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Department Spotlights

FY 2025-2026

SAN FRANCISCO
HEALTH SERVICE SYSTEM

ACC: Baking Dog Biscuits

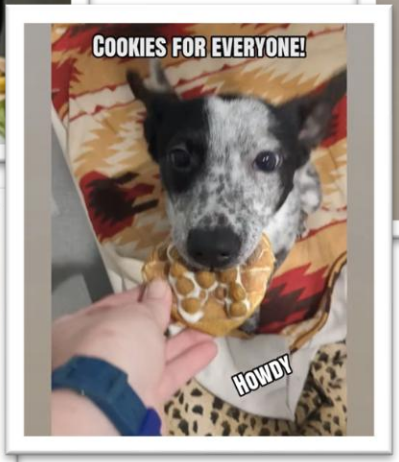
SF ANIMAL CARE & CONTROL

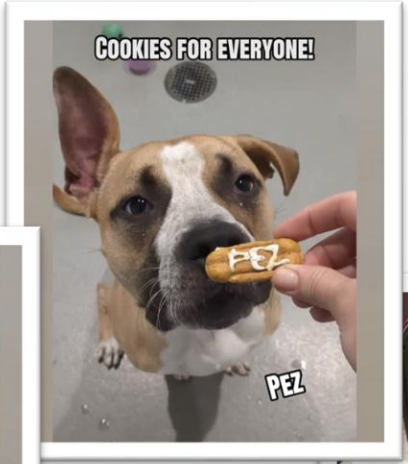
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Baking relieves stress by combining focused attention, sensory pleasure, creative expression, and social connection. It's a self-care practice that not only calms the mind but also produces something nourishing and meaningful to share.

Bakers, Calvin and Esperanza













Our raffle winner Karen



ACC Staff participated in baking cookies for our shelter dogs. The event provided fresh fruits and a raffle prize for all who came by.

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ACC: Halloween Zumba



The staff was extra spirited this Halloween as they traded candy bowls for dancing shoes! Instead of snacking on sweets, the team partnered with SF Park and Rec to get moving with instructor Mily and her energetic crew for a spooky-themed Zumba session. With ghoulish grooves, monster moves, and plenty of laughter, ACC staff shook out the spirits and celebrated Halloween the healthy way!

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311: Sound Bath Meditation

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At 25 Van Ness Avenue on June 17, 2026, SF 311 staff members attended a much-needed relaxation class.

The Sound Bath class was a 45-minute class. We were bathed in sound waves from singing bowls, chimes, tuning forks, and crystal instruments. The vibrations promoted relaxation.

Staff members felt grounded, centered, relaxed, and calmer after the class.







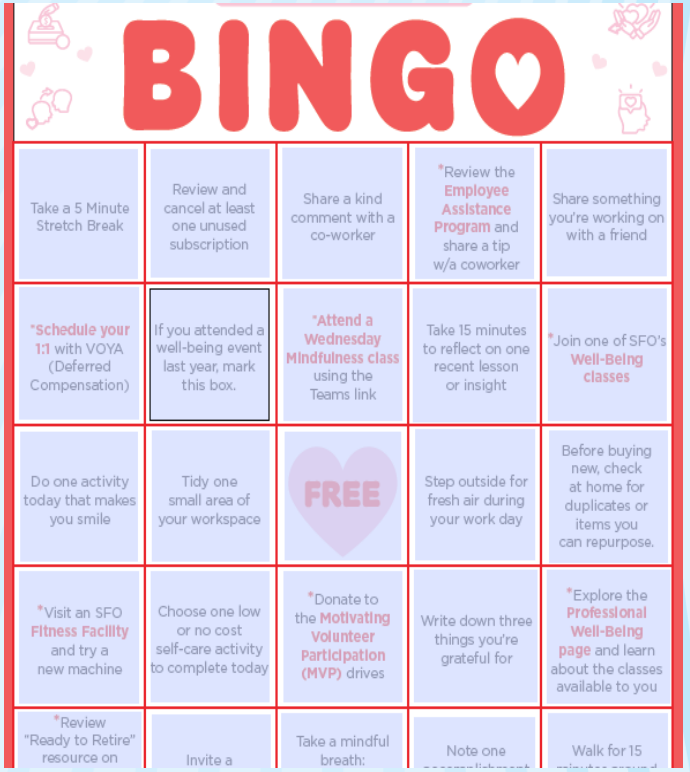
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AIR: Mental Health Awareness Bingo

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May 4 – May 8, 2026

The SFO Well-Being team kicked off Mental Health Awareness month with a fun and uplifting activity: Mental Health Bingo. This month is dedicated to reducing stigma and reminding us that nurturing our mental well-being is just as essential as caring for our physical health. The Bingo activity highlighted our five areas of well-being, and we offered the card in both print and digital formats. Our goal was to provide a simple, meaningful way for everyone to pause and focus on their well-being.



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CPC: Ice Cream Social

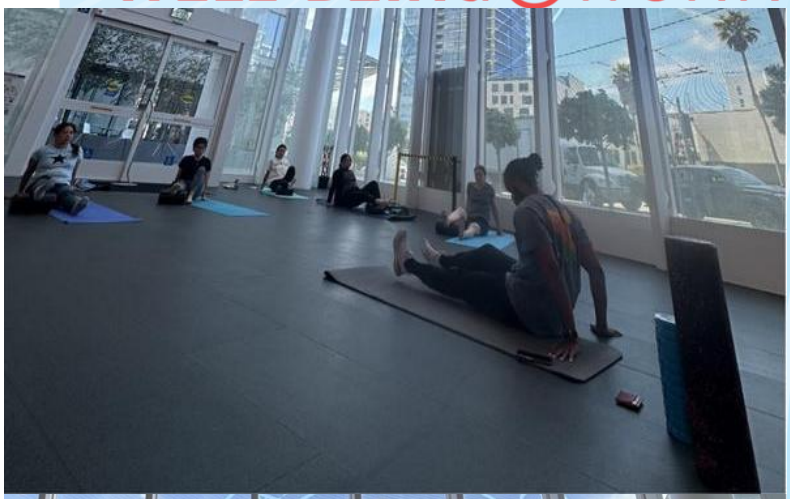
The Planning Department planned an afternoon walk to Hometown Creamery in honor of National Ice Cream Day on July 17, 2025. There were almost 15 attendees, including some summer interns! It was a warm day, which turned out to be perfect weather for a walk to Hayes Valley.





