



Porcelain Press



VPP survivor wellness challenge

Over 400 staff participated in a 12-week wellness challenge, and a chance to win the grand prize of \$1000



The 12-week wellness challenge that ran from May to August was sponsored by the Voluntary Protection Program (VPP) to encourage and promote a healthy lifestyle through aerobic activity,

increased consumption of water, a balanced diet, routine stretching, and educational activities.

The ultimate survivors

Congratulations to our grand prize winners from a pool of more than 200 staff who successfully completed the 12-week challenge and were entered into the grand prize drawing:

- Garrett Brown received a \$1000 gift card to REI
- Harrison Kerschner received a \$500 gift card to a sporting goods store of his choice.
- Jennifer Henderson received a \$200 gift card to a sporting goods store of her choice (3M706).
- Kim Lessor received a \$100 gift card to REI.

The Environment, Health, Safety & Security and the Facilities & Operations Directorates supported the wellness challenge by providing the funds for the grand prizes.

In addition to the grand prizes, many other incentives were awarded to staff throughout the challenge. Prizes ranged from walking enthusiast kits to sporting goods gift certificates.

“Thank you for having this program. It has completely changed my lifestyle, physical shape and mental attitude. I’m ready for the next challenge.”

— Bev Jennings

The Voluntary Protection Program strives to promote safety and health at the Laboratory in an ever-changing way. Current VPP programs include: 24/7 Safety, Wellness, Safety Dialog, Porcelain Press, and MoveSafe.

The Porcelain Press is sponsored by the Voluntary Protection Program (VPP) Steering Committee. Comments should be addressed to the editor, Keri Schneirla (keri.schneirla@pnl.gov, 371-7836). If your payroll number is listed in this issue, you’ve won a staff participation award! Contact VPP (voluntary.protection@pnl.gov) to redeem your award or if you have comments or suggestions for future articles.

Immunization awareness

Stay up to date on your vaccinations

People of all ages need to be reminded of the importance of immunization. Now is the perfect time to remind family, friends, and co-workers to catch up on their vaccinations. Vaccines have been used since the 1700s and are among the greatest public health successes for providing protection from many diseases.



Keep yourself and your family up to date

The number of adult deaths from vaccine-preventable diseases is towering to more than 30,000 per year, according to the Centers for Disease Control and Prevention. Vaccinations for young children are often stressed, but did you know that pre-teens, college-age students, and adults should also receive certain vaccinations? It’s important for everyone, despite age, to stay up to date.

Travel checklist

Traveling outside the country? Whether it’s for business or leisure, make sure you are aware of which types of vaccinations you’ll need. Ideally, set up a visit to your doctor 4 to 6 weeks before your trip. Most vaccines take time to become effective in your body and some vaccines must be given in a series over a period of days, or sometimes weeks. CDC divides vaccines for travel into three categories: routine, recommended, and required. While your doctor will tell you which ones you should have, it’s best to be aware of them ahead of time.

For a complete schedule of vaccinations and to learn more about the benefits and risk of immunizations, check out the CDC website: <http://www.cdc.gov>

ISO 14001 Audit

PNNL’s Environmental Management System (EMS) is registered to the 14001 international standard. This means that our EMS ensures that environmental protection is built into everything we do. In order to prepare for the audit, staff are expected to understand the Laboratory’s environmental stewardship policy. Learn more at: <http://wwwi.pnl.gov/iso14001>

