



New Nurse Call Lab Built On A Modern Platform

The NorCal Sound and Communication JATC has a new state-of-the-art nurse call lab.

The lab's purpose is to familiarize the apprentice with a full-featured nurse call system, how it works, and how to install and test the system. The updated nurse call lab went live in early January.

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Jenn Hionis & Savannah Acosta testing and labeling cable segments

PHOTO BY: HAWKEYE PHOTOGRAPHY

1. Nurse Call
4. Light-en up for Spring Challenge
6. Lauren Hogan
7. Injury Clinic
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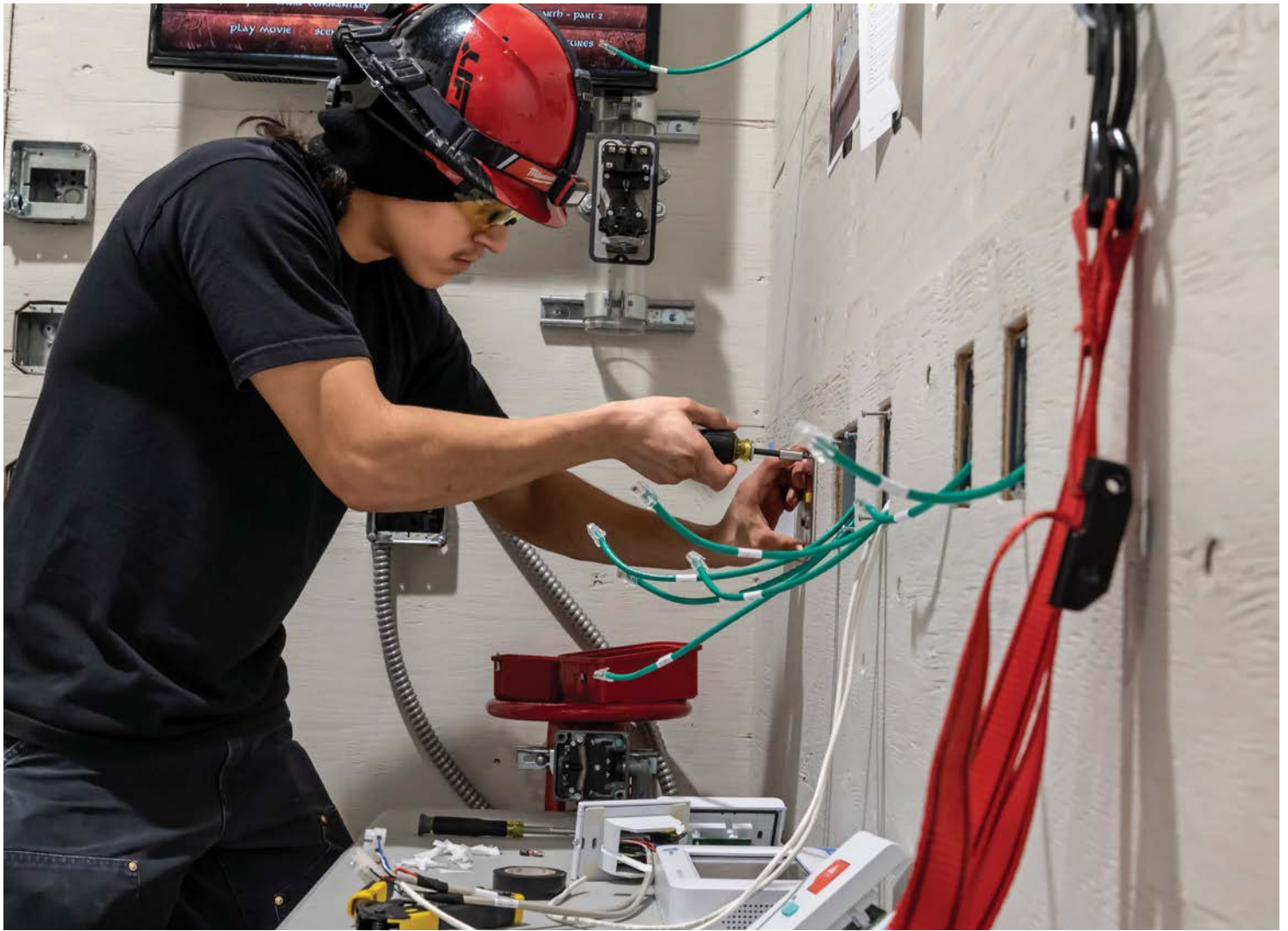


