



KDHE News Briefs

This and that from around the agency...

Walk Away the Pounds Fun, Motivational Beginner & Advanced Free Employee Exercise Class Available in CSOB, Fitness Room

Regular physical activity can help lower blood pressure and reduce cholesterol levels, build strong healthy bones, increase energy and help reduce stress. Kansas' weather conditions are unpredictable but employees can fit exercise into their busy workday schedules rain or shine, during lunchtime or breaks.

The KDHE Employee Wellness Team has implemented a fun, safe indoor and outdoor employee exercise program. This is available for KDHE and other state employees over the lunch hour and during break times. There are beginning- and advanced-level exercise groups.

For additional information on the KDHE Wellness Team's workplace fitness promotions, contact Ja Ransom at 785-296-1229.

Dr. Mark Herrmann Offers Hand, Wrist, and Foot Adjustments

Dr. Mark Herrmann will be offering workplace individual chiropractic appointments for wrist and hand or foot adjustments and foot scans on **Thursday, July 16** in Suite 540 of the Curtis Building, in the room next to the Office of the Secretary's reception area. Appointments are available to all state employees and the room is wheelchair accessible.

Many employees have taken advantage of this new program and reported very positive results. Early detection and treatment of ergonomic repetitive motion stress-related problems can help prevent more serious problems from developing.

Employee cost for either a right and left foot arch scan or hand/wrist or foot adjustment appointment is \$20 cash or check. Payment to Dr. Herrmann is expected at time of service. If you are enrolled in a Health Savings Account program, this is a Health Savings Account reimbursable medical expense.

Please email Ja Ransom or call 296-1229 for more information or to schedule an appointment.

Unstress with Relaxing Chair Massage Therapy

Chair massage therapy sessions are conducted in Suite 540 of the Curtis Building, in the room next to the Office of the Secretary's reception area. Appointments are available on **Wednesday, July 15** to all state employees and the room is wheelchair accessible.

Chair massages are by appointment only. The cost is \$15 for 15 minutes and payment must be made in cash or by check payable to Anne Casebeer, Certified Massage Therapist, at the time of service. Gift certificates are also available.

The KDHE Employee Wellness Team sponsors chair massage therapy sessions as a workplace stress reduction intervention. Please email Ja Ransom or call 296-1229 if you wish to make an appointment, or for more information.

Individual Ergonomic Workstation Assessments by KDOL

Ergonomic workstation assessments for KDHE Curtis Building staff will be offered on **Tuesday, June 30**. These assessments are recommended for new employees and for those experiencing any physical stress problems at their workstations.

The assessments are performed by Kansas Department of Labor staff and take about 20 minutes. A written report that identifies potential ergonomic hazards and recommendations for addressing them is provided to the employee.

Please contact J. Ransom at 785-296-1229 if you would like to have an individual ergonomic assessment for your office, work area or state vehicle. Remember to discuss this with your supervisor, then complete and send the [ergonomic individual assessment request form](#). There is no cost to state agencies for the assessment provided by KDOL staff.

The goal of the ergonomic workstation assessments is to prevent injuries and illnesses to state employees. If ergonomic workplace office changes are recommended and agreed upon between the employee and supervisor, the cost for purchasing ergonomic equipment would be paid for by the employee's Bureau or Office. Please contact J. Ransom to schedule an appointment or for more information.

Blood Drive Scheduled for July 16

The next blood drive will be held on **Thursday, July 16** from 8:30 a.m. to 12:30 p.m. in Room 530 of the Curtis State Office Building. Sign up for an appointment today by [clicking here](#)! Participants will receive a collectors T-shirt, blood screening for iron and cholesterol, and more.

A critical number of voluntary donations are required every day to meet the need for blood in the areas we serve. However, we are consistently falling short, and falling short means we may not have enough blood for someone like you.

To donate blood you must be 16 years old, weigh at least 115 pounds and be in good health. You can donate blood every 56 days. If you have recently made a blood donation, or if you have already scheduled an appointment to donate blood, please accept our thanks on behalf of the patients whose lives you may have touched. If you have been previously told by Community Blood Center or another blood center that you should never donate blood, you would not be eligible to donate at this time.

For automated donations (such as platelets) or to schedule an appointment to donate

blood for upcoming surgeries or for other medical reasons, please contact Community Blood Center at 1-888-647-4040.

If you have any questions about donating blood, please contact the Community Blood Center at 1-888-647-4040 or visit their website at www.savealifenow.org. If you have any questions about the blood drive, contact Ja Ransom at jransom@kdhe.state.ks.us.