CPC: Foam Rolling Class

The Planning Department planned an Foam Rolling Class on Thursday, August 21st. Our foam rolling class was a success! Everyone left with new stretches to add to their routine and felt a bit more flexible afterwards. There was also interest in future foam rolling workshops. This would also give the opportunity for those who missed this session to learn.



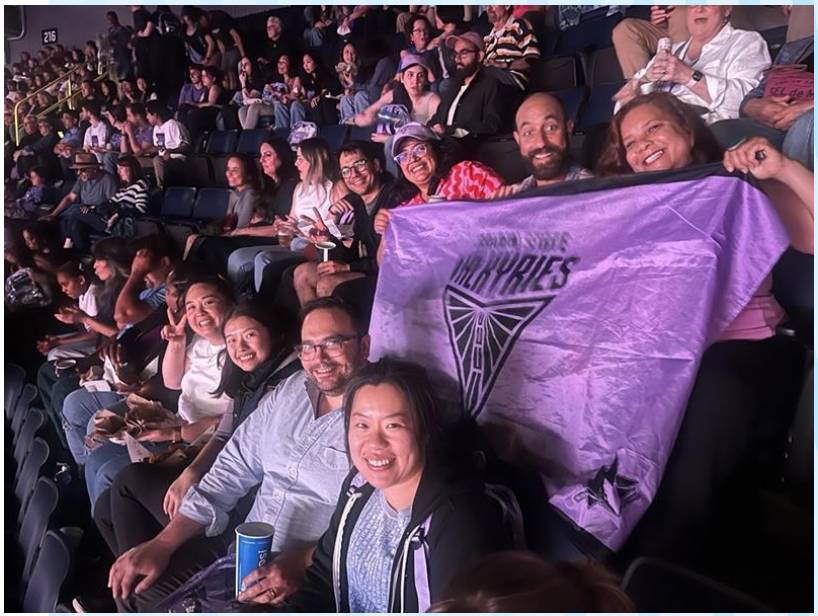




CPC: Valkyries Game

The Planning Department hosted a Valkyries game on August 6th during their inaugural season at Chase Center. It was Back to School Night and there were a clear backpack giveaway to the first 10,000 fans. It was a close game but the Valkyries ultimately lost against the Las Vegas Aces. There were approximately 50 people, including staff members, family, and friends.





CPC: Hula Hoop Contest

The Planning Department held a hula hoops competition using hula hoops from HSS. Staff and family members were invited to participate. There were almost 10 participants, including one of the senior managers! But one of the staff members' daughters blew the competition away with the longest hula hooping. She won a backpack courtesy of HSS.





CPC: Jump Rope Contest

The Planning Department hosted a jump rope contest using jump ropes from HSS. Staff and family members were invited to participate. The goal was to get as many jumps in 30 seconds as possible. There were almost 10 participants, including one of the senior managers who ended up winning with a whopping 77 jumps in 30 seconds. She won a picnic blanket courtesy of HSS.







CPC: Balloon Tag Competition

The Planning hosted a balloon tag competition. Staff and family members were invited to participate. There were almost 10 participants, including our new Department Head, Director Sarah Dennis-Phillips, and other managers. Everyone had a balloon tied to their ankle, and the goal was to pop other people's balloons while keeping your own balloon safe. If your balloon popped, you were eliminated. It came down to two staff members and two kids. After a standstill, the other participants were invited to enter the competition again, and the two staff members were eliminated. The two kids were overjoyed to be the last two standing and declared the winners. They won a tote and picnic blanket courtesy of HSS.





CPC: Relay Race

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The Planning Department hosted a relay race using equipment from HSS. Staff and family members were invited to participate. There were almost 8 participants total, including at least three managers. There were at least three managers who participated. There were 4 pairs total. The winners from the respective races competed in the final heat for the ultimate prize: insulated backpacks and lunch boxes. Other relay participants received tote bags and either belt bags or money bags, all courtesy of HSS. The stations included:

- Hula hoop 5 times,
- Walk and balance a yoga block on your head,
- 5 jump rope jumps,
- Zigzag through cones with a cotton ball in a spoon,
- Skipping to the next station, and
- Corn hole



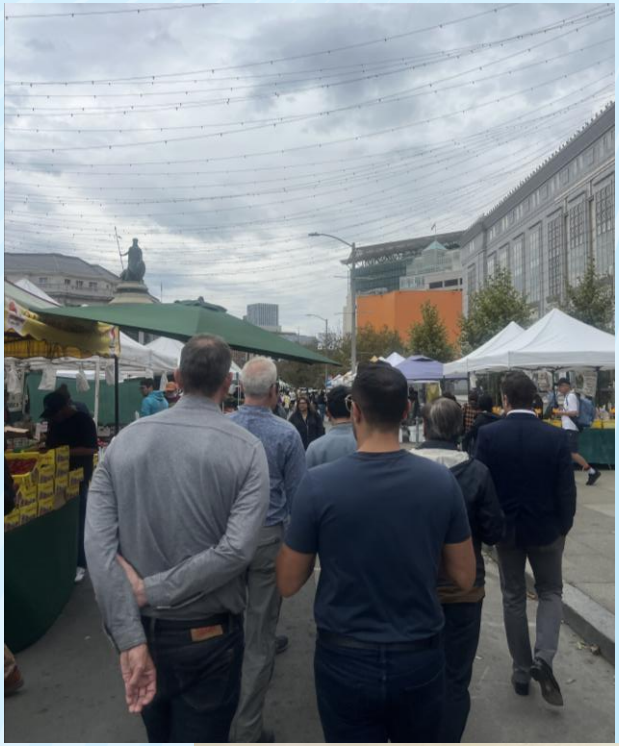




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CPC: Farmers Market Walk

The Planning Department hosted a lunchtime walk to the Heart of the City Farmer's Market on September 24, 2025. Staff were able to visit the different booths and try local produce. There were also some food trucks to grab lunch. There were almost 15 attendees, and the group ran into colleagues from other Departments along the walk and at the farmer's market. This was a welcome activity since the Return to Office mandate started in mid-August.





