skin damage over time. UVB is the wavelength of light that penetrates the skin more superficially and causes sunburn. The UV light damages skin cells. The immune system reacts by increasing blood flow to the affected areas, which causes the inflamed skin (erythema) known as sunburn. You can get sunburn on cool or cloudy days. Surfaces such as snow, sand and water can reflect UV rays and burn skin too."





My EAP Benefits

- Counseling Sessions
- Eldercare Services
- Fertility Health
- Financial Coaching
- Gym Membership Discounts
- Housing Support
- ID Theft
- Legal Tools
- Coaching
- Parent Support
- Pet Parent
- Resource Retrieval

Canopy is a FREE and CONFIDENTIAL service offered to all State of Oregon Employees.

Your benefit includes 3 Counseling Sessions The Employee Assistance Program (EAP) is a FREE and CONFIDENTIAL benefit that can assist employees and their eligible family members with any personal problems, large or small. The EAP offers face to face, phone sessions, or live video conferencing for problem identification, assessment, establishing outcome goals, recommendations, priorities and actions needed to reach goals. For example, you can receive assistance with concerns such as: Anxiety - Depression - Family concerns - Grieving a loss - Relationship conflict - Stress management - Substance use - And more...

To access EAP Sessions, please call the EAP at 800-433-2320 or [Schedule an Appointment](#). Immediate crisis support is also available 24/7 by phone.



Canopy offers a variety of [YouTube videos](#) that help remind us how to stay healthy. [Sign in today!](#)

MOTORCYCLE SAFETY

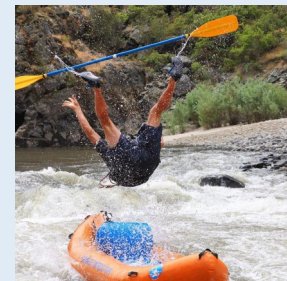
With the welcomed weather improvements brings an offer for better motorcycle riding conditions. Drivers need to be diligent in paying attention to individuals on the road and check around you for what obstacles may exist. Control your speed and stay aware of how much distance is between you and the car in front of you. Motorcyclists typically struggle more with slowing down quickly or breaking when conditions are wet or cold. For those riding a motorcycle, ensure that you are prioritizing safety by wearing a helmet. Drivers need to be careful while driving through neighborhoods as not only looking out for children playing but also for animals, bicyclists, and motorcycles. The change in weather encourages everyone to be out more often for some leisurely walks however, bring your sunglasses to protect your eyes from the glare. Be safe so you can enjoy the change of the seasons.



Canopy Contact Information:
Toll Free: 800-433-2320
Text: 503-850-7721
Email: info@canopywell.com

BOATING AND WATER SAFETY

Water safety is something to be considered this time of year as well. Many people will be wanting to get out to fish, boat, or play in the water when the weather gets warmer. Check out [Boater Equipment and Regulations](#) on the Oregon State Marine Board's website to ensure your watercraft meets the requirements. Watch out for bank fisherman and those in the water when passing. Take time to plan ahead. Check [here](#) for more information on links about water levels, obstructions, tide information, local regulations, requirement equipment, where to launch, and more.



Health & Wellness Workgroup

The local Health & Wellness Workgroup meets twice a year and has local representatives for each location. Contact Micky Dryden if you don't know who your contact is, or you are interested in promoting health & wellness at your location.

Micky.D.Dryden@OMD.Oregon.gov

SEASONAL ALLERGIES

You may have concerns about seasonal allergies with the changing weather. As the weather warms, it stirs up some of the common Pacific Northwest allergens including tree and grass pollen, dust mites, pet dander, mold and mildew spores. It seems like allergy season is getting longer and longer each year with the climate changes.

Cough, fatigue, congestion, runny noses, itchy eyes, ugh! The list goes on and on. Taking a shower and washing your hair can sometimes help with reducing inflammation. Wearing a mask outdoors is another way to combat irritants from entering the mouth and nose. If your symptoms get worse, be sure to reach out to your health care provider for more advice on how to keep your seasonal allergies under control.



The Oregon Military Department appreciates the hard-working employees within our agency and supports their efforts to be a ready force as needed to support our National Guard Members.

Suggestions for Health and Wellness articles and desired content are always welcomed. Please reach out to:

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Adjutant General Personnel
Micky Dryden
Health & Wellness Coordinator
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Salem, Oregon 97309-5047

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Email: Micky.D.Dryden@OMD.state.gov



OMD: Health and Wellness :
[Employee Resources Webpage Link](#)

FOOD CORNER

We don't usually think about staying hydrated during the Spring because the weather is cool and rainy. However, it is very important to pay attention to how much water your body is getting. Did you know that we get about 20% of our water from the foods we eat? That's right. The food we eat is important when making healthy choices. Watermelon, cucumbers, and lettuce are great for adding water to your meals. Soups that add fiber and nutrients are great choices that not only offer hydration, but also help to fight the common cold. Tomatoes can add flavor and sweetness when you want a salad or added in sauces. Strawberries have lots of antioxidants and flavonoids which are chemicals that help your brain stay sharp and add to our overall health. Enjoy some grapefruit in the morning to add more vitamin C to your diet and support your immune system to protect your cells against damage. What a great way to incorporate hydration and get nutrients all in one by adding these types of foods to our plates!



Self-Care Word Scramble

Unscramble the letters to solve the puzzle!

1. DINRGEA _____
2. LSYPCHAI NESFSTI _____
3. ANCTOI ALNP _____
4. GEHNYEI _____
5. LSEF HPLE _____
6. IERESNLCIE _____
7. SLFENIMDSUN _____
8. SELPE _____
9. OIMCINETAD _____
10. ITBEYLSSPNRIO _____
11. TUBTAYAOINLICC _____
12. DITE _____
13. NNENPETDDIE _____
14. CXESERIE _____
15. IMAFYL _____
16. EFTELISYL _____
17. TAIXENY _____
18. NINIORTTU _____

Answer key: 1. READING 2. PHYSICAL FITNESS 3. ACTION PLAN 4. HYGIENE 5. SELF HELP 6. RESILIENCE 7. MINDFULNESS 8. SLEEP 9. MEDICATION 10. RESPONSIBILITY 11. ACCOUNTABILITY 12. DIET 13. INDEPENDENT 14. EXERCISE 15. FAMILY 16. LIFESTYLE 17. ANXIETY 18. NUTRITION