



## MORALE & WELLNESS NEWS

April 20, 2001



Your M/W News is fun, informative news for all CAO employees. Please feel free to share any information with us to relate to your fellow employees.

Wellness Day is coming together very nicely. We hope you all got in your workshop slips to Beth Dasher. There has been a schedule change for that day and you will receive notice of that change.

*Illness, a shorter life expectancy, and less satisfaction in life are likely companions to individuals who fail to master the opportunities and responsibilities of friendships.*

*-J.M. Witmer and T.J. Sweeney*

*A friend is a present you give yourself.*

*- Robert Louis Stevenson*

*The single most important ingredient in your recipe for wellness is a strong social support system. A wealth of new research shows that loving, caring relationships enhance your mental and physical well-being.*

- \* People with friends are less likely to suffer from physical and mental ill health than those who are socially isolated (California Department of Mental Health).*
- \* A recent study of 7,000 people over a nine year period revealed people with few ties to others had two to five times the death rate as those who had more ties (Witmer and Sweeney).*
- \* The same study also found that connection with other people was more important in maintaining health than smoking, drinking, exercise, or diet.*
- \* Loneliness is statistically associated with depression, suicide, alcohol abuse, anxiety poor self-esteem, decreased activity of the immune system, and increased mortality (Witmer and Sweeney).*



### Points to Ponder

Why is the third hand on a watch called the second hand?

If the shortest distance between two points is a line, why does waiting in one take so

lg?

We want to acquaint those, not already, with Margaret Blaylock. Margaret has been with us since 1990 and is now an assistant at North Plains. She was also a Head Start parent in Coos Bay, where she was involved with the local Head Start for 7 more years. Margaret shares her home with Raina Antalan and Mahogani Upton. For stress relief she says candlelight baths (ahh!), puzzles and reading. Exercise at work means running outside with the children. At home it's walking and gardening. For snack she tells us she likes most all veggies and fruit.

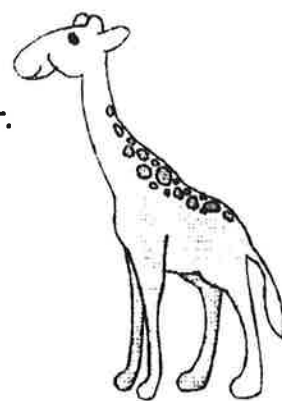
### *Are you a Professional?*

*This quiz consists of four questions that tell whether or not you are qualified to be a professional. The answers are below and there is no reason to cheat, just think like a professional.*

*1. How do you put a giraffe into a refrigerator?*

*Correct answer: Open the refrigerator, put the giraffe in and close the door.*

*This question tests your ability to simplify.*



*2. How do you put an elephant into a refrigerator?*

*Incorrect answer: Open refrigerator, put in elephant and shut the door.*

*Correct answer: Open refrigerator, take out giraffe, put in the elephant and close the door.*

*This tests your foresight.*

*3. The Lion King is hosting an animal conference. All the animals attend except one. Which?*

*Correct answer: The elephant, still in the refrigerator.*

*This tests your comprehensive thinking.*



*Okay, if you screwed up on the last three, this may be your chance to prove your qualifications.*

*4. There is a river filled with crocodiles. How do you cross it?*

*Correct answer: Go ahead and swim, all the crocodiles are at the conference.*

*This question tests your reasoning ability.*



*4 correct: Professional. 3 correct: Hopeful. 2 correct: fast food server. 1 correct: sell your organs. None correct: consider a career that requires no mental function such as law or politics.*