CPC: Afternoon Walk

The Planning Department planned an afternoon walk on August 20, 2025. Almost 10 staff members strolled, stretched, and laughed all the way to Hayes Valley. After that, we looped back to the office feeling refreshed to finish out the day.



CPC: Communal Puzzles

The Planning Department set out puzzles for staff to work on during lunch and other breaks. It provided an opportunity to destress and rest eyes from the screen. It started with one National Parks puzzle on the 13th floor and a fruits puzzle on the 15th floor. Then more puzzles were brought in and at one point there were four different puzzles being worked on amongst the 3 floors! To date, at least three puzzles have been completed. The newest puzzle added for the community to work on is the Japanese waves of "The Great Wave off Kanagawa".







CPC: Urban Sketching 101

The Planning Department hosted an Urban Sketching 101 workshop. Enforcement Team Manager, Kelly W., who is a trained architect, and Staff Architect, Trent Greenan, led participants through an urban sketching exercise. They projected buildings on a blank wall and provided guidance on how to sketch a building and block using perspective and shadowing techniques. They also did live demonstrations of how to sketch a building. There were almost 30 attendees, with representatives from all divisions. There is interest in doing this again and making it an excursion to sketch a building outside.







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CPC: Morning Walk to Benefits Fair

The Planning Department hosted morning walk to HSS for the Benefits Fair. The group walked over together, and folks were able to visit different vendors to learn more about available health benefits. Some folks walked back together as a group while others lingered to visit more booths. There were almost 15 staff members that joined the walk, and other staff attended the fair throughout the day as well.





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CPC: Yogalates with YMCA

The Planning Department facilitated a Yogalates class open to all 49 South Van Ness employees. Class took place in the ground floor Pavilion. The instructor, Stacie, incorporated yoga, breathwork, and Pilates core work into the session. There were 20 participants, and everyone was looking forward to the next session.





CPC: Post-Work Social

The Planning Department reconvened the Fifth Thursday Happy Hour when there is typically no Planning Commission hearing. Staff gathered at The Function, a newly opened, Black-owned nightlife spot on Market Street. They opened early just for our Department. Approximately 30 staff members attended, some still adorned in their Halloween costumes. It was a great opportunity for staff to mingle outside of work and get to know people from other divisions.



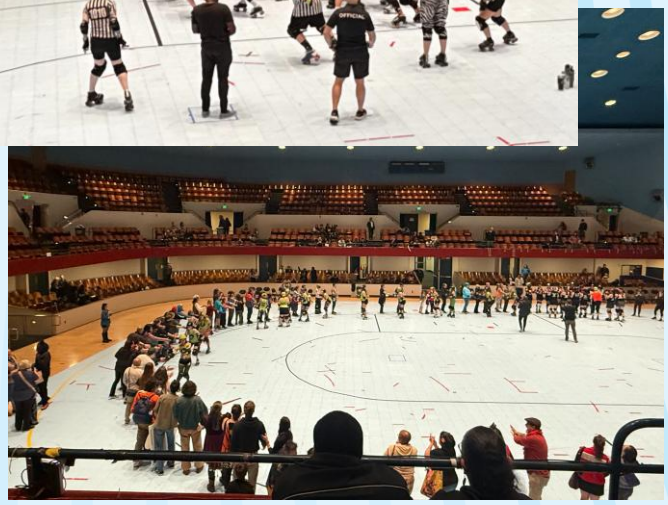
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CPC: Roller Derby

As part of a citywide Sapphic activity, some Planning Department staff explored a Roller Derby Tournament outing in the East Bay. Some participants had never been to a roller derby before and learned more about the sport! Colleagues who attended had a great time and expressed interest in future team building events.







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CPC: Casual Craft Corner

The Department hosted an inaugural casual meet-up for knitting, crafts, and creative time. Staff members were invited to drop-in anytime and bring along any projects they're working on or simply join to socialize and connect with fellow craft enthusiasts. There were about a dozen attendees. Most were knitters and some shared stories of how they started getting into knitting. There was interest in making this a monthly occurrence.





CPC: Code Tenderloin Volunteering

The Planning Department volunteered at Code Tenderloin's Joy to the City event in collaboration with Assembly Member Haney. Volunteers distributed toys and groceries, assist families, run activity tables, and other tasks. This was a great way for the Department to support our local community.

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CPC: Division Holiday Celebrations

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December 2, 2025
The Current Planning division hosted their annual holiday breakfast complete with breakfast tacos, bagels, a yogurt bar, fruit, and more. Approximately 70 staff members attended.



December 10, 2025
The newly combined Citywide and Community Equity division hosted an office holiday potluck for their division. There were approximately 30 attendees. Some potluck dishes included a tortilla soup, bean stew, delicious wings, and signature cookies.



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CPC: Walking Break

On January 14, the Planning Department successfully walked to the Civic Center, Where Colleagues led a great and engaging discussion about the Civic Center Public Realm Plan project.





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CPC: John King Architecture of 21st Century

January 27, John King, who served as the San Francisco Chronicle's Urban Design Critic before retiring in 2024. Discussed local politics and planning priorities change, the values endure in terms of the built terrain around us. This was a great lively presentation he tackled this topic on the city's evolving landscape.





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CPC: IT Afternoon Mixer

On February 5th, the Planning Department hosted a coffee and cookie get-together with IT teams from Planning, DBI, and the Permit Center. The event was well-attended, with over 40 people connecting and getting to know each other. The event aimed to foster collaboration and build relationships between different departments.





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CPC: Team Building Retreat

On November 19, the newly merged Community Planning division hosted a Team-Building Retreat. To foster a sense of community for the new division, which was previously two separate teams (the Community Equity and Citywide Planning Divisions), staff planned activities to help staff get to know each other 1-on-1, embark on a scavenger hunt through downtown San Francisco, and discuss a vision for the merged division. The event was well-received by staff, who learned new facts about San Francisco and each other, and had an opportunity to voice questions and hopes for the future division.













