

HEALTHYBUSINESSJOURNAL

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We're
here for
you.

Business Health Services is open seven days a week. Drug testing and treatment for injured workers is provided on a walk-in basis.

Weekdays 8 am – 8 pm

Weekends 10 am – 6 pm

Wellspring Medical Center

1475 Mt. Hood Avenue
Woodburn, Oregon 97071
wellspringmedicalcenter.com

For more information, call 971.983.5256.

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Health & Safety Conference

More than 50 representatives from area businesses gathered to learn how they can create a safe workplace environment for their employees at the first annual Business Health Services (BHS) Conference held Friday, October 10 at Wellspring.

Participants had an opportunity to hear from industry leaders on a variety of issues including return-to-work, diversity in the workplace, employee substance abuse, issues surrounding the aging workforce, and updates on regulatory and legislative issues.

In keeping with the healthy environment theme, participants enjoyed a lunch containing only three percent fat that was prepared by The Bistro at Wellspring and a stretch break led by Rebecca Tryon of The Fitness Center. Chair massages were also provided to attendees throughout the day.

Rose Miner, the human resources staffing coordinator for Columbia Helicopters was

pleased she and a colleague had attended.

"Columbia Helicopters has a varied work force and this conference has been wonderful – concise and to the point," she said. "I am getting some creative ideas on how we can help get our employees back to work after an injury or illness." This is of great benefit to employees both physically and psychologically, as well as for business.



Launched in 2007, Business Health Services currently serves more than 130 businesses throughout the mid-Willamette Valley, providing comprehensive and customized occupational medicine.



Seasonal Affective Disorder in the Workplace

Feeling exhausted and cooped up? Afraid that one more dark and dreary day will cause you a complete melt down?

More folks are affected every year as the days get shorter and the light fades. This cyclical depression, called SAD (Seasonal Affective Disorder) may affect many of your employees, causing lower productivity and missed work days.

SAD affects an estimated half million people every winter between September and April, in particular during December, January, February, and March. SAD is a biochemical imbalance in the hypothalamus following the shorter daylight hours. For many people, SAD is a seriously disabling illness, preventing them from functioning normally without continuous medical treatment. For others, SAD is a mild condition causing discomfort but not severe suffering. Medical providers may call this "the winter blues". And it is quite common, especially in the northern, colder areas of the country.

What are the Symptoms?

The symptoms of SAD may vary in severity but usually occur regularly each winter. They include:

- **Sleep problems:** Usually desire to oversleep and difficulty staying awake. In some cases, disturbed sleep and early morning wakening.
- **Lethargy:** Fatigue and inability to carry out normal routine activities.
- **Overeating:** Craving for carbohydrates and sweet foods, usually resulting in weight gain.
- **Depression:** Feelings of misery, guilt and loss of self-esteem, sometimes hopelessness and despair, sometimes apathy and loss of feelings.
- **Anxiety:** Tension and inability to tolerate stress.

What Can a Supervisor Do?

As a supervisor, you cannot diagnose depression. You *can* note changes in work performance and listen to employee concerns. Contact your Employee Assistance Program (EAP) or appropriate personnel and ask for suggestions on how best to approach an employee who you suspect is experiencing work problems that may be related to depression.

When a previously productive employee begins to be absent or tardy frequently, or is



■ Elizabeth Marik, FNP-C

unusually forgetful and error-prone, he/she may be experiencing SAD. Discuss changes in work performance with the employee. Confidentiality of any discussion

with the employee is critical. If an employee voluntarily talks with you about health problems, including feeling depressed or down all the time, keep these points in mind:

- Do not try to diagnose the problem yourself.
- Recommend the employee experiencing depressed feelings seek professional consultation from an Employee Assistance Program (EAP) counselor or mental health professional.

Treatment for SAD is varied and quite effective. Check out the Seasonal Affective Disorder Association for details and as a resource for your employees. Now might be a good time to take a break, go outside for a few minutes, and see if you can find the sun. *For more information or treatment options call 971.983.5360.*

BUSINESS MEMBER PROFILE

Gayle Goschie

Vice President, Hops, Goschie Farms, Inc.



Goschie Farms is a third generation family farm managed and operated by siblings Gordon, Gayle and Glenn Goschie. This year marked the farm's 104th hop harvest. Their farming operation includes grass and specialty seed crops, sweet corn and its most recent enterprise, wine grapes.

BHS: How many employees do you employ?

GG: From 6-60 depending on the time of year.

BHS: What is the biggest employee health and safety challenge you face?

GG: An aging population in a very physically active profession.

BHS: What health and safety programs have been successful for you?

GG: On-going education regarding health and safety; on the farm and off site workshops delivered in English and Spanish.

BHS: How has Business Health Services helped your business?

GG: BHS developed and implemented a custom health screening for key employees. The screening has given these employees a snapshot of their present health status. The goal is to continue, through BHS and other educational resources, to bring preventive health information to our entire Latino workforce and their families.

Business Health Services is our preferred resource for on the job injuries. Both employees and owners have a high level of confidence in the care we have received there.

BHS: What was the last good management book you read?

GG: *The Experience Economy*, authors Pine and Gilmore. It's exciting in Oregon to produce a local product that gives the farm business, the purchaser, the processor, and ultimately the consumer a story to tell.

BHS: What is your favorite business quote?

GG: "The trouble with being in the rat race is that even if you win, you're still a rat." - Lily Tomlin. It comes from a book on the potentials of our life attitudes, *How We Choose to Be Happy*, authors Foster and Hicks.

BHS: What is your leadership philosophy as it relates to your employees?

GG: Respect. Give respect and you will receive it. Also, enjoy the process, don't wait for the outcome to bring you fulfillment.





Benefits and Myths of Flu Shots



*Bill Carnett, DO
Business Health Services
Medical Director*

Every year we see patients who have Influenza (the flu). They come to Immediate Care with body aches, a sore throat, high fever (102+), headache and a dry-hacking cough. All

we can tell them is that they should drink lots of fluids, rest and be prepared to be out of work for 1-2 weeks as a result of their illness.

In nearly every case these flu victims chant the phrase, "Next year I'm getting a flu shot!" Of course we're happy to hear these words, but always wonder "Why didn't you get one this year?" Typically we hear several standard justifications, so I'd like to dispel some of these myths about the flu vaccine.

Myth: I never get the flu.

Reality: So far, you may have been lucky. As Becky Walker, RN and our Practice Manager here at Business Health Services observes, "What you might think is just a cold during flu season may well be a life threatening event for the ones you expose. Responsible adults wouldn't take that risk if they were aware of the potential danger to their loved ones and co-workers. And protection is so easy. All it takes is a few minutes once a year."

Myth: The flu shot gave me the flu.

Reality: The flu vaccine cannot give you the flu. In some cases, people will experience some soreness where they received the shot. Very infrequently someone will experience mild aches and pains or a feeling of general malaise for a few days after the vaccine. This is not the flu, rather the body's reaction to some of the components of the vaccine. It's completely benign.

Myth: The flu vaccine doesn't work.

Reality: No vaccine can provide complete protection against disease. However, any protection is better than none. Remember, if you become infected with influenza, you are going to be very ill for 5-7 days and quite fatigued for a number of weeks. Even the strongest people find it almost impossible to work while suffering symptoms of the flu.

Myth: I can't take flu shots because I'm allergic to chicken.

Reality: You shouldn't be given flu vaccines if you are allergic to eggs or have had an allergic reaction to the flu vaccine in the past.

Of course none of us like shots, but believe me, this little injection is much less of a "pain" than is a case of influenza. To schedule your flu shot call 971.983.5340.