

WELLNESS CONNECT 2018

SAFETY AND WELLNESS COURSE CATALOG



WELLNESS CONNECT - 2018 COURSE CATALOG

AN INTRODUCTION TO DOMESTIC TERRORISM Course Number: STERR RON REID – OFFICE OF EMERGENCY SERVICES			
Course Overview	An introduction to Domestic Terrorism – <ul style="list-style-type: none"> Current State of the Sovereign Citizen Movement Anarchist Groups – Trends and Tactics Domestic Terrorist and Extremist Groups Single Issue Groups – Animal Rights and Environmental/Ecoterrorism (Alf, ELF, and NIO) Prison/Jail Inmate Radicalization All of this rolled into what it means to us as government workers/representatives.		
October 10, 2018	9:00am-10:30am	Ag Center-Harvest Hall, Rm ABC	Session 0001
October 11, 2018	9:00am-10:30am	CSA-Large Training Room	Session 0002

BIKE TRAIL - ADVANCED Course Number: SABT JEFF EMENS - SBT			
Course Overview	Dress appropriately. Please remember to bring a helmet! This class is designed for the more experienced rider and will include a more strenuous pace. Group will depart from and return to the parking lot at Thousand Oaks Park near the intersection of Scenic and Coffee Road. The group will ride through East La Loma Park. Don't forget to bring your bottled water.		
October 09, 2018	3:30pm-5:00pm	Thousand Oaks Park	Session 0006

BLOODBORNE PATHOGENS Course Number: SBBP2 SARA MESSERLIAN, Sr. Risk Control Specialist, ARM – CSAC EIA			
Course Overview	The target audience for this course are supervisors and employees with occupational exposure to bloodborne pathogens. We will review employer responsibilities pertaining to bloodborne pathogens and provide guidance in procedure development necessary to reduce employee risk. The learning objectives include: <ul style="list-style-type: none"> Exposure routes for bloodborne pathogens Signs indicative of potential hazards What to do if there is an exposure incident Universal Precautions Employer responsibilities in the event of employee exposure 		
October 15, 2018	1:00pm-2:30pm	Ag Center-Harvest Hall, Rm ABC	Session 0036



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DEALING WITH EMOTIONAL CUSTOMERS Course Number: SECT DOUG HOLCOMB - BHRS			
Course Overview	This course will focus on techniques that can be successfully used to communicate with emotional customers, and identify unsafe situations. Topics of discussion will include communication style, identifying early signs of potentially aggressive behavior and Community Resources.		
October 15, 2018	9:00am-11:00am	CSA-Large Training Room	Session 0009
October 16, 2018	1:00pm-3:00pm	CSA-Large Training Room	Session 0010

DEFERRED COMP – GETTING TO KNOW YOUR 457 PLAN Course Number: SCOMP PATRICK WASHINGTON – MASS MUTUAL			
Course Overview	If you're interested in enrolling in your 457 plan or want to learn a little more on the investments available in your plan, then you won't want to miss this!!!		
October 8, 2018	3:30pm-4:30pm	Ag Center-Harvest Hall, Rm ABC	Session 0001
October 9, 2018	4:00pm-5:00pm	County Center III, Room 3	Session 0002

DISASTER SERVICE WORKER Course Number: SSVWK ERIC HOLLY/MELBA HIBBARD - OES			
Course Overview	Disaster can occur at any time, any place. As a public employee of Stanislaus County, State law declares you are a Disaster Service Worker and obligated to perform various disaster service activities as may be assigned to you by your supervisor during times of emergency. This course will help you understand your role and responsibility and provide ideas on preparing yourself and your family.		
October 9, 2018	8:30am-10:30am	OES-3705 Oakdale Rd., Modesto	Session 0005
October 11, 2018	3:00pm-5:00pm	OES-3705 Oakdale Rd., Modesto	Session 0006



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DOG BITE PREVENTION Course Number: SDOG ASHLEY GRAHAM -ANIMAL SERVICES			
Course Overview	Learn how public employees can protect themselves from dog bites. This class will focus on what to look for before entering an area and what to do if confronted by an aggressive dog.		
October 16, 2018	2:00pm-3:00pm	Ag Center-Harvest Hall, Room DE	Session 0018