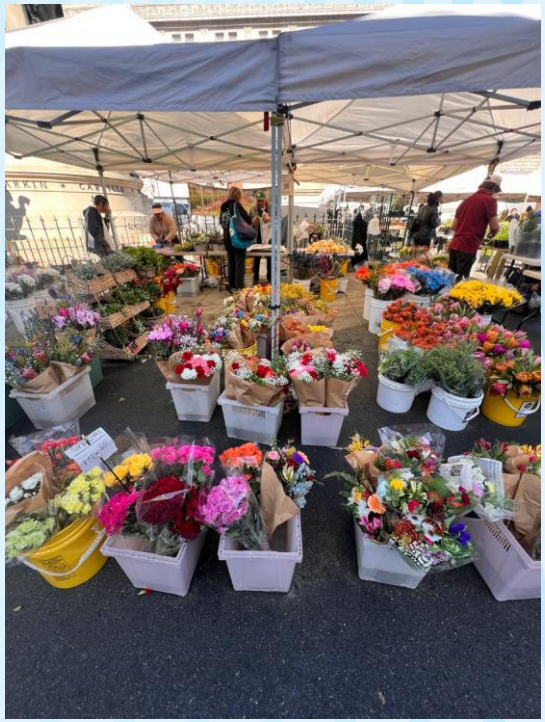
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CPC: Farmers Market Walk

On February 4th, the Planning Department successfully took a walking break. Colleagues joined for an afternoon stroll to enjoy some fresh air and get in some extra steps. It was a great way to recharge and connect!





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CPC: Lunar New Year Celebration

The Department hosted Lunar New Year Celebration on March 3rd. There were more activities this year including a red envelope lantern or fan making workshop station; Chinese calligraphy workshop station; and mahjong tables. Staff members also contributed to a food spread that included chow mein, pork buns, spring rolls, and sesame balls. Over 100 staff members joined the event, including from staff members from DBI and Permit Center that recently joined Planning Department. There were also some staff's mom's that attended or prepared food for the event!







CPC: 15th Floor Meet & Greet

After consolidating City Planning onto two floors, the 15th floor hosted a casual meet-and-greet party for our new 15th floor neighborhoods and colleagues on February 24th. Managers pitched in to provide refreshments, treats, and snacks. There were over 50 attendees. This offered the various 15th floor teams a chance to get to know each other.





CPC: GLIDE Volunteering

The Department volunteered for the GLIDE Daily Free Meals Program on March 10th. Volunteers worked with Meals Program staff to prep trays of eggs, turkey sausage patties, and French toast sticks. Some volunteers also prepped sandwich bags with sandwiches, chips, and string cheese. About 10 staff members joined the volunteer event. Participants were excited to give back and hoped to host more volunteer events in the future.





CPC: Plant Swap

The Department hosted a Plant Swap on March 18th. This has become a favorite event at the office. There were over 30 attendees, including some Permit Center staff members that recently joined the Planning Department. This year's plant swap included a variety of plant cuttings such as a kangaroo fern, mint, string of bananas, tradescantia zebrinas, pothos, and spider plants. There was also a raffle including some desk fans to beat the heat during the current heat wave. The event also included fruit from Fruit Guys.

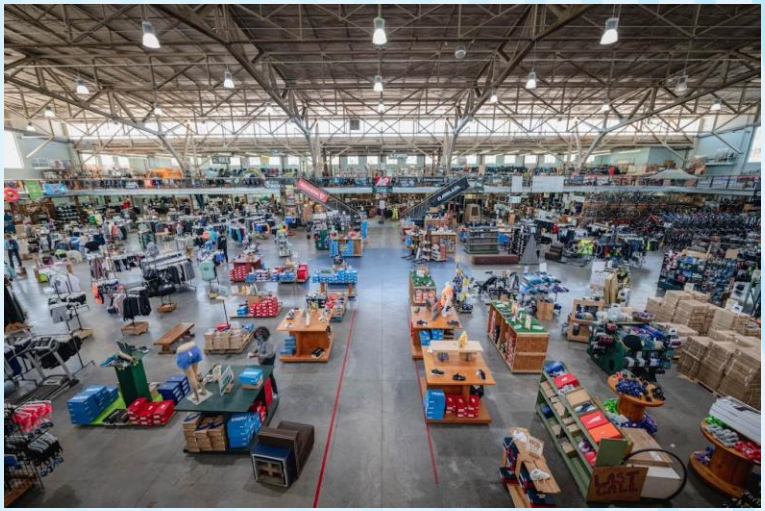




CPC: Sports Basement Walk and Discount

The Department facilitated a Sports Basement discount during the second half of March. The Department also hosted a walk to the Bryant Street location during this two-week discount period. 10 staff members joined the walk. Some attendees were able to purchase items for Spring Break trips with their families.





CPC: (Stair) Walk to Work Day Celebration

In honor of Walk to Work Day, the Department hosted a morning (stair) walk break in lieu of our regular stretch break on April 2nd. Participants met at the first-floor lobby and walked up the stairs to 14th floor. Those that joined were rewarded with a post-walk treat courtesy of Fruit Guys. There were approximately a dozen attendees.



CPC: Ferry Building Field Trip

The Department hosted another lunchtime field trip to the Ferry Building Farmers Market on April 9th. Attendees were able to enjoy some fresh air and the beautiful sunshine. Staff enjoyed walking around the Ferry Building and also supporting local vendors. There were 10 attendees.



CPC: Administrative Professionals Appreciation Day

The Department hosted an Administrative Professionals Appreciation Day Celebration. There was a casual celebration in the afternoon to share a moment of recognition and celebrate the amazing professionals that keep the Department moving forward. This event gave all staff an opportunity to acknowledge the essential work by our colleagues. There were approximately 80 attendees.





CPC: Urban Sketching at Civic Center Plaza

The Department hosted another lunchtime urban sketch class on May 13th at Civic Center Plaza. It was a great opportunity for everyone to step away from their desks, go for a walk, get creative, and enjoy some time sketching outdoors. There were almost 15 attendees. The Department also raffled out two books as prizes: 50 Buildings You Should Know and 50 Architects You Should Know.