PHOTO BY: HAWKEYE PHOTOGRAPHY

Max Rodriguez installing patient room devices

New Nurse Call Lab Built On A Modern Platform

The new lab utilizes a standardized modern platform, including Cat 6 cabling with RJ45 connectors and Power Over Ethernet. The lab has eight different patient stations that are set up to mimic full-feature patient rooms. Eight pairs, or a total of 16 students, can work at the same time and receive an immersive experience.

“We set up all our labs to be as real-world as possible. It’s as close as you can get to a job site without being on a job site. The apprentices train on the lab much like they would on a real job site. They pull the cable, terminate the connectors, test the connectors, install the devices, and start the system up and do a full-scale test as you would on a real job,” said JATC senior instructor Thomas Frenzel.



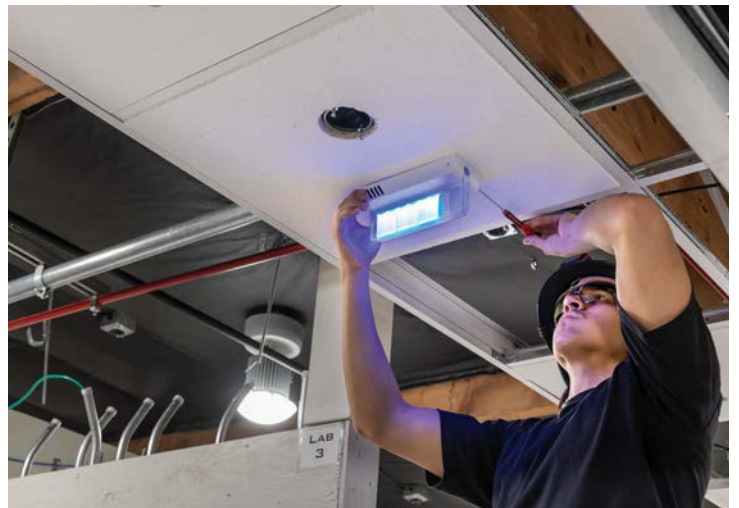
Alexis Deschenes wiring corridor dome light



Reyna Zamora installing devices



Max Rodriguez testing live system



Max Rodriguez adjusting corridor dome light

Nurse call systems are designed for patients in a hospital to communicate with the staff without leaving their bed or room. At the most basic level, the patient can press a button if they need assistance from the staff. When the button is pressed on the pillow speaker, the call is indicated at a light just outside the patient's room and annunciates at the local nursing station where the staff primarily spends their time. Calls can also be routed directly to phones assigned to individual staff members. Once this interaction is completed, the staff knows the patient wants attention without having to go to the room, and the patient doesn't have to get up from the bed or leave the room.

In addition to calling the nurse, the patient can control the lighting and the television in their room from the pillow speaker or bed

controls. The system also has a Code Blue call feature for the staff to use in the case of a life-threatening emergency. If a staff member identifies a life-threatening condition, the staff can initiate a Code Blue call. These types of calls are monitored 24/7 by hospital operators on a separate nurse call system display. The operator then dispatches the emergency response or code blue team to respond.

The new nurse call lab runs over Cat 6 Cable and operates on Power over Ethernet (PoE). The JATC instructors are Thomas Frenzel and Jenn Hionis, both experienced with the standardized lab platform. Thomas has installed and serviced many nurse call systems in hospitals, and Jenn uses a similar format to build life safety systems. Through that work, she has gained knowledge of proper cable management and system infrastructure.



