



# CROSSROADS

A CCCSIG Health & Safety Publication for CCC Member School Districts

• September 2016 •

CCCSIG promotes a safe and healthy working environment for Contra Costa County school district employees.

## New Fall Wellness Challenge: Energize Your Workday!

**When:** Sept. 19 to Oct. 30, 2016

**Program Goal:** To complete and log at least 50 healthy activities by the end of the 6-week program. Those who meet the program goal will be entered into a county-wide drawing for a \$50 REI gift card. Examples of healthy activities: walking, playing sports, stretching, eating a healthy meal, skipping sweets for a day, 7-8hrs of sleep, drinking 8 glasses of water, 5-9 servings of fruits/veggies, eating breakfast, etc. The district with the highest average number of healthy activities logged will win the CCCSIG Perpetual Fitness/Wellness Challenge Trophy (which currently resides in Martinez USD!)

Click [here](#) to register. For program information, please click on the links below:

- [Overview Video \(1:19 min\)](#)
- [Overview Powerpoint](#)
- [Quick Tips User Guide](#)
- [Program Flyer](#)
- [Paper Tracking Log](#) (for those who prefer paper vs. online version)

Please contact [Denise Schreiner](#) with any questions.

Please note: From 9/12 through 9/16, please contact Jennifer Tarkiainen at [jennifer@heiaheia.com](mailto:jennifer@heiaheia.com).

### ENERGIZE YOUR WORKDAY



## 15-Minute Stress Buster Relaxation/Guided Imagery

Have you ever had “one of those days”? This 15-min video can be used for a quick mind/body calming activity, and includes instruction on deep breathing techniques, affirmations and guided imagery, all designed to refresh and invigorate.

To access the video click [here](#) and select **15-min Relaxation/Guided Imagery Stress Buster** from the list of available on demand videos. Please use password: cccsig (all lowercase).

For questions, please contact [Susan Patterson](#).



2014/15 Student Poster Entry  
by Andrew Che, Acalanes High/AUHSD

## Hey Y'all—Don't Slip Trip and Fall!

**Slips, trips and falls continue to be the LEADING cause of injuries among most occupations countywide each school year, which can result in** excruciating pain, depression, missed workdays, hiring subs and higher workers' compensation premiums.

During the 2015-16 school year, employee injuries resulting from slipping, tripping and/or falling accounted for 23% of all reported incidents and 31% of estimated claim costs among our 19 workers' compensation member districts. The top contributing factors were: Outdoor surfaces; Liquid/oil/food on floor; Stairs/steps; Chairs and Boxes/barrels/containers.

Check out these real-life examples taken from incident reports in Contra Costa County school districts last fiscal year, which were preventable:

**Employee tripped over a pile of student backpacks. Est. cost of benefits: \$27k**

**Prevention Tip:** Require students to keep backpacks out of walkways, e.g., place them on provided wall hooks or well tucked under desks or benches with no straps hanging out.

**Employee wearing improper footwear, rolled ankle and fell. Est. cost of benefits: \$112k**

**Prevention Tip:** Wear appropriate footwear to work (flat or low block heels with rubber tread; avoid wearing flip-flops or high heels)

**Employee's feet were tangled in cords under their desk and they fell to the ground.**

**Est. cost of benefits: \$33k**

**Prevention Tip:** Untangle, organize and re-route cords under desks and across walkways.

Don't be a slips, trips, falls statistic! Practice these and other prevention tips to protect yourself from painful and costly injuries this school year! Click [here](#) to view more tips in our 5-min Slip, Trip and Fall Prevention Video for school employees!





## Wellness Tip of the Month: Add 10 Minutes of Exercise to Your Day!

If you don't already exercise, aim to get at least 10 minutes each day (and progressively build up to 30 min). Try walking to start. If you do currently exercise, add 10 extra minutes to your routine.