CPC: Civic Center Soundtrack

On May 28th, the Department hosted another lunchtime field trip to the Civic Center Soundtrack today to enjoy some fresh air and live music by City Hall. It was a great opportunity to get out of the office, recharge, and enjoy the atmosphere together. There were a handful of attendees.



CPC: Preservation Project Highlight

The Department hosted a walk in honor of both Mental Health Awareness Month and National Preservation Month on May 27th. Melanie B. and Frances M. guided us on a walk to the Mission to see preservation efforts for American Indian and Latinx sites. We saw three different sites and ended in Clarion Alley to learn about some of the murals. There were almost 30 attendees. We also passed out HSS incentives, including aromatherapy spray, lavender soap, positivity seeds, etc.





CPC: Valkyries Game & Hi-Five Tunnel

The Department hosted a Valkyries game against the new expansion team Portland Fire on June 2nd. There was a sunglass giveaway to the first 10,000 fans. There were a total of 75 attendees, including some family and friends. The group included more kids this year, especially a lot of young girls. The Valkyries invited all the youth from our group to participate in the fan tunnel after halftime. This gave the kids a chance to hi-five the Valkyries team as they entered the court again after halftime. They also got a chance to meet Violet the mascot! We also had another special message on the big screen during halftime.

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HEALTH SERVICE SYSTEM

CPC: Juneteenth Celebration

The Department hosted a wonderful Juneteenth celebration on June 16th, bringing staff together to honor the holiday with good food, good music, and great energy. More than 120 staff members from both Planning and DBI joined in. A special thank you to everyone who contributed to the spread—the home-cooked dishes, including BBQ chicken and potato salad, were delicious, and desserts from Yvonne's Southern Sweets were a highlight. Staff also enjoyed engaging with the Juneteenth trivia Kaboom game, which added a fun and educational element to the day. The celebration wrapped up with the Electric Slide, giving everyone a chance to dance off their feast and end the event on a lively note.





CPC: Walk to Koshland Community Garden

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The Department hosted an afternoon walking break on June 24th to see a local community resource: the Koshland Community Garden. There was a chance encounter with a community member who was working on their community plot. She taught us about the program and also shared some of her harvest with staff. There were a dozen attendees, including a couple of summer interns. We also provided planter incentives from HSS.







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HEALTH SERVICE SYSTEM

DEM: Mental Health Month and EMS Appreciation

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When and where did the program take place? (5/1/26 – 5/21/26 @ DEM)

May's Mental Health Challenge has been rolled out and prompted by the Wellness Team. It's been a great tool and reminder for all the dispatchers, supervisors, and managers on how to reset and find our peace. We also have opened a 24-hour snack bar for our partners in EMS to show our appreciation for all the work they do for the community.

Members have been practicing some of the recommendations of breathing, finding time to stretch, go for a walk, read a book – it's been a good reminder for everyone to take time for self care.





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DHR: Sports Trivia Event Series

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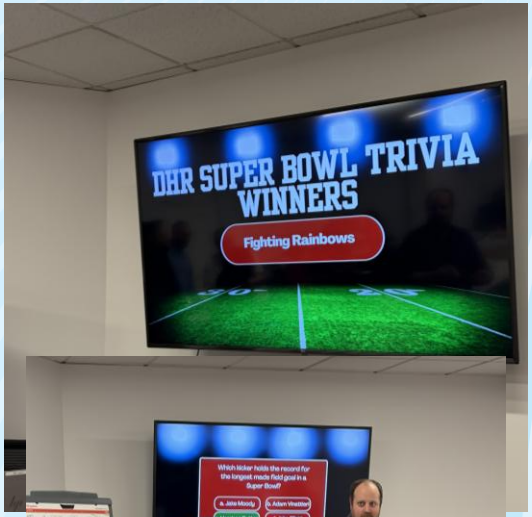
DHR hosted two sports trivia events in celebration of Super Bowl LX and World Cup 2026 with much success!

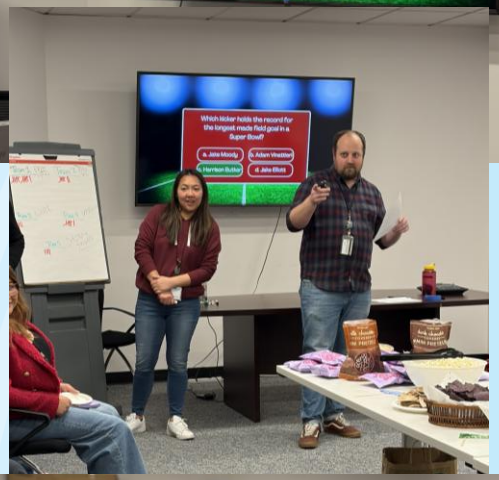
Our colleagues, David Catoe and Nikki Chew, proposed and co-lead our World Cup trivia event after being our Super Bowl LX trivia game host and hearing positive feedback from our colleagues. Both brought humor and laughter to our participants.

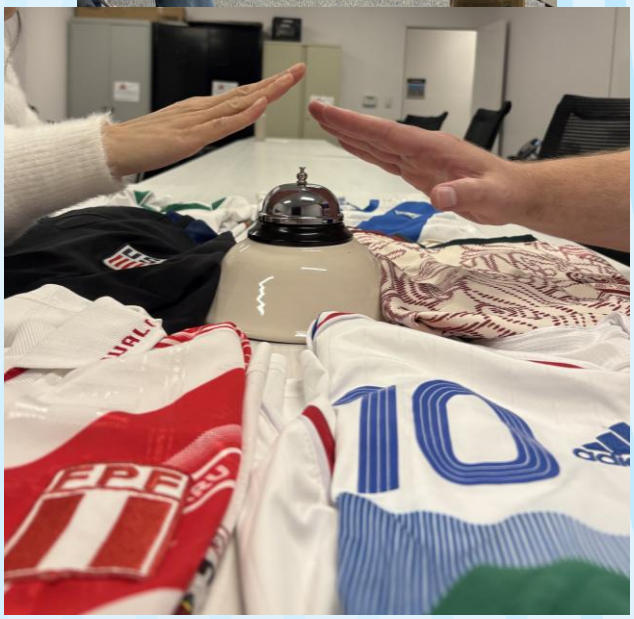
Their proposal kick started DHR's sports trivia event series for 2026. Due to the enthusiastic response, we have begun planning our next sports trivia event for 2026 World Series. We anticipate continued fun, office competitiveness, engagement, morale boosting and humor.

