



# WORKSITE WELLNESS NEWS

VOLUME IV, ISSUE II

JULY 2, 2012

## SPECIAL POINTS OF INTEREST:

- **Health & Safety Expo Winners Announced!**
- **City of Bryan Blood Drive this month!**

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## City Employees Take Part in Health & Safety Expo

Employees from various City departments participated in the annual Health & Safety Expo held this past month at the Brazos Center. Attendees were able to visit over fifty health and safety related booths offering free health assessments, giveaways and lots of great information. Diego Becerra (Traffic Operations) took home the City of Bryan's Grand Prize—a Nikon Coolpix Camera with carrying case and memory card. Congrats Diego! The Backhoe Rodeo was a popular event with many employees trying their hand at the challenging events. Brandon Waskow (Facility Services) was the overall winner. Congrats Brandon! T-shirts will be distributed this week to those who attended.



## Blood Drive to be held July 13th

The City of Bryan will host a blood drive this month benefiting the Gulf Coast Regional Blood Center. All employees as well as community members are encouraged to donate. If you would like to schedule an appointment, please contact Lesley Becker at [lbecker@bryantx.gov](mailto:lbecker@bryantx.gov) or call 209-5050. Walk-ins will also be accepted.

**City of Bryan Blood Drive**  
**Friday, July 13th**  
**8:00am-3:00pm**  
**Municipal Office Building Basement**  
**Sign up TODAY!**



# Yummy Spinach Berry Salad Recipe

## Salad Dressing:

- 2 tablespoons white wine vinegar or cider vinegar
- 2 tablespoons balsamic vinegar
- 2 tablespoons honey
- 2 teaspoons Dijon mustard
- 1 tablespoon curry powder (can be omitted)



## Ingredients:

- 4 packed cups torn fresh spinach
- 1 cup sliced fresh strawberries
- 1 cup fresh, or frozen, blueberries
- 1 small sweet onion, sliced

**Directions:** In a large salad bowl, toss together spinach, strawberries, blueberries, onion and pecans,. In a jar with a tight fitting lid, combine dressing ingredients. Shake well. Pour over salad and toss to coat. Serve immediately.

Source: [www.mayoclinic.com](http://www.mayoclinic.com)

# July is Eye Injury Prevention Month

The United States Department of Labor estimates that 1,000 eye injuries occur in American workplaces everyday. The cost of these injuries is enormous and most of them can be prevented.

## What contributes to eye injuries at work?

- Not wearing eye protection. Reports indicate that three out of every five workers are not wearing eye protection when an accident occurs.
- Wearing the wrong kind of eye protection. Always make sure that your eye protection fits the type of job your are doing.

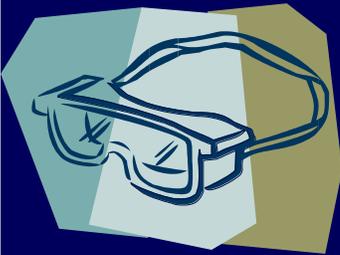
## What causes eye injuries?

- Flying particles. The Bureau of Labor Statistics (BLS) found that almost 70% of eye injuries resulted from flying or falling objects or sparks striking the eye.
- Contact with chemicals cause about one-fifth of eye injuries. Other accidents are caused by objects swinging from a fixed or attached position, like tree limbs, ropes, chains or tools which were pulled into the eye while the worker was using them.

## What can you do in the workplace to promote eye safety?

- Always wear the appropriate eye protection.
- Notify your supervisor immediately if safety hazards are discovered.
- Get regular eye exams to make sure your vision is adequate to do your job safely.
- If you have reduced vision, check with your eye doctor and your supervisor to see if prescription safety goggles or glasses may be right for you.

Source: [www.osha.gov](http://www.osha.gov) and [www.preventblindness.org](http://www.preventblindness.org)



# Know Your Benefits

*ICMA Meetings to be held later this month!*



The City of Bryan’s ICMA Retirement Plan Specialist Tiffani Schwank, will be visiting the City of Bryan during the following dates and times:

<u>Date</u>	<u>Time</u>	<u>Location</u>
Sunday, July 29th	6pm & 7pm	Police Shift Briefing Room
Monday, July 30th	6am & 7am 3pm 6pm & 7pm	Police Shift Briefing Room
Tuesday, July 31st	7:15am	BTU Distribution
	9am	BTU-QSE
	10:30am	BTU-Administration Conference Room
Wednesday, August 1st	8am	Bryan Library
	9am	College Station Library
	10:30am	MOB Basement
	1:30pm	Justice Center-Secondary Courtroom

To learn more about ICMA-RC please click [here](#) to take a look at an audio visual presentation explaining your 457 plan and the benefits of enrolling. The presentation is personally introduced by your Retirement Plan Specialist and we hope that you will find it informative. We look forward to seeing you at one of the meetings listed above. Please contact the City of Bryan’s Benefit Administrator, Flo Galaviz, at [fgalaviz@bryantx.gov](mailto:fgalaviz@bryantx.gov) or by calling 209-5053 if you have any questions.



Open Monday-Friday 8am-5pm  
(closed from noon-1pm)

Call 979-821-7690 for an appointment!

There is no co-pay at the clinic and it is available to all employees, dependents and retirees on the City’s health insurance plan.

If you have wellness news to share with others and would like to have it spotlighted in our next newsletter, please feel free to submit it to:

Lesley Becker  
Wellness Coordinator  
(979) 209-5050

[lbecker@bryantx.gov](mailto:lbecker@bryantx.gov)  
[www.bryantx.gov/wellness](http://www.bryantx.gov/wellness)

Copies of this newsletter are available in Risk Management.