

We're
here for
you.

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

Weekdays 8 am – 8 pm

Weekends 10 am – 6 pm

Wellspring

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

For more information, call 971.983.5256.

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New Year's Resolutions For Work



We all tend to get wrapped up in our day-to-day schedules; work, taking the kids to practice, going to appointments and all of the minutiae of our busy lives. We often forget to make time for exercise or some kind of physical activity.

Of the ten leading causes of death in the United States, obesity is a risk factor for half of the causes, including coronary heart disease, stroke, high blood pressure, diabetes and some types of cancer. All of these conditions can have a strong impact on a company's bottom line through increased sick days, lost productivity, and high insurance premiums.

Worksites are crucial to improving the health of their workers. Most adults spend more of their waking hours at work than anywhere else, making it a prime venue for promoting healthful habits.

Here are some suggestions that employers might pass on to their employees to encourage healthy habits at work:

- Companies can set up "walking routes" in the workplace (indoors or outdoors), encourage employees to use them, and celebrate those employees who go from a sedentary lifestyle to a more active one.
- If it is possible to be flexible with break times it may be beneficial to stagger morning or afternoon breaks to match the weather. When the rain lets up employees can get out for a quick walk between showers.

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New Year's Resolutions For Work

(continued)



- Rather than sending an email or calling coworkers in the same building, encourage employees to get up and walk over to their desks. Remember, every step counts.
- Some two-person meetings can be accomplished while taking a quick walk outside.

Employers might consider replacing the sugary soft drinks in lunchroom vending machines with more healthful beverages. If a person who drinks sugary soda during the day reduced their intake by one can they would save 40,150 calories or 11 pounds per year.

Your company will be provided with customized wellness opportunities provided by health professionals. The objective may be very distinct, as in providing smoking cessation classes. A more comprehensive program could include medical screening and monitoring, lifestyle coaching, weight management, fitness programs and more.

The benefits to employees are immeasurable

- Weight reduction
- Improved physical fitness
- Increased stamina
- Lower levels of stress
- Increased well-being, self-image and self-esteem

Employers can reap quantifiable results from worksite wellness programs

- Reduced healthcare costs. Studies show that fitness programs have reduced employee healthcare costs by 20 to 55 percent.
- Decreased rates of illness and injuries.
- Reduced employee absenteeism. Reducing just one health risk increases a person's productivity on the job by 9 percent and reduces absenteeism by 2 percent.
- Increased productivity.

Encouraging wellness demonstrates an employer's concern for the overall well-being of the workers. Further, it has been shown that employee turnover is significantly lower among employees who take advantage of a workplace wellness program.

The New Year is the perfect time to take advantage of the varied wellness opportunities at work for a healthier 2009!

For more information on creating a customized wellness program for your company, please call 971-983-5256.

Employee Wellness... Open your heart to a better, happier life



■ Frank Lord, MD

As an increasing number of employees are moving into middle age, the realities and risks of chronic disease are affecting a growing number of corporations.

Heart disease and risk factors associated with heart disease (diabetes, obesity, stress) increase healthcare and insurance costs and cut into the productivity and overall efficiency of business operations.

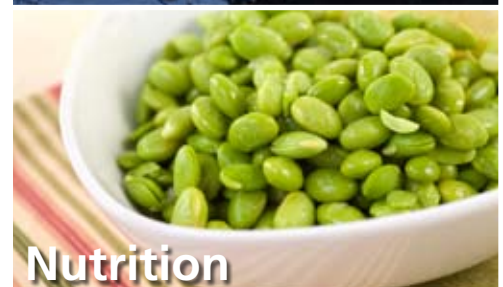
Employee participation in lifestyle modification programs that include nutrition, exercise, stress management and group support saves dollars, increases employee morale and makes good business sense. Enrolling employees in lifestyle modification programs can assist in meeting the healthcare needs and improving the quality of life of employees with heart disease while simultaneously helping to decrease insurance and healthcare costs for employers.