DHR Wellbeing Champions strive to create supportive and welcoming space to our colleagues who wish to guest host and be involved in wellbeing events on a volunteering basis.

In addition to our 2026 World Series, DHR Wellbeing Champions are in discussion and collaboration with different colleagues to bring their wellbeing ideas to our DHR community.







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HEALTH SERVICE SYSTEM

DHR: Farmer's Market Walk

The inaugural monthly Farmers' Market Walk at the Heart of the City Farmers' Market in Civic Center started in June through August 2025. With much success and interest, DHR hosted our 2nd series walk from February through April 2026.

Our program's role is introducing employees to the importance of farmers' contribution to the local economy and the nutritional health benefits that they provide to the local public. Understanding where our food comes from helps employees appreciate the people who put food onto our table. Each of our walks, employees can meet the hard-working people who grow our food and have the opportunity to ask questions and purchase their items.

Employees are more aware of the value of good nutrition and that the foods we eat do not come from a big box store but come from hard-working and caring farmers from the community. We are more cognizant of where our food comes from and what we put into our bodies.





ECN: OEWD Giveback Day

Bayview Gateway Park, November 2025

OEWD staff joined the Port of San Francisco for our first partnered community volunteer event, coming together to give back while helping beautify Bayview Gateway Park. Our staff worked alongside Port staff on a variety of outdoor improvement projects, making a meaningful impact on the local community.

The event provided a wonderful opportunity for employees to connect across teams, spend time outdoors, and demonstrate OEWD's commitment to service.





ECN: Workspace Decoration Competition

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ECN Offices, December 2025

OEWD staff brought creativity and holiday spirit into the workplace during the annual Workspace Decoration Competition. Staff decorated their individual workspaces or teamed up with colleagues, transforming the office into a festive and welcoming environment.





The friendly competition encouraged creativity, collaboration, and connection across teams. Employees voted for their favorite displays, with the winning team earning year-long bragging rights.

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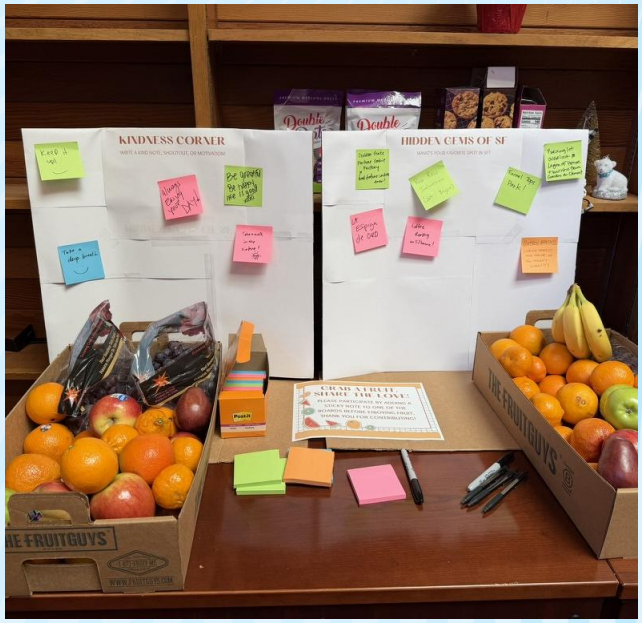
ECN: Wellness Pop-Up

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City Hall Rm 448 and 1SVN 5th Floor
March 2026

This wellness pop-up provided fresh fruit to employees while encouraging small moments of connection and reflection during the workday. Staff were invited to participate in an interactive activity by writing kind or motivational messages or sharing their favorite spots in San Francisco on a communal board. The program aimed to promote both physical well-being through healthy snacks and mental well-being through positivity and community engagement.

The pop-up created a welcoming space for employees to take a short break, recharge, and engage with colleagues in a meaningful way. The positivity boards encouraged connection, gratitude, and a sense of community across teams.





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HEALTH SERVICE SYSTEM

ECN: Annual Mae Louise Mays Softball Tournament

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Moscone Softball Field, June 13, 2026

Team OEWD enjoyed a day of friendly competition, collaboration, and community engagement at Moscone Playground in support of San Francisco's youth. The event provided an opportunity to strengthen team connections while giving back through an ice cream sundae fundraiser that raised more than **$1,000** for an important cause.

Tournament proceeds benefited City Youth Now, helping provide scholarships for San Francisco Recreation and Parks programs and expanding opportunities for foster youth. These funds support college readiness, summer camps, music lessons, sports teams, and other enriching experiences, creating lasting opportunities for young people throughout the community.





SAN FRANCISCO
HEALTH SERVICE SYSTEM

ECN: Heritage Month Celebrations

City Hall and 1SVN Workforce Office

At our workplace, we've implemented heritage month celebrations like March Madness Bracket Challenge, Juneteeth Speaker's Panel, Pride Lunch and others, where we delve into the rich cultural backgrounds of the heritage. These celebrations provide opportunities for education, understanding, and appreciation of diverse heritages, impacting everyone in our workplace community.

As a result of these programs, we've witnessed significant positive changes in our workplace well-being. By becoming more knowledgeable about different cultures and backgrounds, our team members have fostered a more inclusive environment. This inclusivity has led to increased empathy, understanding, and collaboration among colleagues, ultimately contributing to enhanced overall well-being in the workplace.

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ECN: Dragon Boat Team

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Lake Merced, June 20, 2026

OEWD staff took to the water at the Dragon Boat Festival and earned an impressive second-place finish in the novice category. Through practice, employees built strength, teamwork, and camaraderie while supporting one another.

More than just a race, dragon boating promoted physical well-being, strengthened workplace relationships, and fostered a sense of community beyond the office.