DRUG & ALCOHOL ADDICTION Course Number: SDRUGS CHARLES YARNELL & STEVE LEONARD - BHRS			
Course Overview	<p>Chemical Dependency is now referred to as Substance Use Disorder (SUD). This course will explore the diagnostic criteria for the severity range of Substance Use Disorders and identify common substances leading to SUD. Knowledge of the "Disease Concept" will help individuals to understand differing approaches to treatment with respect to adults and youth. Some specific attention will be given to co-occurring mental illness with SUD, as well as, the use of Narcotic Replacement Therapy (NRT). Successful recovery is possible in our community with an abundance of resources which will be presented, including contact information. All presenters have extensive experience and certification in every level of SUD treatment ranging from co-occurring mental health to treatment while in custody. Topics presented include:</p> <ul style="list-style-type: none"> • Understanding the Diagnosis of Substance Use Disorder and Symptoms • Common Substances Leading to Substance Use Disorder • The "Disease Concept" of Addiction • Effects of Substance Use Disorder on Families and Society • Substance Use Disorder in Youth and Young Adults • Drug and Alcohol Use and Mental Illness • Narcotic Replacement Therapy • Differing Treatment Models • Successful Recovery from Substance Use Disorders • Suggestions for Parents of a Substance Using Teen • Differing Levels of Care Offered in Stanislaus County • Contact Information for Each Level of Care 		
October 15, 2018	3:00pm-5:00pm	Ag Center-Harvest Hall, Rm ABC	Session 0019
October 17, 2018	9:00am-11:00am	Ag Center-Harvest Hall, Rm DE	Session 0020



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FIRE EXTINGUISHER Course Number: SFIRE MATTHEW JENKINS & ERIK KLEVMYR - OES			
Course Overview	Your kitchen stove is on fire... A small fire breaks out in your office... In either of these situations, would you know how to respond? Learn the basics of fire prevention and home safety/evacuation plan and then receive hands on practice actually putting out a fire using a fire extinguisher.		
October 16, 2018	8:30am-10:30am	Regional Fire Training Center	Session 0108
October 17, 2018	8:30am-10:30am	Regional fire Training Center	Session 0109

GARBAGE IN, GARBAGE OUT – YOU ARE WHAT YOU EAT Course Number: SGARB ANN AND BILL EDWARDS, ACSM EXERCISE PHYSIOLOGISTS			
Course Overview	There's an old saying in science, "garbage in, garbage out." It implies if you put bad data into an analysis, you will get useless results. There is little doubt that the nutritional quality of food in today's average diet is sorely lacking. We are grossly overfed, yet undernourished! We are feeding our bodies nutrient-devoid "foods" that don't supply the essential nutrients that the body requires. Join William and Ann Edwards, ACSM Certified Exercise Physiologists, in this lecture to learn how to make good decisions about how you fuel your body. Learn to separate fact from fiction when it comes to fad diets and marketing claims. Walk away with some good tips on how to get your diet on track and to keep it on track.		
October 08, 2018	9:00am-10:30am	Ag Center-Harvest Hall, Rm ABC	Session 0003

HAPPIER, HEALTHIER LIFESTYLE CLASS Course Number: SHAPP DANIEL PEREZ – CORE TRANSFORMATIONS			
Course Overview	Simple body weight exercises, nutrition and meditation can help us have the tools to deal with everyday stress and lead a happier, healthier lifestyle. Join Daniel Perez from Core Transformations and learn a simple plan to work towards optimum health. Please wear comfortable clothing.		
October 15, 2018	4:00pm-5:00pm	Ag Center-Harvest Hall, Rm DE	Session 0001
October 16, 2018	4:00pm-5:00pm	Ag Center-Harvest Hall, Rm DE	Session 0002



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HAZARD COMMUNICATIONS (HAZCOM) Course Number: SGHS DEREK DAVIS/ARTHUR DELOACH – CEO/RISK MANAGEMENT			
Course Overview	<p>All workers who may be exposed to chemicals and other hazardous materials are required to be trained on the potential hazards of those materials. The objectives of this class are to understand toxic substances, apply Title 8 CCR 5194 (Hazard Communication Regulation), know exclusions, determine hazards in the workplace, read and understand Material Safety Data Sheets (MSDS), know labeling and warning requirements, develop a written Hazard Communications Program, develop an employee information and training program and understand trade secret protection.</p>		
October 17, 2018	11:00am-12:00pm	CSA-Large Training Room	Session 0033