The WellspringHeart program is known for its success in treating and reversing heart

disease. It has been offered to members of our community here at Wellspring, part of the Silverton Hospital Network, since November 2007. Silverton Hospital Network offers the program to all employees who medically qualify. The impact on the health and morale of the employees has been remarkable. It has even affected those who have not enrolled in the program. Healthier options are available for staff meetings and at the restaurants on the various campuses. Silverton Hospital is truly walking the talk. WellspringHeart is now expanding the program to offer access to corporations and businesses in the Portland Metro/Salem Areas.

Seventy percent of people over 50 have some degree of coronary artery disease. When we diagnose heart disease early our intervention is less invasive and less costly. Participants in lifestyle modification programs that include nutrition, exercise, stress management and group support have significant reversal in heart disease at one year. But even better, they have more overall reversal after five years and their long term adherence has a ripple effect on their colleagues, families and friends, proving that healthy lifestyle behaviors are contagious. (1998, *Journal of Medical Association*, Dean Ornish, M.D.)

For more information on preventing or reversing heart disease, contact Kristi Lachenmeier at 503.502.1305 or klachenmeier@silvhosp.org.



BUSINESS MEMBER PROFILE

Andrea Buchholz

Human Resource Manager, Brentwood Corp.



Brentwood Corp. is a division of Woodcraft Industries, Inc., which is recognized as the leading hardwood and engineered wood component supplier in the woodworking industry. We are committed to excellence in manufacturing and supplying our customers with on-time, superior products through quality, service and performance.

BHS: How many people do you employ? 200

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

Soft tissue injuries from repetitive motion, which usually results in modified duty or actual time loss.

What health and safety programs have been successful for you?

Getting the employees to “buy in” to a safety program is a challenge for any company. We implemented a mandatory daily Stretch-N-Flex program, as well as extensive cross training which has significantly reduced the number of injuries. We also use monthly safety topics and employee-submitted slogans as a frequent reminder to our employees to work safely.

How has Business Health Services helped your business?

Getting employees who have been injured on the job the immediate medical care with the correct return-to-work instructions is imperative for our Health and Safety Program. Liz Marik and the team at BHS have definitely made a world of difference by making the extra effort to understand our environment and our employees’ needs.

What was the last good management book you read?

Developing the Leader Within You by John C. Maxwell. The principles taught in this book can be applied not only at work, but in your home life, as well.

What is your favorite business quote?

“If you can’t do great things, do small things in a great way. Don’t wait for great opportunities. Seize common, everyday ones and make them great.” - Napoleon Hill

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

We believe in everyone’s ability to improve. We demand excellence from 100 percent of our employees. In return, we are committed to maximizing compensation and providing a clean, attractive, positive, and drug-free atmosphere.

What else would you like to share with other business owners or managers?

Implementing a Drug & Alcohol Program at Brentwood has been one of the single most effective things we’ve done for our company, our employees and the surrounding community. We have managed to reduce turnover, decrease injuries, increase morale and as an end result, support our community by promoting and hiring drug-free employees.



Silverton Hospital
Business Health Services

Wellspring Medical Center
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The Start! Movement



The Start! Movement is built on a simple premise – walk more, eat well and you'll live longer. This innovative movement created by the American Heart Association brings individuals and companies together to create a mutually beneficial culture of physical activity and employees. Online resources are available to everyone at americanheart.org or mystartonline.org.

Start! Moving for Employers

Get the stats on why workplace fitness creates a win-win for your employees and your bottom line. Download presentations, tips and more.

Start! Fit-Friendly Companies Program

Employers who create a culture of health in the workplace are champions for employees. Learn how to become one of The Start! Fit-Friendly Companies.

Start! Heart Walk for Employers

The Start! Heart Walk draws employers together for a common cause. Create a team, raise funds and get your employees fit.

Start! Walking Program for Employers

Organize your employees into walking teams and give them the tools to create walking routes around your workplace.

National Start! Walking Day

Plan now to join thousands of companies and individuals nationwide on Wednesday, April 8, 2009 as they Start! taking control of their health. Wear some green and show your support of the Start! movement.

MyStart! Online for Employers

Help your employees jump-start their healthy living with a free and easy-to-use tracking tool.