SAN FRANCISCO
HEALTH SERVICE SYSTEM

ECN: Summer Plant and Seed Swap

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1 SVN, 5th Floor, June 24

Staff came together to swap plants and seeds, share gardening tips, and welcome the summer season.

Plants and seeds from personal gardens inspired many participants to start gardening for the first time or give it another try. The event fostered connections with one another, encouraged a deeper appreciation for nature, and highlighted the positive impact gardening can have on our well-being.





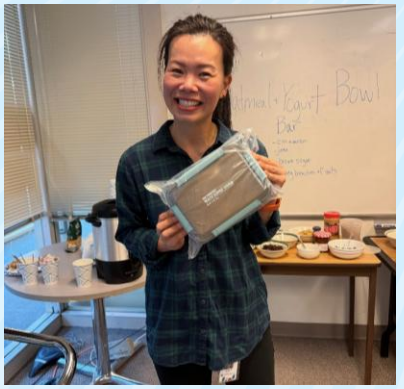


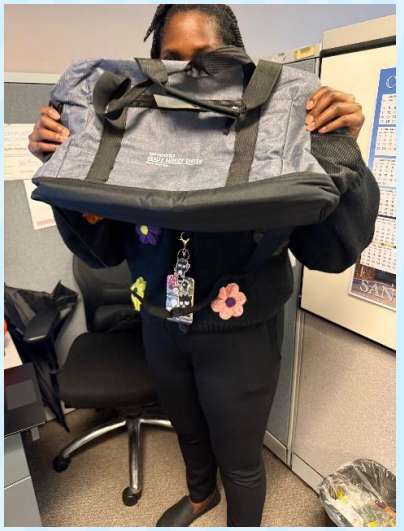

SAN FRANCISCO
HEALTH SERVICE SYSTEM

HSA-DAS: Staff Appreciation Event

On 03/18/2026, DAS Admin hosted an all-staff appreciation event at 1650 Mission Street. The event included employees from:
In-Home Supportive Services, Adult Protective Services, Public Conservator, and Public Guardian,

Over 100 staff joined for breakfast, and 30 staff won Well-Being raffle prizes. This event helped improve work morale as smiling staff were seen socializing over coffee and breakfast, while some excitedly won raffle prizes.





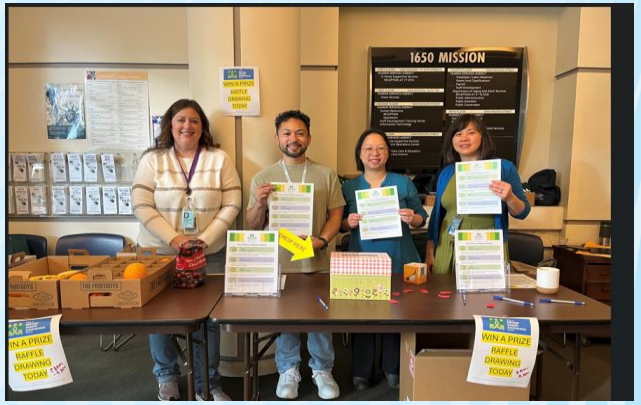


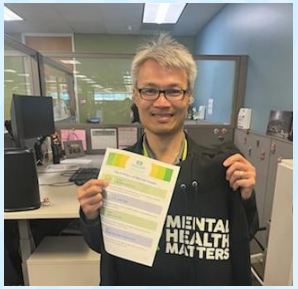
HSA-DAS: Mental Health Awareness Month

WELL-BEING@WORK

The morning of May 6, 2026, the main lobby at1650 Mission St. buzzed with activity as five Well-Being Champions hosted a successful Mental Health Awareness (MHA) Month kickoff. Reaching staff from various departments across three buildings.

As staff eagerly entered the building to start work, Champions lured them to stop by the promotional table for fresh fruit, an MHA flyer, and a raffle drawing. 267 staff entered the raffle drawing and picked up a fruit and an MHA flyer. The raffle yielded 28 winners. Staff who returned at the end for the raffle drawing excitedly assisted with distributing prizes to winners who were not present. Throughout the event, new and longtime staff introduced themselves to Champions. Many asked about well-being and agreed to visit the website for additional activities and resources.

















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HSS: Celebrating our Pets - Can you guess the Pet's Guardian?

WELL-BEING@WORK

In celebration of our pets and motivated by National Pet Day in April, HSS Well-Being Champions asked staff to submit a photo of their pet(s) past or present, animate or inanimate, and invited everyone to guess the pet's guardian.

Nearly half of the staff sent a photo of their pet(s), which was then posted along a wall in a common area of our office. Over the next couple of weeks, staff searched for similarities in appearance between caregiver and pet, and drew conclusions based on any clue they could find before making their guess.

Looking at the pet photos brought people together to interact, chat, laugh and simply enjoy this positive moment … all courtesy of our much-loved pets.





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HSS: Salsa Contest

The HSS Salsa Contest on May 5, 2026, on the 2nd floor at 1145 Market St. had an excellent turnout.

Seven staff members had prepared their best salsa dips; the rest of the department was equipped with a variety of chips and was invited to judge the dips.

During this lunch break activity, staff came together and socialized while enjoying the diverse takes on salsa recipes. Judging was hard and required second & third helpings; in the end, the 3 best salsas were crowned, and everyone else walked away a winner, too.





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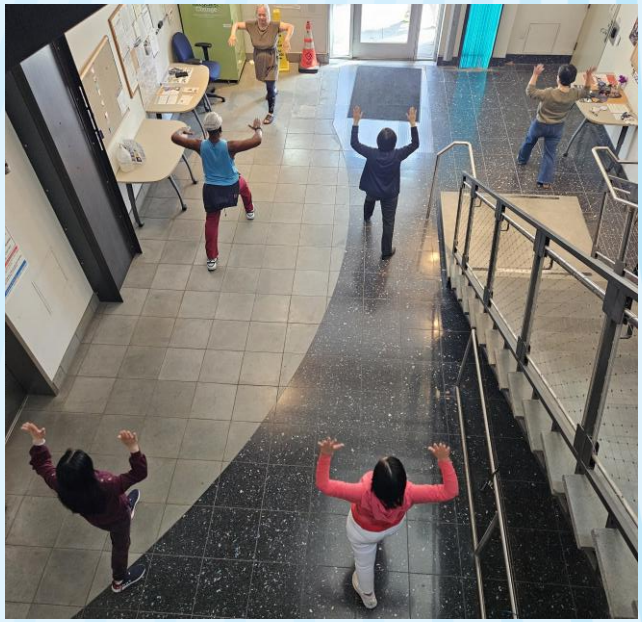
LIB: Group Exercise Break

San Francisco Library Support Building – Collection and Technical Services Office – 190 9th St, SF CA 94102

Every day, staff at 190 9th St building get together twice a day for a quick group exercise break.