HEALTH SAVINGS ACCOUNT 101 – THE BASICS Course Number: SHSA KATE GONZALO - OPTUM			
Course Overview	<p>Wondering how a health savings account (HSA) can help you and your family save and pay for health care? The details of how an HSA works and the benefits it can provide can be explained with four simple words: deposit, grow, save and pay. Come learn the many benefits to opening and using a health savings account (HSA).</p>		
October 08, 2018	2:30pm-3:30pm	TSP – Basement Training Room	Session 0003
October 09, 2018	2:30pm-3:30pm	County Center III, Room 3	Session 0004

HEART ATTACKS HAVE BEGINNINGS Course Number: SDHRT ADELE GOODEYON, RN, MS, NP, CCCC – DOCTORS MEDICAL CENTER			
Course Overview	<p>Learn how to recognize the early warning signs of a heart attack and the importance of early treatment in order to prevent or limit the size of the heart attack.</p>		
October 16, 2018	9:00am-10:00am	Ag Center-Harvest Hall, Rm DE	Session 0006



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HOW TO BE SAFE(R) ON THE NTERNET Course Number: SNET PAUL GIBSON – SBT			
Course Overview	<p>In this session we'll discuss the many real-world threats that we all face on our electronic devices today. As County employees we have an active role to play in Cybersecurity. Also, in our personal lives there are a handful of techniques we can all use to allow us to take advantage of today's wonderful technologies: the Internet, mobile phones, tablets, et cetera while minimizing our risks. The threats are real, as we see in the news every day. Don't be afraid; be informed!</p>		
October 15, 2018	9:00am-10:30am	Ag Center-Harvest Hall, Rm ABC	Session 0001

OH, MY ACHING BACK Course Number: SABACK ANN AND BILL EDWARDS, ACSM EXERCISE PHYSIOLOGISTS			
Course Overview	<p>Are you living with aches and pains? You may be surprised to know that relief may be within your own control. Eighty percent of people get back pain at some point in their life. Eighty-five percent of people get recurring back pain once they have experienced back pain. Don't be a statistic. Learn the most common causes of back pain, how to prevent this pain and how to find relief from the pain. William & Ann Edwards, ACSM Certified Exercise Physiologists, will be demonstrating corrective exercises. Join us for this interactive 90 minute session. Please wear comfortable clothing.</p>		
October 15, 2018	8:30am-10:00am	Ag Center-Harvest Hall, Rm DE	Session 0003

OFFICE ERGONOMICS 101 Course Number: SOE VINCENT WANG - HUMANSIZE CORP.			
Course Overview	<p>Ergonomics 101 is an educational program designed to increase awareness of ergonomics among employees. The course provides an introduction to ergonomics through an overview of six major principles specific to office environments. The principles are then applied to workstation design and attendees are trained on how to properly configure their workstations to minimize musculoskeletal risks, maximize comfort and increase productivity.</p> <p>Employees will learn to:</p> <ul style="list-style-type: none"> • Properly position the monitor, keyboard and mouse • Properly adjust the task chair • How to maintain a proper seated posture • Minimize discomfort/pain in your back, shoulders and neck 		
October 17, 2018	9:30am-11:00am	Ag Center-Harvest Hall, Rm ABC	Session 0162
October 17, 2018	1:30pm-3:00pm	Ag Center-Harvest Hall, Rm ABC	Session 0163



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ORGANIZING FOR A SAFE OFFICE Course Number: 5SOFFC GARY BEAUDETTE – BEAUDETTE CONSULTING, INC.			
Course Overview	<p>5S is a program to reduce waste, prevent injuries and optimize productivity through maintaining an orderly workplace. This five phase program improves efficiency, organization, communication, ergonomics document control, and quality in the office environment.</p> <ol style="list-style-type: none"> 1. Sort – remove the unnecessary, from trip hazards to old documents. 2. Set in Order – find the best spot for the items in, on, and around your desk. 3. Shine – Look world class. Disinfect, shine to inspect. 4. Standardized – What good looks like. 5. Sustain – Audits and continuous improvement. <p>Learning Objectives Through training, participants will gain a thorough understanding of the principles and techniques necessary to implement, control, and improve a world-class 5S program. The course is designed to show learners how to implement through hands-on activities and real-life examples of what to do (and what not to do). "A place for everything, and everything in its place" is the mantra of the 5S method.</p>		
October 17, 2018	2:30pm-3:30pm	Ag Center-Harvest Hall, Rm DE	Session 0002

