

Golf carts are handy but have their own rules of the road

Many of our large school campuses have golf carts to help with quick access and movement of materials. Although they're easy to use, there are multiple safety rules to adhere to:

- Train employees in the safe use of the carts prior to operation; carts should be operated only by authorized district staff.
- Ensure all cart operators possess valid drivers licenses.
- Avoid distractions while operating the carts – no texting, reading, reaching for objects or eating while driving.
- Take the keys; don't leave keys in unattended golf carts and always set the parking brakes.
- Store golf carts inside on nights, weekends and holidays, and secure them with locking cables or other equivalent locking mechanisms.
- Carry only the number of passengers for which there are seats.
- Keep arms, legs and feet inside the carts while they're in motion, except when signaling turns.

- Don't allow passengers to ride while standing, or on the back platform of the vehicles.
- Don't move the carts until all passengers are safely seated inside.
- Operate the vehicles from the driver's side only.
- Check blind spots before turning.
- Turn and look carefully behind before backing up.
- Reduce speed when turning or passing through doorways.
- Avoid excessive speed and sudden starts, stops and fast turns.
- Drive straight up and down slopes to reduce the risk of passenger ejections and/or rollovers.
- Don't park carts where they can block emergency equipment, pedestrian aisles, doorways, intersections and normal traffic flow.
- Secure any cargo or tools that have been loaded into a cart.
- Use caution during harsh weather conditions.



Emotions 101 – Critical education for emotional and mental health

By Michele Mariscal, SIA Prevention Services

Emotions are physical experiences and collections of bodily sensations and impulses for action. Did you ever think about emotions this way? Once we learn that emotions just are, that they cannot be prevented or stopped, we can choose how we respond to them – and begin to enhance our health and well-being.

Hilary Jacobs Hendel, LCSW, the author of *It's Not Always Depression*, provides so much depth in her work with emotions and the concept of the Change Triangle. In her work she outlines three categories of emotions:

1. **Core emotions** are wired-in programs that are active from birth to death. These core emotions are anger, excitement, sadness, disgust, fear and joy. Core emotions have adaptive action tendencies that we feel as impulses. Whether we're consciously aware of emotional impulses or not, they always exert a force for action. For example, when we're triggered to anger, we may feel the impulse to blame or attack the person who angered us, but still may not be aware that we're experiencing anger.
2. **Inhibitory emotions**, such as anxiety, guilt and shame, are part of another category of emotions that serves to bury, squash and block core emotions.

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• Good oral care benefits our hearts as well our teeth

Take oral care to heart and tune up your health

By Elizabeth Arnold, SIA District Benefits Specialist



Did you know that poor oral health can contribute to heart disease and stroke? Researchers have found a direct link between regular dental care and the risk of heart disease and stroke. Dr. Robert P. Friedland, a neurologist who's studied the link between oral bacteria and stroke, discusses oral health with every patient he sees. "I tell them 'Take care of your teeth. It's important for the health of your teeth, but more so, it's good for the health of your brain and your heart.'"

Further research at Colgate has found connections between gum disease, heart health and stroke. Study topics and findings include:

- **Atherosclerosis and heart disease** – Gum disease may increase the risk of clogged arteries and heart disease. Gum disease is also believed to worsen existing heart disease.
- **Stroke** – Excess fatty plaque on teeth can be a sign of atherosclerosis or coronary heart disease.
- **Diabetes** – People with diabetes and gum disease may have more trouble controlling their blood sugar than diabetics with healthy gums.
- **Respiratory disease** – Gum disease may cause lung infections and worsen existing lung conditions when bacteria from the mouth reaches the lungs.
- **Tooth loss patterns** – There's a strong correlation between tooth loss and coronary artery disease.
- **Poor dental health** – This increases the risk of bacterial infections in the bloodstream, which can affect the heart valves. Oral health is particularly important for those with artificial heart valves.

So, what can you do to prevent oral inflammation that may lead to heart disease or stroke?

