

MAY 9
2012

UNION UPDATE

LOCAL 1000
SEIU
Stronger Together

Health happens in the workplace

New health & wellness project encourages a healthy lifestyle

Local 1000 President Yvonne R. Walker, TV host Dr. Mehmet Oz and several hundred state employees literally took the first steps towards a healthier lifestyle by taking a walk around the block together at the kickoff event for a new health and wellness program.

“Let’s get out, and let’s get healthy together”

—Yvonne R. Walker
President, SEIU Local 1000

In order to foster a future culture of healthy choices in the workplace, Local 1000 is partnering with elected officials, state agencies and private foundations to launch this member-led pilot project.

More than 500 state employees gathered in the courtyard at the Secretary of State’s headquarters in downtown Sacramento at the April 30 kickoff. Speakers there highlighted a new study commissioned by the State Controller’s office showing that 22.4 percent of CalPERS expenditures in 2008 went toward treating chronic diseases that could have been prevented with exercise and changes in diet.



Pokani Mwasinga

“Health is an important aspect of our daily lives, and I’m glad that it will be emphasized in the workplace,” said Pokani Mwasinga, a steward at the Disability Determination Services Division, who joined the walk. “I came out today because I am excited about this program and what it means for state workers.”

Worker-led program

Under the new program, workers in participating departments will design their fitness and wellness programs with assistance from Local 1000, their departments and coalition partners. The plan is to start small with just a handful of departments and gradually expand the program to empower more employees to improve their health. The Department of Public Health will be the first pilot department.

A key part of the process is that employees meet to develop a wellness program that meets their needs. The key question is whether a worker-developed program will increase long-term participation and success.



The event on Monday featured Walker, state Controller John Chiang, state Treasurer Bill Lockyer, Health Corps President Michelle Bouchard and Dr. Robert K. Ross, CEO of the California Endowment. Other partners of the program include Kaiser Permanente, CalPERS and the Department of Personnel Administration. Oz personally kicked off the project and committed Health Corps, a group he founded, to help support the wellness program.

“I am extremely excited about this partnership and the idea of this program,” Walker said. “I’m inspired by this, and I hope that you will join me. Let’s get out, and let’s get healthy together.”

Dr. Oz Health Tips

Dr. Mehmet Oz, the renowned surgeon and health educator who now hosts a TV show, used his star power to offer specific, easy to follow tips for state employees to get more exercise and improve their health – even at the office.

“The number one secret to longevity... the number one thing you can all do without difficulty, and you won’t get hurt doing it – is to walk,” said Oz, at the kickoff event for a new initiative on state worker health. “Get up out of your desk as much as you can.”

Here are some of his tips that can be used by state employees at virtually any workplace in California.

- 1) Get a pedometer. Clip it on the moment you wake up to ensure you track every single step you take that day. Then you can use strategies to add more steps.
- 2) Take a 10-minute walk at lunch, before dinner or both.
- 3) Instead of communicating with your coworkers electronically, walk over to their office and talk to them in person.
- 4) If family care duties prevent you from leaving your home, walk around your house.
- 5) Try to walk for a total of 30 minutes a day or 10,000 steps.

National Nurses Week

Nurses honored for accomplishments

LVN saved a motorist's life; RN developed a workplace safety program

Local 1000 is honoring two nurses this week—a registered nurse and a licensed vocational nurse—for exceptional contributions.

Anthony Andreola, a licensed vocational nurse, saved the life of a car crash victim. Registered nurse Gloria Pacleb-Cadiz developed a continuing education program designed to make prisons and mental hospitals safer for state employees.

“Our nurses work incredibly hard to make people healthier and safer, and these two have gone above and beyond the call of duty,” Local 1000 President Yvonne R. Walker said. “We are proud of Anthony and Gloria.”

The honor comes as part of Local 1000’s commemoration of National Nurses Week, which is celebrated every year in the week ending on May 12—the birthday of Florence Nightingale, the founder of modern nursing.

Local 1000 nurses will also be participating in several events in different parts of the state for National Nurses Week, including an appreciation day at the state Capitol and a picnic in San Diego.

Saving a life

Anthony Andreola was driving home from work at Tehachapi State Prison in 2010 when he came upon the scene of a single car accident in a remote area. The driver, who was unconscious, had veered off the

road and crashed through a barbed wire fence.

Andreola assessed the patient and immediately began providing first aid. Three other prison employees also lent assistance. They contacted authorities and the injured person was airlifted to safety.

“Our nurses put their lives on the line every day for the citizens of California at work, but it doesn’t stop there—our work continues in our community,” said Rionna Jones, chair of Bargaining Unit 20. “Anthony did that by stopping and assisting someone in need.”

Preventing violence

Three years ago, Gloria Pacleb-Cadiz was brainstorming with some other members of Bargaining Unit 17 about how to improve continuing education for nurses. About that same time, an employee was killed at Napa State Hospital by a patient.

Pacleb-Cadiz, who has worked at Wasco State prison for nearly a decade, researched the issue of workplace violence prevention and developed a curriculum over several months. She was able to obtain approval from the Board of Registered Nursing to teach the class in the workplace including mental hospitals and prisons.

“It was one of those ideas that just kind of took off,” Pacleb-Cadiz said. “We want to improve our members’ awareness of safety issues. That’s a big step towards avoiding violence in institutions.”



Gloria Pacleb-Cadiz

Resource Center

Monday-Friday
7 a.m. to 7 p.m.
866.471.SEIU (7348)

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seiu1000.org

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Phone Banking, Precinct Walking

Local 1000 members step into action

June primary features candidates who back state employees

Local 1000 members have begun phone banking in support of candidates who support state services and the workers who provide them.

In targeted races throughout California, our members have begun reaching out to other registered voters to garner support for candidates who have vowed to support

state workers. Members will also canvas neighborhoods to reach targeted voters in their homes in certain parts of the state.

This June primary election is more crucial than most primaries because redistricting and open primaries have changed the political landscape leaving many seats open.

VOLUNTEER

To volunteer in a campaign, visit seiu1000.me/Jmu0yp

For information regarding endorsements and election background, go to seiu1000.org/election-2012

DEADLINES

- **May 21** - Last day to register to vote
- **May 29** - Last day to request a mail-in ballot