ORGANIZE A SAFE WORKSHOP, WAREHOUSE, ETC. Course Number: 5SWKFC GARY BEAUDETTE – BEAUDETTE CONSULTING, INC.			
Course Overview	<p>5S is a program to reduce waste, prevent injuries and optimize productivity through maintaining an orderly workplace. This five phase program focuses on standardized work processes (and how to build safety into the best practices).</p> <ol style="list-style-type: none"> 1. Sort – remove unnecessary items in your work area. 2. Set in Order – make your work space efficient (shadow-boards, toolbelts, etc). 3. Shine to inspect machines for leaks – Clean. 4. Standardized the work process. 5. Sustain through employee engaged and scoring systems. <p>Learning Objectives Through training, participants will gain a thorough understanding of the principles and techniques necessary to implement, control, and improve the safety of workshops, warehouses, equipment storage areas, parts storage, and many other general work areas. "A place for everything, and everything in its place" is the mantra of the 5S method.</p>		
October 17, 2018	1:00pm-2:00pm	Ag Center-Harvest Hall, Rm DE	Session 0002



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PASSIVE SELF-DEFENSE Course Number: SPSD SGT MORENO – SHERIFF’S OFFICE			
Course Overview	Don't let yourself become a victim! Be self-aware and exude confidence. Basic self-defense techniques will be demonstrated. Please wear comfortable clothing.		
October 16, 2018	9:00am-11:00am	Ag Center-Harvest Hall, Rm ABC	Session 0011

POSTURE YOURSELF FOR SUCCESS Course Number: SPOST ANN AND BILL EDWARDS, ACSM EXERCISE PHYSIOLOGISTS			
Course Overview	Proper postural alignment places minimal amounts of stress or strain on the body's muscular and skeletal systems. When the muscles work in balance with one another, the spine and joints will be correctly aligned. When muscular groups become unbalanced in strength through poor postural habits, the entire body has to compensate for the inequities. Over time, bad posture can result in skeletal misalignments creating pain and discomfort. Join William and Ann Edwards, ACSM Certified Exercise Physiologists, in this hands-on workshop to learn some posture assessment techniques and strengthening exercises that will protect you and your joints from stress and pain. Please wear comfortable clothing.		
October 15, 2018	10:30am-12:00pm	Ag Center-Harvest Hall, Rm DE	Session 0004

THE PSYCHOLOGY OF EATING Course Number: SEAT SIGNE DARPINIAN, MFT			
Course Overview	Signe Darpinian is a Licensed Marriage and Family therapist and a Certified Eating Disorders Specialist. She will be presenting The Psychology of Connected Eating. Learn guidelines and benefits of connected eating, and self-help treatment planning. Goals: <ul style="list-style-type: none"> To understand the guidelines and benefits of connected eating. The role of the habit based model in healing disconnected eating. Self-help treatment planning to identify problems, goals and measurements with eating difficulties. 		
October 9, 2018	10:00am-12:00pm	Ag Center-Harvest Hall, Rm ABC	Session 0004
October 9, 2018	1:30pm-3:30pm	Ag Center-Harvest Hall, Rm ABC	Session 0005



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SKIN CANCER AWARENESS 101 Course Number: SUN DEREK DAVIS – CEO/RISK MANAGEMENT DIVISION			
Course Overview	Skin cancer is the most commonly diagnosed cancer in the United States yet most cases are preventable. In fact, every year in the United States nearly 5 million people are treated for skin cancer. This class will teach students about the basics of skin cancer identification, how to protect yourself from the sun and how to lower your odds of getting this common but all too deadly disease.		
October 15, 2018	4:00pm-5:00pm	CSA – Large Training Room	Session 0003

SLEEP AND HEALTH Course Number: SSLEEP DEREK DAVIS – CEO/RISK MANAGEMENT DIVISION			
Course Overview	The quantity and quality of sleep we get each night has a direct effect on our health and safety. This awareness level class will explore the basics of sleep science, common types of sleep problems, how sleep effects health, the safety hazards associated with poor sleep quality, and sleep health resources.		
October 17, 2018	9:00am-10:00am	CSA – Large Training Room	Session 0004