- Pick up your toothbrush twice each day and brush for a full two minutes.
- Floss daily.
- Schedule regular checkups and cleanings.
- Purchase or use an electric toothbrush that has a built-in two-minute timer.
- Make brushing fun for both kids and adults by:
 - Using an app such as:
 - Disney Magic Timer
 - Tooth Buddy – Build a Habit
 - Brush DJ
 - Or simply hum two minutes of a favorite song or chorus.

Dr. Ann Bolger, a cardiologist, says: "I spend an inordinate amount of time talking to (heart valve patients) about their teeth because we know certain heart valve infections can be associated with poor oral health." This latest research "is a good reminder that the mouth is an important part of a person's entire health and simple daily behaviors that improve health are incredibly important."

Taking care of your oral health is a great and easy way to decrease your risk of heart disease and stroke. By following the tips mentioned in this article, you can help "brush away" heart disease and stroke risk.

Emotions 101

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3. **Defenses** help us avoid emotions so as to protect us from emotional discomfort. Defenses can include anything we do to avoid emotion.



Processing feelings instead of burying or blocking them with defenses and inhibitory emotions is important because burying them can cause many emotional and physical symptoms, including muscular tension, bowel problems, headaches and more. Depression and anxiety are also symptoms of buried core emotions.

Everyone benefits from Emotions 101 education and learning about the Change Triangle will help dispel some of our cultural myths about emotions. If you learned that you're weak for having certain emotions, or that it's possible to exert mind over matter to stop emotions, come and learn. These two myths have grave consequences for mental health. Learning how to utilize the Change Triangle model can bring knowledge and choice to emotional life experiences.

Join Michele Mariscal of Schools Insurance Authority for this enlightening and important webinar. A one-hour webinar format will be presented at noon on:

Thursday March 17

(register here: https://sia-jpa-org.zoom.us/webinar/register/WN_FA9vcnx3SN2It_AKQIPT-A)

Monday April 11

(register here: https://sia-jpa-org.zoom.us/webinar/register/WN_nsc9zWCsRky6W_i-Z2VqHw)

'Unplug' to promote health, creativity •
and well-being



wellness
& safety



Disconnect to reconnect and take the challenge to 'unplug'

By Lyn M. Poll, M.S., SIA Prevention Services

It's no secret that we're increasingly connected to the world around us. Smartphones, tablets, wi-fi access and the internet have enabled us to be connected to the entire world 24/7, 365 days a year. Although this offers endless possibilities and has vastly widened our horizons by showing us what the world is like thousands of miles away, there are times in our lives when we need to step away from our digital devices and other gadgetry to be in touch with the human side of us.

Research has shown that the overuse of technology can negatively impact our relationships, sleep, and physical and mental health. By unplugging we can let go of our everyday worries and reconnect with our true selves. Unplugging each day allows us to spend uninterrupted time with our thoughts and gives us time to listen to our inner voices as we observe and appreciate the world in which we live. The challenge is set...are you ready to disconnect from your digital devices and reconnect



with yourself and the world around you?

The National Day of Unplugging was created in 2010 by tech entrepreneur Dan Rollman. In partnership with Reboot, they launched a campaign challenging people to take a 24-hour respite from cell phones, tablets, computers and televisions. They believed that by taking the time to "reboot" ourselves, we would lead happier, more content lives and become more aware of the things that matter.

Observing this day is quite simple. All that's required is to power down that laptop, leave the phone at home and avoid email for 24 hours. Step away from the virtual network that's come to define so many moments of our lives and take the time to look at nature up close and realize that you're part of it. Have coffee with a friend and talk about every issue that comes to mind, large or small, because these are the things that life is made of.

