EMPLOYEE HEALTH AND WELLNESS PROGRAMS,
TRENDS AND ACTIVITIES DISCUSSED

The Regular Friday, February 16th Lake County Safety Council Program Presents:

Lavita Ewing, Lincoln Electric, and Chris Brill-Packard, Lake Hospital System, to discuss the issue of employee health and wellness programs.

Their Presentation Includes Information On:

⇒ The importance of employee wellness
⇒ A review of health/wellness trends

  rising health care costs, work-related injuries,
  long-term disabilities, employee retention
⇒ Worksite health promotion programs and activities

TIME: Registration begins @ 11:15 a.m.
Lunch and meeting begin @ 11:30 a.m.

SITE: Holiday Inn Express Hotel & Suites - LaMalfa @ Route 2 and Heisley Road
RSVP: Call 440-255-0877 by Friday, February 9
To make your reservation
COST: $18 reporting members, $20 non-members

February Meeting Sponsor

Lake Hospital System

2007 LCSC Dates/Topics

Friday, Feb. 16th  Employee Health & Wellness Programs and Activities
Friday, March 30th Workers’ Compensation Legislation/Reform-Senate Bill 7
Friday, April 20th Annual Awards Banquet @ LaMalfa—luncheon
Friday, May 18th  CEO Event-breadfast @ LaMalfa
                  Cynthia Moore-Hardy, LHS
Friday, May 18th  Mold & Asbestos Safety and Awareness

BWC Safety Congress Offers Wide Menu of Classes at Cleveland IX Center

The Ohio Safety Congress and Expo is scheduled at the IX center on March 20 to 22. The theme is “extreme safety.” Classes are designed to provide a flexible, customized, industry-focused approach. Sessions specifically designed for the highest level of safety and health professional are on Wednesday, March 21.

These include: Auditing Safety and Health Management Systems (Advanced) - those attending will learn management and quality assurance principles and the methodology to audit safety and health management systems; Enhancing Back Injury Prevention With Personal Work Technique (Advanced) - those attending will review the psychosocial and biomechanical factors that cause back problems and the role of ergonomics

See Safety Congress, Page 4
Would your company like to be a Lake County Safety Council Sponsor?

One of the many ways you can advertise with the Lake County Safety Council is to become a meeting sponsor. There currently are 2007 sponsor opportunities available:

- Awards Banquet Sponsor $395 limited to five companies
- Monthly Meeting Sponsor $195 limited to one company per meeting

The benefits of being a sponsor are:

- Sponsor will be provided with an exhibit table located at the registration area or inside the door of the meeting facility.
- Sponsor may set up signage and distribute literature, business cards, promotional items and other information from the exhibit table.
- Sponsor may place one item of literature or business card at each place setting
- Sponsor may collect business cards for a door prize drawing (prize to be provided by the sponsor)
- Sponsor will be thanked on signage at the registration table
- Sponsor will be recognized at the podium and introduced by the steering committee director
- Sponsor may deliver a “three-minute commercial” to the meeting attendees from the podium.
- Sponsor will be featured in the Council News the month they are sponsoring

If you are interested in becoming a sponsor please contact our office by calling 440-255-1616 or via email to - mark@mentorchamber.org.

Thank You to February Meeting Sponsor

Lake Hospital System

Lake Hospital System Provides “One-Stop-Shopping” For Employers

Lake Hospital System’s Occupational Health Department has multiple facilities to meet area companies’ needs. The walk-in centers located in Willowick, Mentor, Madison and Chardon offer seven-day-a-week coverage with expanded hours of operations. LakeEast and LakeWest emergency rooms provide 24/7 injury care when the walk-in centers are closed.

Lake Hospital System is the optimum resource for occupational health throughout Lake County and the surrounding area. Lake Hospital System is a non-profit BWC Workers’ Compensation provider for the BWC Drug Free Workplace Program. Lake Hospital System offers Employee Assistance Programs and referral services.

