

## C O M M U N I T Y N E W S

**Safety & Total Health Day: Measuring success**

By Mary Peterson

September 23. The day was hot, maybe a bit uncomfortably so, but it was little noticed as one JSC employee made his way to a booth he had not seen on any previous Safety & Total Health Day.

The booth he sought did not have trinkets or giveaways and, for that matter, only a couple of people milled around, mostly looking at a dog of questionable pedigree but with the unmistakable quality of being somebody's "important" friend.

It was here, at the Texas Hearing & Service Dogs booth, that Rudy Lira of Information Dynamics, Inc. learned for the first time there could be special help for his hearing-impaired daughter, help in the form of a canine companion who could alert her to danger, to a possible break-in, or any number of life's threats less imposed on those who can hear.

Lira was just one of hundreds who participated in the third annual Safety & Total Health Day observance who took away far more than simple reminders to stay safe and be healthy.

"This was the greatest S&TH Day since we began," said Space Shuttle Management Integration Office employee Baley Davis. "I think people learned more this time and were truly interested in getting the most out of the information that was available." Citing the key elements set forth by JSC Director George Abbey — close call reporting, a review of reported incidents, and the introduction of the Voluntary Protection Program — Davis said, "I think the structure was good, and it gave us a more mature program than we have had in the past."

"People seemed to feel more comfortable participating in S&TH Day, and they have accepted it as an annual event that has a distinct purpose." Davis said further that many in his group had expressed an interest in serving on committees and having an even deeper involvement in the future.

The 1998 S&TH Day offered many employees their first look at the center's most ambitious safety and health incentive ever, the OSHA Voluntary Protection Program. Managers and group leaders led the overture in their individual groups, and this effort was supplemented by a VPP



JSC Photo S98-14255 by Steve Candler

Assisting the Crash Dummies on Safety and Total Health Day are (left to right) Elvis, Nurse Vera, JSC Director George Abbey, Seymore Safety, and JSC Deputy Director Jim Wetherbee.

booth sponsored by the JSC Safety Action Team where questions were answered and information distributed.

"Comments were positive and encouraging," according to Deborah Mika, a senior safety engineer and VPP coordinator for Hernandez Engineering. "Many said they had just had a presentation about VPP and wanted to know more. They know it's coming," she said. Mika added that even though VPP is still in its infancy here, a surprising number of people see it as a good thing for them personally as well as for the center as a whole and want to know how to join a committee and take an active part.

And what is VPP? Mika responded, "VPP is a tool JSC is using to take our safety and health program to the next

level of excellence."

While many were searching out information on a troubling health problem or how to manage a safety issue, still others used at least part of the day for some self-improvement. Larry Weir, director of Health-Related Fitness at the Gilruth Center, said, "We had an equally enthusiastic, if not as large, crowd of fun run participants as last year. And, although it was hot, we warned everyone to take it easy, so, thankfully, we had no injuries, just fun." The aerobics dance class, new this year, also was a highlight for several people. It will be back.

Finally, there was no better example of Safety & Total Health Day answering a personal need than that demonstrated by the selfless blood donors to help friends

and family of JSC. One, a tiny 3-year-old girl undergoing cancer treatment and, another, a United Space Alliance employee who had undergone cardiovascular surgery, were among the beneficiaries of the record 595 pints of blood donated at the S&TH Day blood drive. Of that total, 107 replacement units went to the child and 32 went to the USA employee.

By any measure, S&TH Day was a success. It is tangible evidence that JSC does care about its employees and their welfare. Abbey, in his statement at Teague Auditorium, reaffirmed this when he said, "You are important to us, and your wellness means a lot to us. You represent our most important resource." ■

**GILRUTH CENTER NEWS**

**Hours:** The Gilruth Center is open from 6:30 a.m.-10 p.m. Monday-Thursday, 6:30 a.m.-9 p.m. Friday, and 9 a.m.-2 p.m. Saturday.

**Gilruth badges:** Required for use of the Gilruth Center. Employees, spouses, eligible dependents, NASA retirees and spouses may apply for photo identification badges from 7:30 a.m.-9 p.m. Monday-Friday and from 9 a.m.-2 p.m. Saturdays. Cost is \$10. Dependents must be between 16 and 23 years old.

**Nutrition intervention program:** Six-week program includes lectures, a private consultation with the dietitian and blood analysis to chart your progress. For details call Tammie Shaw at x32980.

**Defensive driving:** One-day course is offered once a month at the Gilruth Center. Pre-registration required. Cost is \$25. Call for next available class.

**Stamp club:** Meets every second and fourth Monday at 7 p.m. in Rm. 216.

**Weight safety:** Required course for employees wishing to use the Gilruth weight room. The next classes are scheduled for 8 p.m. Nov. 12. Pre-registration is required. Cost is \$5. Annual weight room use fee is \$90. The cost for additional family members is \$50.

**Exercise:** Low-impact class meets from 5:15-6:15 p.m. Mondays and Wednesdays. Cost is \$24 for eight weeks.

**Step/bench aerobics:** Low-impact cardiovascular workout. Classes meet from 5:15-6:15 p.m. Tuesdays and Thursdays. Cost is \$32 for eight weeks. Call Kristen Taragzewski, instructor, at x36891.

**Yoga:** Stretching class of low-impact exercises designed for people of all ages and abilities in a Westernized format. Meets Thursdays 5-6 p.m. Cost is \$32 for eight weeks. Call Darrell Matula, instructor, at x38520 for more information.

**Ballroom dancing:** Classes meet from 7-8:15 p.m. Thursdays for beginner advanced classes and from 8:15-9:30 p.m. for beginner-intermediate and intermediate students. Cost is \$60 per couple.

**Country and western dancing:** Beginner class meets 7-8:30 p.m. Monday. Advanced class (must know basic steps to all dances) meets 8:30-10 p.m. Monday. Cost is \$20 per couple.

**Fitness program:** Health-related fitness program includes a medical screening examination and a 12-week individually prescribed exercise program. For more information call Larry Wier at x30301.

**Gilruth Home Page:** Check out all activities at the Gilruth online at: <http://www4.jsc.nasa.gov/ah/exceaa/Gilruth/Gilruth.htm>.

**TICKET WINDOW**

Bldg. 3 Exchange Store hours are 7 a.m.-4 p.m. Monday-Friday.

Bldg. 11 Exchange Store hours are 9 a.m.-3 p.m. Monday-Friday.

For more information, please call x35350.

Aeronautics Day at Astroworld Nov. 15 (closed to the public).

Tickets are available for \$17.50 for all ages.

The following discount tickets are available at the Exchange Stores:

General Cinema Theaters . . . . . \$5.50

Sony Loew's Theaters . . . . . \$5.00

AMC Theaters . . . . . \$4.75

Moody Gardens (2 of 6 events) . . . . . \$9.75

Space Center Houston . . . .adult \$10.25 . . . .child (4-11) \$7.00

(JSC civil service employees free.)

Metro Tokens and value cards available.

UPS early bird special: save 10 percent on all packages mailed in November.

Photo processing: 3-inch single prints, \$2.99; 3-inch double or 4-inch single prints, \$3.99; 4-inch double prints, \$5.99.

EAA events:

Anastasia on Ice, Nov. 28, \$10.

Coming soon:

EAA Christmas Party