Source: [Health Advocate Health and Wellness Blog](#)

## Summer Fruit Salad with Creamy Orange Dressing

### Dressing

- 1 medium organic navel orange
- 1/2 cup small-curd cottage cheese
- 2 tsp. balsamic vinegar, preferably white
- 1/2 tsp. salt
- 2-3 drops hot pepper sauce



### Salad

- 1 cup blueberries
- 1 cup honeydew melon (1-inch pieces)
- 1/2 cup red grapes, (halved lengthwise)
- 1/2 cup fresh pineapple (1/2-inch pieces)
- 1 medium peach or nectarine (3/4-inch slices then cut in thirds)
- 6 Boston lettuce leaves
- 1 Tbsp. reduced-fat or regular unsweetened shredded coconut

### Directions

- Using swivel-blade peeler, remove two 1-inch x 2-inch strips of zest from orange. Chop zest and set aside.
- Slice off top and bottom of orange. Stand orange on one end and cut away peel and white pith. Cut orange in half vertically and put one half aside. Holding other half of orange over bowl of mini food processor, slip knife between flesh and membrane on each side of segments to release flesh. Squeeze remaining juice into bowl. Pulse 3 or 4 times to coarsely chop orange. Add cottage cheese, vinegar, salt and whirl until almost smooth puree. Add zest, hot sauce and whirl to combine.
- In mixing bowl, add blueberries, melon, grapes, pineapple and peach or nectarine. Mix fruit with 1/2 cup dressing. (Refrigerate leftover dressing up to 24 hours for other uses).
- Line platter with lettuce and spoon fruit salad on top. Cut remaining orange half crosswise and arrange slices around fruit salad. Sprinkle coconut on top.

Source: [www.aicr.org](http://www.aicr.org). Reprinted with permission.

## Nutrition Nuggets!

**Question: I know my habit of grabbing donuts on the way to work is no way to fuel for the day. What are some quick, healthy breakfasts I can eat at my desk?**

**Answer:** A good strategy for a high-energy, healthy breakfast is to include a protein like egg or dairy plus a whole grain and a fruit or vegetable.

You're right that donuts aren't a healthy fuel, and neither are jumbo muffins and scones. They contain few nutrients with six to ten teaspoons of sugar that may leave you in an energy crash in a couple hours. For a quick, healthy pick-up, try a breakfast sandwich on an English muffin or in a wrap with an egg, cheese or perhaps both. Look for a spot that offers whole grain choices. You can also try take-out oatmeal, a great whole grain staple. If you add the packets of nuts and dried fruit that often come with the oatmeal, you can have a balanced meal and still have room for an extra piece of fruit. Fruit and yogurt parfaits can also be a healthy option, but look for the non-sweetened versions where the calories are below 300.

You can save money and have more healthy options if you bring your breakfast from home. In five to ten minutes you can toss rolled oats, dried fruit, nuts and seeds into a jar, then at work add milk and microwave. Make a peanut butter and fruit sandwich on whole wheat or bring leftovers if you like something savory.



Source: Karen Collins, MS, RDN, CDN, FAND. [American Institute for Cancer Research](#). Reprinted with permission.

## Gym-Free Fitness Ideas Anyone Can Do!

Tavis Piattoly, a sports dietitian, nutritionist and co-founder of My Sports Dietitian, offers easy ideas without a gym.

**At home:** Try squats or, if mobility is an issue, squat to a chair. Push-ups are a classic, highly effective option. If regular push-ups aren't an option, do them from your knees or against the wall. Or try lunges around the house, shoulder presses with dumbbells, jumping rope, jumping jacks, running in place, planks and sit-ups.

**Outside in nature:** Try hiking, paddle boarding, kayaking, skiing, fishing, mountain biking or whatever else peaks your curiosity. Simply taking a walk around the yard or block is beneficial, too.

**At the office:** Try taking the stairs every day and park far away so you walk to the door. Use a 5-minute break every hour to do something active such as chair squats or seated leg raises. Set an automated alert so you don't forget.

**Group fitness:** Play tag, organize relay races or create an obstacle course outside. Other enjoyable group fitness activities include hiking, swimming, basketball, soccer, Frisbee and bike rides.

**Out and about.** Try walking or running the parking lot while kids are taking dance or music classes rather than passing the time on your smartphone.

Source: [Brandpoint](#). Reprinted with permission.