The system’s Occupational Health Services group offers a full range of examinations, screenings, rehabilitation services and wellness programs to meet companies’ health care needs.

Occupational Health Services include:

- Twenty-Four Hour Injury Care
- Drug & Alcohol Abuse Testing
- Pre-Placement Physicals & WebCheck
- Local MRO Services
- DOT Physicals
- Random Drug Pull Program
- DOT Consortium
- On-Site Mobile Audio Testing
- Wellness Screenings & Programs
- DOT Drug & Alcohol Testing
- Random Substance Abuse Testing
- Independent Medical Evaluations

For Companies: Occupational Health Services & Wellness Screenings/Programs are available on-site......call Chris Brill-Packard@ 440-354-1933.
## 2007 Steering Committee

### Council Director
Russ Thompson  
City of Painesville, WCPC  
440-392-6316

### Council Secretary
Susan Pelcic  
Willoughby Eastlake Public Library  
440-943-2203

### Council Director Elect
Dan Nichols  
SFInc., Electrical Contractors  
440-974-2900

### Council Advisor
Michael Milroy  
Lake County MR/DD  
440-350-5051

### Past Director
Bob Siktberg  
Lincoln Electric  
216-383-2141

### Chamber Liaison & Editor
Marie Pucak  
Mentor Area Chamber of Commerce  
440-255-1616

### Committee Members
Pablo Benz  
Chemsultants International  
440-352-0218

Scott Cole  
Lake County Dept. of Utilities  
440-350-5706

Mary Jo Drcar  
STERIS Corp.  
440-205-7635

Edward Hazel  
Kucera International  
440-975-4230

Rick McPeak  
American Red Cross  
440-352-3171

Nita Zidonis  
Lake Cardiology  
440-352-4956

Lake County Chambers of Commerce  
440-357-7572

## Friday, January 19, 2007 LCSC Meeting Attendees

- A.J. Goulder Electric
- Able Contracting Group
- Accurate Metal Sawing
- Active Plumbing
- Advocare, Inc.
- Aexcel Corporation
- Allied Door Systems
- Altercare of Mentor
- American Controls
- American Guard
- American Red Cross
- Animal Hospital, Inc.
- Apollo Welding
- Aqua Ohio
- Arcola Building Company
- Arcola Creek Nursery
- AVID Construction
- Beachwood Schools
- Beech Technology Systems
- Bescast
- Bodycote Thermal Processing
- Buffalo Wild Wings
- Burch and Associates
- BWC
- Career Tech
- Cast Nylons
- Chardon Metal Products
- Chem Development
- Chemsultants International
- City of Eastlake
- City of Mayfield Heights
- City of Painesville—Electric Plant
- City of Painesville WCPC
- City of Painesville—Water Department
- City of Willoughby Hills
- Classic Automotive Group
- Cleveland Crystals
- Clinical Health Laboratories
- Com-Co Industries
- Commercial Siding & Maintenance Co.
- Component Repair Technologies
- Concord Township
- Conn-Selmer
- Core Systems
- Cres Cor
- Damon Morgan
- DAI Ceramics
- Davis Bakery
- Dependable Cleaning Contractors
- EA Group
- Eltech Systems
- Environmental Conditioning Systems
- Equistar Chemicals
- Esco TT, Cleveland
- Eye Lighting International
- F & N Transporting
- Food For Thought
- Frendon Corporation
- Gateway Manor
- Gateway Retirement Community
- Golden LivingCenter
- Grande Pointe
- Hambden Building Products
- Haver Tyler
- High Tech Performance Trailers
- Highland Products
- Hillcrest Ambulance
- Honda of Mentor
- H&W Environmental Consultants
- Infinity Resources
- Interlake Stamping
- Kelly Services
- Kemper House
- Kennington Corporation
- Kirtland Schools
- Kline Construction Corporation