This wellness content is brought to you by BaySport, your Wellness partner. Your Wellness Program Manager, Martha Hagmaier, is available to support you and you family with various health programs and events throughout the year. For more information regarding our services (many at NO COST to you) and how to enhance your member experience, please contact Martha at Martha.hagmaier@baysport.com

- Biometric screenings to prep for February's Going the Distance Spring Challenge program (up to 3 health screenings and 3 Safeway Gift cards)
- Live and Recorded workouts
- Good mental health tips
- An interview with our new nutrition and health coach, Lauren Hogan (*1:1 nutrition counseling*)
- An interview with Mike Marcelo regarding an injury clinic consultation, a free service for our members.
- Bi-weekly articles on nutrition and exercise
- Eligible for cash prize for bi-weekly weigh-in (*Bonus: show proof of steps over 15k a day = bigger bi-weekly payout*)

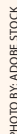




PHOTO BY: ADOBE STOCK



PHOTO BY: ADOBE STOCK

Biometric Screenings

There are 3 options for participating in the biometric screening program. If you are part of Local 617 or 595, the screenings are hosted on site. They are also hosted at our Redwood City clinic or you can use the Lab Corp facility that's closest to you. The biometric screening can be either fasting or non-fasting, depending on your preference. It includes a finger stick, blood test, a cholesterol test and blood glucose tests, as well as blood pressure and body mass calculations. The health coaches go over the results with you, coordinating a coaching session for you to follow up on your numbers.

We like to recommend that you get a biometric screening once a quarter, especially during the challenge, because it gives you a baseline to work from. It's encouraging to watch your numbers improve! As an incentive, if you get a biometric screening during the challenge, you will receive a Safeway Gift card for each completed screening, up to 3 screenings during the challenge.

Injury Clinic Consultation

Do you have an injury that you would like to have treated? The injury clinic is a complimentary consultation with a physical therapist. Don't miss the interview with Mike Marcelo regarding the injury clinic consultation, a free service for our members. See Page 7.

An Interview with Lauren Hogan, New Nutrition and Health Coach

Lauren Hogan, our new nutrition and health coach, answers your questions on page 6. See why Lauren is anxious to speak with you about your nutrition and health program.



PHOTO BY: ADOBE STOCK

Meet Lauren Hogan, New Nutrition and Health Coach



PHOTO BY LAUREN HOGAN

*Lauren Hogan,
Nutrition & Health Coach for
S&C Wellness Program*

Q: I would like to improve my diet. How do I make an appointment to work with you?

A: To make an appointment to work with me, contact Martha Hagmaier to receive my information and booking page link. The link will then direct you to choose an initial 30 minute consultation appointment for us to meet. You can select to either meet over the phone or via Zoom video chat.

Q: How can a nutrition counselor help me?

A: What do I eat and how do I fit it into my lifestyle? Optimal nutrition is an essential part of our daily lives, contributing immensely to our health and wellbeing. A nutrition counselor will assist you with identifying your barriers and gaps to each your health and nutrition goals. They will also encourage healthy habits and emphasize ways to incorporate nutritious foods to sustain good habits with eating. During our check-in process, if we both agree a longer-term solution is appropriate, we can move you into a 3-month coaching program. At the end of that program, there is the option to re-test your health screening numbers, and you will receive a \$100 Safeway gift card for completing the program.

Q: What happens during our appointment?

A: Every person is different, and I make sure to customize the journey to you and your lifestyle. For your first appointment, I will conduct an initial consultation where we will first discuss your health and nutrition journey thus far and identify the challenges and barriers you notice are getting in the way of attaining your health goals. From there, I will guide you to come up with attainable goals (short-term goals such as meal prepping and long-term goals such as weight loss) that revolve around nutrition to be the main reference for how I can assist you moving forward with our remaining time together.

After our initial consultation, we will decide the ways that I can best help you moving forward. This could look like weekly emails of encouragement or reminders, texting back and forth about meal prepping ideas, having myself send you recipe ideas, check-in calls about progress or goal updates, additional calls/Zoom meetings to go over certain nutrition topics of interest, etc.