Still not convinced you can take a break from your devices? Here are a few more reasons to "power down":

- **Unplugging promotes creativity.** Creating offline allows our minds to shut out excess noise and truly hear ourselves think, thereby fostering innovative ideas and connections.
- **Unplugging reduces feelings of loneliness, depression, jealousy and envy.** Studies have shown that one in three people feel worse after visiting social media sites like Facebook, Twitter and Snapchat. Feel better by stepping away for a day.
- **Unplugging improves physical health.** Staring at a Smartphone can cause neck and back fatigue, not to mention stress on the eyes. Working too long at a computer can lead to carpal tunnel syndrome, obesity from sitting for extended periods of time, blurry vision, and back and neck strain, to name just a few.

Ready to disconnect? Here are a few tips to help you prepare for a day of shutting down digital stress:

- **Make sure you can fully function without your Smartphone.** For many, our phones are part of our everyday interactions, from paying for things to checking emails. Therefore, it's important to still be able to function without relying on the phone.
- **Let others know that you're planning to unplug.** To reduce worry and wonder, let family, friends and co-workers know you won't be available on your devices. Create an automated response for email, change your voicemail message and post a message on social media to inform others that you'll be unavailable for the day.
- **Challenge others to join you in shutting off their digital devices.** It's a lot easier to unplug from everyday digital distractions if you can make sure that the National Day of Unplugging won't have any negative consequences on your work or relationships.

The National Day of Unplugging, March 5-6 from sundown-to-sundown, is an opportunity to find a balance between technology and living in the moment. Take the 24-hour challenge to focus on the joys going on right around you, joys that may be missed if you're too busy staring at a screen. So, disconnect from the digital screens and start reconnecting to the real world through your body's true screens – your eyes! Good luck.



Find more information on the National Day of Unplugging at: [Why It Matters — National Day of Unplugging](#)

There are endless ways to save money on groceries

By Deborah R. Camacho, M.S., SIA Prevention Services

It's no surprise that inflation is up. From gas, to cars, to retail and, of course, groceries, prices are up some 7 percent over last year, with major hikes hitting meat, poultry, dairy and many other foods. There are even some predictions that prices could increase as much as 20 percent in the coming year. So now for the good news. Even the most budget-conscious shopper can use these tried-and-true tips to help limit the strain these price increases can have on one's grocery budget and family finances:



1. SHOP ONLINE

Ordering groceries online offers a few benefits compared to in-person shopping. The biggest savings come from avoiding impulse purchases and being able to stick to a budget by knowing what you've spent before you check out. To eliminate delivery charges, you can choose to pick up your groceries from the store by simply driving there, checking in, and having an associate deliver your groceries to your car. In addition, many grocery stores offer incentives to try their home delivery services, such as by waiving the fees for an initial order or for a specific dollar amount of purchases. Lastly, don't forget to utilize store coupons or reward programs to save even more on your go-to items.

2. SHOP THE CLEARANCE SECTION

Most stores have a clearance rack where they sell deeply discounted items from bakery goods to general merchandise and even discontinued grocery products. It may be hit or miss, but this section is a must for budget-conscious shoppers.

3. SHOP THE FREEZER SECTION

Consumers have it stuck in their minds that fresh is always better than frozen, but that's not necessarily the case, especially when it comes to produce. Vegetables and produce are flash frozen at peak ripeness, ensuring optimal nutrients when they're defrosted. Even more surprisingly, [studies show](#) that fresh produce loses nutrient value after sitting on store or refrigerator shelves for a couple of days. Most importantly, though, frozen produce is cheaper — especially if you opt for the generic or store-brand option. Stocking your freezer with your favorite veggies also can make it easy to whip up an inexpensive stir-fry, omelet or smoothie to keep you from ordering takeout.

4. PURCHASE ORGANIC SELECTIVELY

Protecting ourselves from harmful pesticides and chemicals is important, but there are some non-organic foods that are perfectly safe to buy. In fact, [The Environmental Working Group](#) has identified 15 vegetables and fruits that have tough, inedible peels that pesticides cannot penetrate. They're called the "Clean Fifteen". These include avocado, sweet corn, pineapple, onions, papaya, frozen sweet peas, asparagus, eggplant, broccoli, cabbage, kiwi, cauliflower, mushrooms, honeydew melon and cantaloupe. Keep this list in mind and skip organic when possible to save yourself some big bucks.