## January 19, 2007 Meeting Attendees Continued

- Kucera International
- Lake Cardiology
- Lake County Board of MR/DD
- Lake Co. Council on Aging
- Lake Co. Plating
- Lake Humane Society
- Lake Metroparks
- Laketran
- Lantern of Madison
- Leroy Township
- Libra Industries
- Lincoln Electric
- Madison Schools
- Madison Township
- Malish Corp.
- MC Sign
- McNeil Industries
- McPhillips Plumbing & Heating
- Mentor Area Chamber of Commerce
- Mentor Lumber & Supply
- Mentor Television
- Mentor Way Nursing/Rehab
- Mid-West Materials
- Miltronics & Skye
- Modern Employment
- Modern International Graphics
- Morley Library
- Morton Salt
- Neff-Perkins
- North American Coating Lab.
- Northcoast Lift Truck
- NOVA Chemicals, Inc.
- Omni Cart Services
- Pace Engineering
- Painesville Board of Education
- Painesville Township
- Perfection Corporation
- Perry Joint Fire District
- PET Processors
- Polychem Corporation
- Preformed Line Products
- Quality Assurance Supported Living
- Radix Wire Company
- Roberts Roofing
- Roll-Kraft
- Royal Plastics
- RT & T Machining
- Royal Plastics
- Safety Controls Technology
- Safety Solutions
- Sawmill Building Systems
- Sawyer Technical Materials
- SFInc., Electrical Contractor
- Shapeco Industries
- Stanley Steemer
- Star Precision Products
- STERIS Corp.
- Stewart Lodge Healthcare
- Sticker Corporation
- Summersville at Mentor
- The News-Herald
- Trailer Component Manufacturing
- Transfer Express
- Trust Technologies
- Universal Metal Products
- Universal Screw Machine
- V.L. Chapman Electric
- Village of Waite Hill
- Visiting Angels
- Volk Optical
- West Geauga Local Schools
- Willo Security
- Willoughby Eastlake City Schools
- Willoughby-Eastlake Public Library
- Willow Hill Industries
- Wilson Mill Foods, Inc.
Semi-Annual Reports DUE IMMEDIATELY

Reporting members of the Lake County Safety Council are reminded semi-annual report forms have been mailed. All reporting members are reminded that to qualify for the BWC discount the Lake County Safety Council will need semi-annual reports for the **2006 calendar year**, this includes both the July 1, 2006 through December 31, 2006 and the January 1, 2006 through June 30, 2006 report. If you have questions, call Mark @ 255-1616.

Meeting Reminder: Friday, February 16, 2007

**Program Topic:** Employee Health & Wellness Programs

**Speakers:** Lavita Ewing, Lincoln Electric & Chris Brill-Packard, Lake Hospital System

**Location:** Holiday Inn Express Hotel & Suites—LaMalfa

**Cost:** $18 for Members, $20 for Non-Members

**Time:** Registration 11:15 a.m.- Meeting & Lunch Begin @ 11:30 a.m.

**Sponsor:** LAKE HOSPITAL SYSTEM

Meeting Reminder: Friday, March 30, 2007

**Program Topic:** Workers’ Compensation Legislation—Senate Bill 7

**Speakers:** Michael Bertsch—Moscarino & Treu & Dr. Patrick G. Bray—St. Vincent Charity Hosp.

**Location:** Holiday Inn Express Hotel & Suites-LaMalfa

**Sponsor:** NOVA CHEMICALS

---

Safety Congress Presents Extreme Safety Sessions at IX Center on Wednesday, March 21

Other programs include: **Low-Back Pain and Disability (Advanced)** - those attending will review scientific evidence examining the causes of low-back pain; and **The Working Back (Advanced)** - those attending will learn about attempts to assess low-back pain disorder and the degree to which intervention can minimize risk.

---

Please remember to make a reservation. We appreciate it. The caterer does too. Thanks!