Q: What kind of questions do you ask during a nutrition appointment? Questions for the initial consultation include:

- A:**
1. Tell me about yourself and your health journey thus far?
 2. What have been the biggest challenges with your health journey and staying on track? (EX: eating habits, time management, lack of nutrition knowledge, etc.)
 3. Take me through a typical day of eating and movement/physical activity

4. What are your main goals out of this Nutrition Counseling program?

Q: How do you address high blood pressure during a nutrition appointment?

A: To make the most of your coaching, I recommend starting with a Health Screening to set the baseline. By completing a free health screening through your nearest LabCorp facility, you get quality comprehensive screenings. The testing includes a fasting or non-fasting fingerstick blood test for cholesterol and blood glucose. We include blood pressure and body mass calculations. Results are received via an electronically secure process and via US mail. From there, we can review these and other important results like blood pressure during a 1:1 session. Blood pressure is very variable and can go up and down for many reasons, including stress, poor diet, body weight, posture, caffeine intake, etc. For folks with high blood pressure, we will discuss healthy habits the support lowering blood pressure including the importance of limiting processed and fast foods, lowering sodium and added sugar intake and choosing grain based carbohydrates rather than simple sugars. Additionally, I will encourage physical activity as a beneficial way to help blood pressure.

Q: How do you work with caffeine or alcohol usage if I want to look at that?

A: Caffeine and alcohol are beverages or a part of beverages that should be consumed in moderation and with sensible understanding of safe and healthy limits. For caffeine intake, I would focus on teaching what a recommended daily milligram amount looks like and finding realistic ways for you to stay under the recommended amount. Additionally, I would also want to touch on that so many commercial caffeine beverages have added sugar and wine ways to reduce it. For alcohol, I would also encourage limiting excess alcohol intake to the recommended intake or less than per day to encourage healthy habits and improve overall health.

Q: Tell us a little about your experience and background.

A: I grew up in Campbell, CA and then attended California Polytechnic State University, San Luis Obispo, for my B.S. in Applied Nutrition. After undergrad, I attended Illinois State University for my Dietetic Internship Program where I completed my supervised hours to gain experience in clinical nutrition, school food, eating disorder nutrition counseling, hospital foodservice and community nutrition. This past August I took my certification test to become a Certified Registered Dietitian, RDN and I started working with BaySport in September. I am currently completing my M.S. degree in Nutrition through Illinois State University.

Do You Have A Pain Or Injury?

Check Out The Services From Our Free Injury Clinic In This Interview With Mike Marcelo, Director of Physical Therapy at BaySport.



PHOTO BY MICHAEL MARCELLO

*Michael Marcello,
Physical Therapist for
S&C Wellness Program*

Q: What is the Injury Clinic?

A: The Injury Clinic is a complimentary consultation with a physical therapist. We discuss your injury, and our dialogue is followed up with special testing. Then the therapist provides a general assessment. After the assessment, the therapist sometimes recommends the patient see a doctor, depending on the severity of the injury.

Or if the injury doesn't look too bad, the therapist may recommend the patient focuses on certain exercises.

Q: What Injuries do you see frequently?

A: I see a lot of people who have spine issues, whether that is in the neck, middle back, or lower back. They may also have disc pain and joint pain. I see weekend warriors as well, folks who are participating in high intensity interval training classes. I also see those who have chronic pain, people who've had back pain or neck pain for a given period of time, so it's become chronic. I see folks who have shoulder issues and knee issues with all the repetitive movements they've had to do like kneeling, squatting, or lifting in the workplace.

Q: How would someone who had an injury get involved with the injury clinic?

A: First you have to come to the point where you acknowledge you need a little help muscling through the pain. That realization that you need some help goes a long way. The days of "no pain, no gain," are behind us.

Then follow up with your doctor or with Martha to contact us or contact us directly at 560-593-2800. In some instances people will see their docs first and get referred to physical therapy. Give us a call and say, "I know there's a complimentary injury check. Can I get a complimentary injury check for my (whatever the condition)?" Then our office manager will schedule a time for me to see you, usually on Monday-Friday from 9 to 6.