5. USE SELF-CHECKOUT

Self-checkout sometimes seems daunting, but there's an upside to doing it yourself: You can avoid wasteful spending. A study by the [IHL Consulting Group](#) found that women shoppers who used self-checkout slashed their impulse buys by 32 percent (the number fell to 17 percent for men). Using a hand basket on quick grocery store trips also can help you avoid buying unnecessary foods because you have limited room beyond the essentials.

6. USE A CASH-BACK CREDIT CARD

When was the last time you checked your credit card reward program to ensure you're earning maximum rewards for the purchases you make the most? Right now it pays to look for a credit card that offers more money back on grocery purchases to offset the growing costs of feeding a family. Before signing up for a new card, compare cash-back programs at sites like [CardRates.com](#). While at it, double up on grocery rewards by using cash-back tools. For instance, shopping through a cash-back site like [CouponCabin.com](#) can help you earn money back on various grocery delivery services (think: [up to \\$2.50 back at Instacart](#) and [1.5% back at Albertsons](#)). Meanwhile, linking a grocery rewards card to a cash-back app (like Dosh) will help earn additional money back at grocery brand partners like Walmart and Instacart.



SIA offers free virtual trainings •
Quote to Note •



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SIA's upcoming free virtual trainings

SIA provides the staff of our member districts with virtual trainings on a variety of topics that apply to both personal and professional life. To learn more about any of the training courses listed below, contact tfranco@sia-jpa.org. Also, you can join our email list to learn of future events by emailing af franco@sia-jpa.org.

3/15	Compassion Fatigue	4 p.m. - 5:30 p.m.
3/15	Substance Abuse Awareness for Employees	5:30 p.m. - 6:30 p.m.
3/17	Emotions 101	noon - 1 p.m.
3/21	Enhancing Interpersonal Awareness in the Workplace	5:30 p.m. - 6:30 p.m.
3/22	Lifestyle Issues for Retirement Planning	4 p.m. - 5 p.m.
3/22	Time Management	noon - 1 p.m.
3/28	Optimum Health for Women	5:30 p.m. - 6:30 p.m.
3/30	Shift Work and Stress	5:30 p.m. - 6:30 p.m.
3/31	Destigmatizing Mental Health	5:30 p.m. - 6:30 p.m.
4/1	Building Awareness in the Intergenerational Workplace	5:30 p.m. - 6:30 p.m.
4/4	Domestic Abuse (for Supervisors)	5:30 p.m. - 7:30 p.m.
4/6	Family Communication	5:30 p.m. - 6:30 p.m.
4/7	Ending Your Struggle with Anger	noon - 1 p.m.
4/11	Emotions 101	noon - 1 p.m.
4/12	Alleviating Job Burnout	noon - 1 p.m.
4/18	Healthy Practices for Committed Relationships	5:30 p.m. - 6:30 p.m.
4/19	Surviving the Empty Nest	4 p.m. - 5 p.m.
4/19	ADA Sensitivity in the Workplace	5:30 p.m. - 6:30 p.m.
4/20	Workplace Violence Prevention for Employees	noon - 1 p.m.
4/27	Smoking Cessation	5:30 p.m. - 6:30 p.m.



QUOTE TO NOTE

It's your outlook on life that counts. If you take yourself lightly and don't take yourself too seriously, pretty soon you can find the humor in our everyday lives. And sometimes it can be a lifesaver.

Betty White

Use WeTip

For more information

contact Teresa Franco at tfranco@sia-jpa.org
or 916-364-1281, ext. 1256.



1-800-78-CRIME

The material in this newsletter should be part of your Injury and Illness Prevention Plan (IIPP).

Keep a copy of this newsletter in your IIPP binder and be sure all employees receive a copy.

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