STROKE AWARENESS and PREVENTION Course Number: SSAP BREANNA CABECEIRAS, MSN,RN,CNL,CNRN,SCRN – DOCTORS MEDICAL CENTER			
Course Overview	Warning signs and symptoms of stroke and the importance of early treatment. <ul style="list-style-type: none"> Risk factors for stroke and TIA TIA vs stroke Time is Brain, Act "FAST" for Stroke 		
October 10, 2018	11:00am-12:00pm	Ag Center-Harvest Hall, Rm DE	Session 0005



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TAI CHI Course Number: STICHI CERTIFIED TAI CHI INSTRUCTOR – TAI CHI CHUAN ACADEMY OF MODESTO			
Course Overview	Tai Chi Chuan is an ancient Chinese exercise which incorporates mind and body. The relaxing and circular movements promote good health in young and old. It is an excellent stress reducer and the results are often immediate. Please wear comfortable clothes. Location: 416 "I" Street, 2nd Floor – no elevator available. Parking: In empty lot off of alley, next to Tai Chi Chuan building.		
October 9, 2018	9:00am-10:00am	Tai Chi Chuan Academy	Session 0092
October 9, 2018	10:30am-11:30am	Tai Chi Chuan Academy	Session 0093
October 11, 2018	9:00am-10:00am	Tai Chi Chuan Academy	Session 0094
October 11, 2018	10:30am-11:30am	Tai Chi Chuan Academy	Session 0095

VIRGINIA TRAIL LEISURE WALK Course Number: SVTW KEVIN WATSON/ KARYN WATSON/NATHAN AMARANTE – CEO/AUDITOR			
Course Overview	Walking offers many benefits for the body as well as for the spirit. Enjoy a scenic walk along the Virginia Corridor. This walk is at a slow, leisure pace. Dress appropriately and don't forget your bottled water. Group will depart from and return to Roseburg Square Shopping Center parking lot on Roseburg Avenue by the Virginia Trail.		
October 15, 2018	3:30pm-5:00pm	Roseburg Square – Virginia Trail	Session 0006

VIRGINIA TRAIL ADVANCED WALK Course Number: SVTA KEVIN WATSON/KARYN WATSON/NATHAN AMARANTE – CEO/AUDITOR			
Course Overview	Enjoy a scenic walk along the Virginia Corridor. This walk is at a brisk pace and is recommended for those with a high endurance level. Dress appropriately and don't forget your bottled water. Group will depart from and return to Roseburg Square Shopping Center parking lot on Roseburg Avenue by the Virginia Trail.		
October 17, 2018	3:30pm-5:00pm	Roseburg Square – Virginia Trail	Session 0004



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YOUR COUNTY HEALTH BENEFITS			
Course Number: SBEN			
ERIC BARTHEL, PETER MEILAK, LARA PEREZ – HUB INTERNATIONAL INSURANCE SVCS			
Course Overview	Explaining the County's EPO and HDHP plans in detail, along with an explanation of Health Savings Accounts, preventative care, health improvement programs and prescription benefits.		
October 8, 2018	4:00pm-5:00pm	TSP – Basement Training Room	Session 0001
October 10, 2018	4:00pm-5:00pm	Ag Center-Harvest Hall, Rm ABC	Session 0002



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TRAINING LOCATION ADDRESSES	
Ag Center - Harvest Hall, Room ABC	3800 Cornucopia Way, Modesto, CA 95358
Ag Center - Harvest Hall, Room DE	3800 Cornucopia Way, Modesto, CA 95358
Community Service Agency (CSA) - Large Training Room	251 E. Hackett Road, Modesto, CA 95358
Community Service Agency (CSA) - Cafeteria Training Room	251 E. Hackett Road, Modesto, CA 95358
County Center III – Room 3	Scenic and Oakdale Road, Modesto
OES – Office of Emergency Services	3705 Oakdale Road, Modesto, CA 95357
Redwood Room (SBHC)	800 Scenic Drive, Modesto, CA 95350
Regional Fire Training Center	1220 Fire Science Lane, Modesto, CA 95351
Roseburg Square - Virginia Trail Walks (Leisure and Advanced Walks)	Park in the Roseburg Square Shopping Center at 8010 W. Roseburg Avenue. Meet at entrance of Virginia Trail.
Tai Chi Chuan Academy	416 "I" Street, 2 nd Floor, Modesto, CA 95354
TSP – Basement Training Room	1010 Tenth Street, Basement, Modesto, CA 95354
Thousand Oaks Park-Roundabout (Advanced Bike Ride)	Meet at the entrance/roundabout to Thousand Oaks Park @ Scenic and Coffee Road