Q: How to you promote your services?

A: Most of our promotion happens through word of mouth.

Q: How to you help make people feel better?

A: Help is available. Having to go to work or live through pain is not optimal. There are resources out there to help and we don't have to just live with these things that accumulate over time. Sometimes a little ice can go a long way to just get things to calm down. And even sometimes just get a good night's sleep. Sometimes just talking to someone for 10 or fifteen minutes can really help people a lot. The main thing is just letting them know that people are there to help them with their issues and they don't have to resign themselves to living or working through pain.



PHOTO BY: ADOBE STOCK



PHOTO BY: ADOBE STOCK

Your Health And Welfare Trust Fund Important Phone Numbers

Questions about eligibility for coverage, premiums, reserve accounts, and info booklets, call:

Plan Administrator - United Administrative Services
408-288-4400
Toll-Free 1-800-541-8059

Trust Self-Funded Medical And Dental Plan

Questions about claim payment, claim forms and benefit info:
408-288-4400
Toll-Free 1-800-541-8059

Anthem Blue Cross Medical PPO
www.anthem.com/ca
To locate a participating preferred provider physician, clinic, or hospital:
408-288-4400 or 1-800-541-8059
Refer to Group # 170016M001

Anthem Blue Cross Dental PPO
www.anthem.com/ca
To locate a participating preferred provider dentist:
408-288-4400 or 1-800-541-8059
Refer to Group # 170016M001

Kaiser Permanente
www.kaiserpermanente.org
Questions about benefit info and ID Cards:
Toll-Free 1-800-464-4000
Refer to Group # 919

Optum Health
www.OptumHealth.com
Questions about mental health and substance abuse benefits or the member assistance program:
Toll-Free 1-800-888-2998
Group # 10000824-0001, 0002

Vision Service Plan
www.vsp.com
Questions about vision benefits and vision claims or to request a Vision Plan Provider Directory:
Toll-Free 1-800-877-7195

To order additional copies of The DATA contact
jfordley@hillzoog.com

Do you want access to your pension account value?

Do you want to know how your retirement plan money is invested?

Do you want to learn about investment options under your plan?

Your retirement information is available to you 24 hours a day.

I.B.E.W. District No. 9 Pension Plan

(A Defined Contribution Pension Plan with Participant Directed Investment Accounts)

To contact your Retirement Service Center via Internet:

The retirement service center website offers updates on your pension. You can view your daily account values, personalized rates of return, investment performance information, and rebalance your investment mix online.

- Go to www.principal.com
- Select Log In and choose Personal
- Enter your username and password

If you are a first-time user, follow the instructions to create an account.

To contact your Retirement Service Center via Telephone:

You can obtain the same information by telephone. The toll-free, interactive voice response system is available 24 hours a day, 7 days a week.

- Call 1-800-547-7754
- Enter or provide your date of birth when prompted
- Select the desired option
- Follow the prompts. Have your Social Security Number and PIN number ready
- If you need assistance, please enter "0" to speak to a retirement specialist. They will ask you for the Plan name and Contract Number which is:

PLAN NAME: IBEW District No. 9 Pension Plan

CONTRACT NUMBER: 354801

To contact a retirement specialist at the center:

If you have questions or need additional information about your investment options, you can speak with a retirement specialist at the center. A retirement specialist can provide information (not advice) about general retirement planning and investment education.

- Call 1-800-547-7754
- Enter or provide your date of birth when prompted
- Press "0" to speak to a retirement specialist. Have your Social Security Number ready
- The Client Contact Center is open Mon.-Fri., 7 am - 9 pm (Central Time)

Pension Account Member Services:

- 24/7 account access via internet and/or telephone
- View or hear your daily account values
- Obtain investment performance information
- Learn about investment options under the plan
- View or hear the latest investment news
- Transfer funds between investments
- Change where future contributions are invested
- Reinvest maturing funds
- Establish/change your PIN or username &/or password
- Rebalance your investment mix
- Calculate retirement needs

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