

Safety, Health, and Environmental Fair

June 2, 2015

“Our World, Make it Safe, Healthy, and Green”

WHERE: Stewart Lee Udall Building, 1849 C St NW, Washington, DC 20240, Bison Bistro Café area, Basement level

WHEN: 11 AM until 2 PM - All of the activities and classes are FREE – come and enjoy

WHAT: In alphabetical order, here is the list of what is happening:

8 Activities and Classes in the Cafeteria Area and adjacent conference rooms:

- **Arm Knitting** – this relaxing activity reduces stress and produces beautiful knitted clothing. Come see how this is done and sit down and try it! Demonstration by Aurelia Bewaji, OSMRE
- **Bicycle Maintenance** – Revolution bikes will show you basic bicycle maintenance and repairs
- **Bicycle Safety lecture** - Washington Area Bicyclist Association will present on DC Area bike safety and rules of the road. **Kiowa Room 1 PM – 1:45 PM**
- **Chair Massage** – we have 4 chair massage stations! Sit down in a massage chair, lean forward, and let the masseurs get the kinks out of your neck, back, and shoulders. No need to remove clothing. Provided by BCBS Insurance and the OFAS Safety, Health, and Environmental Branch.
- **Chairs that go down** the stairs – yep, we have ‘em! Evacuation Chairs that can transport an employee with a disability down the steps in the event of a building emergency will be demonstrated on the grand stairs near the Bison Watering Hole. Demonstration by Dave Vanderwheele, OEM.
- **Self-Defense** – 15 minute mini-classes on personal safety awareness and a few safe, easy defense moves. Demonstration by Guro Valencia Robinson, creator of the “Predator Beware” workshop. This 1 hour class is coming to DOI’s IDRA Gym on July 23 at 10 AM. Sign up for the class at Valencia’s table or at the IDRA Fitness exhibit.
- **Tai Chi Classes** – although Tai Chi originated as a martial art, it is popular worldwide for the demonstrated benefits to flexibility, balance, concentration, and mental calmness. Classes are at 11:15 AM and 12:15 AM and are taught by Manifest. Courtesy of OSMRE. Rachel Carson Room.
- **Trivia Game** – visit the *DC Water Authority* table and enjoy the Trivia Wheel game that tests your knowledge of common facts for drinking water quality. *Wendy the Water Drop*, the DC Water Authority mascot, will visit the kids in the Child Care Center and be on hand for adult education after she finishes with the kids.

22 Exhibitors in the Cafeteria Area:

- **Bicycle Subsidy at DOI** – bicycle subsidy coordinator Michelle Howard-Hanson will answer all questions
- **Bicycle – the E Bike** – come see the amazing new E Bike at the *Revolution Bike* table

- **Blood Pressure** readings – at the Health Unit table and at the United Health Care Table
- **Blue Cross and Blue Shield** – generously providing 2 chair massage therapists, BCBS will have information on their health insurance plans.
- **Chiropractic Care** – ever since mankind got up and walked on two feet, back aches have been a problem. Most people have postural misalignments that create neck and back pain. Come get your posture and spinal alignment checked at the *Friendship Chiropractic* table.
- **CPR classes/AED purchases** – *Rescue One* will explain their many classes and products
- **E Cycling** – bring your old personal electronic or telephonic equipment to our recycling bin at the *OFAS Recycling table*.
- **Emergency Preparedness in DC** – *DC Emergency Preparedness Team* will help you be ready for disaster
- **Ergonomics** – If your desk is not configured properly, you can suffer short term and long term health consequences. Come meet the experts from *HumanScale*, a leading ergonomic assessment and equipment company.
- **Foot Care** – neglect your feet, know defeat! Nothing ruins your fitness routine, not to mention your basic daily functioning, faster than foot or ankle pain. Many problems afflict these all-important and hardworking body parts so it's wise to consult with someone who know feet best: *podiatrist. Dr. Jennifer Gerres*
- **Fire and Medical Emergency Service** in DC – come meet the folks who are on constant alert 24/7
- **Fitness Center** at DOI – The *Interior Department Recreation Association (IDRA)* runs our beautiful gym, where your fitness can reach new levels with classes, state of the art equipment, basketball and golf tournaments, personal training, massage, and more. Come check it out!
- **Finances** – Your money can grow, loans can be had, and all in the same building where you work! *Interior Department Federal Credit Union* is at your service!
- **Gardening** – *GreenStreet Gardens*, a plant and landscaping company devoted to organic gardening, is exhibiting with plants, lots of information, and they might bring a small sample of the latest thing in home and office décor: the “Green Wall.”
- **GEHA** – *Government Employees Health Association's* representative Mickey Basi will check your grip strength on a specially designed meter. He is also providing Q & A on GEHA's health coverage plan.
- **Kaiser Permanente** – Veronica Jenkins will assess your BMI and hydration and provide information about Kaiser, which is so much more than an insurance company. It's a comprehensive Wellness and Health Company.

- **Long Term Care Insurance** – Like it or not, aging is not a tidy process. One way to be financially prepared for a disability associated with aging is to purchase long term care insurance. It's affordable and it's prudent. Stop by the Long Term Care Partners table and discuss this.
- **Lyme Disease and Tick Borne Illnesses** – yucky and prevalent, the more you know about these diseases, the more you can protect yourself, your family, and your pets. *The National Capital Lyme & Tick Borne Disease Association* is coming to tell you all about it!
- **Metro** – *Washington Metropolitan Area Transit Authority (WMATA)* is coming to answer your questions about safety on the transit system.
- **Recycling** at DOI – come to the *OFAS "Ask Jay!"* table and learn how DOI recycles. Obtain a paper recycling carton for your office if you want one. Bring your old pens and pencils for depositing in the TerraCycle box. Bring your old small electronic or telephonic devices to the E-Cycle bin. See the end product of our big in-house composting machine, SOMAT. Sign up for a tour of SOMAT if your curiosity is aroused. Lastly, take home a bag of Bison Bistro good-for-your-garden coffee grounds. Don't know why coffee grounds are good for your garden? Ask Jay Agosto or Gay Bindocci!
- **Safety and Health Products** – from STAPLES, can you believe it? Yes, beyond the normal stationery universe at STAPLES, there are a host of safety and health products. Come see!
- **United Health Care** – Brian Hargest will provide blood pressure readings and information on United Health care's many wellness offerings and health insurance plan.
- **Urgent Care** – although the DC area emergency rooms are improving, the average wait for care in an ER is 6 hours. Save yourself that stress and visit a *Patient First* center. Their average wait is under an hour. Patient First provides primary care and workman's compensation care as well. With many centers in the DC/Baltimore/Richmond corridor, and operating hours of 8 AM to 10PM 365 days a year, great health care has never been more convenient.