Exercising together during a work break makes it fun for team members to get active during their workday. Having the chance to get together twice a day reminds staff that breaks are important and promotes healthier work habits.





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LIB: Annual Employee Excellence Award Ceremony

Main Library – 100 Larkin St, held on Friday, May 8, 2026

Library staff get together to celebrate their achievements and each other. Staff nominate each other for various categories that advance the Library's mission and core values. Staff are recognized and awarded, followed by a breakfast receptions.

Staff get a chance to have fun while celebrating their achievements over the past year. It also allows staff who work in other worksites to come together as a whole team and reconnect in-person.





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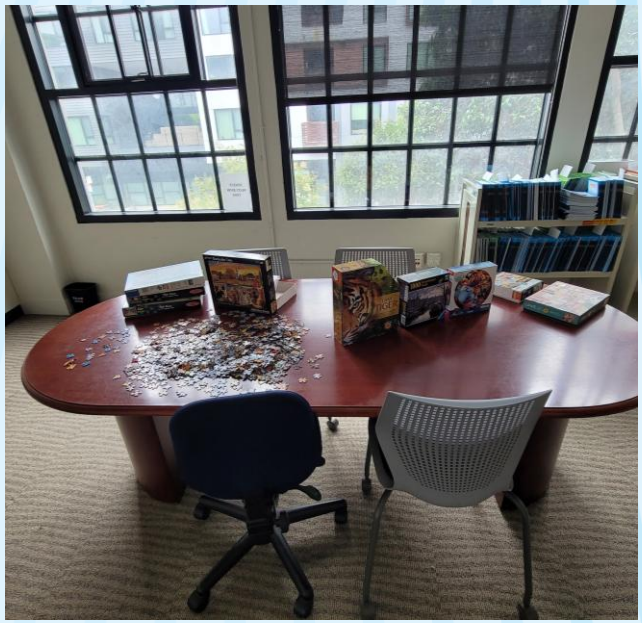
LIB: Relaxation and Decompression Spaces at the Library

WELL-BEING@WORK

Various locations at SFPL- year-round space

Staff established various spaces to enjoy relaxing activities or quiet spaces for decompression, for colleagues to use on their breaks and lunches. The spaces offer designated areas for staff to take time out of their busy workday to decompress or find some fun activities like adult coloring, meditating, or putting puzzles together.





Staff have commented that spaces like this offer a way to decompress and find a better work-life balance during their workday. Taking a mental break helps them focus better and be more productive when returning to their tasks. It makes their workdays more fun and enjoyable and ultimately more productive.

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PUC-HHWP: 2025 Annual Golf Tournament

October 11th

The 2025 HHWP Annual Golf Tournament was a great success, held this year at the beautiful PML Golf Course as part of our employee Wellness Program. The event brought together 52 participants, including 43 HHWP employees, for a day of friendly competition, exercise, and outdoor fun under perfect weather conditions.

Golfing is not only a great way to stay active—it also promotes wellness through walking, stretching, and movement, while encouraging teamwork, communication, and camaraderie among employees and their families.

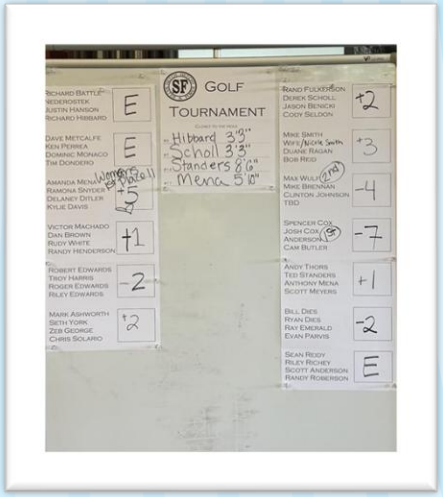
The tournament was a wonderful opportunity for everyone to connect outside of the workplace, strengthen relationships, and enjoy a healthy and engaging activity together. HHWP thanks all who participated for making this event such an enjoyable and successful day!

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SFPD: Police Headquarters Benefits Fair Event

Wednesday, October 8, 2025 from 1200-1700
SFPD Police Headquarters
1245 – 3rd Street, Room 1025
San Francisco, CA 94158

The San Francisco Police Department's PHQ location hosted a highly successful "Benefits Fair" event on October 8, in collaboration with SFHSS. This wonderful event featured the return of healthcare vendors, providing an opportunity for Open Enrollment (OE) inquiries and potential plan changes. Attendees included representatives from Blue Shield of CA, Health Net CanopyCare, Kaiser Permanente, Delta Dental, New York Life Insurance, SFERS (Def Comp), Lighthouse Wellness App, and the entire SFHSS Benefits, Well-Being, and EAP team. The vendors not only supported our members but also added excitement with cool swag, raffles, and prizes!

Approximately 50+ members attended the event, engaging directly with vendors to discuss their healthcare needs for themselves and their families. Although we were unable to offer flu clinics this year, the event remained a resounding success. Members expressed gratitude for the chance to interact with vendors and staff, celebrating wellness, and enjoying the company of their fellow attendees.

Overall, it was a fantastic day, and we look forward to hosting the event again next year, to include flu shots this time! Cheers to good health, happiness, and protection all around!

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SFPD: “Fights In The Fog” Charity Boxing



Saturday, November 22, 2025 from 0500-2200
United Irish Cultural Center
2700 – 45th Avenue
San Francisco, CA 94116



We’re excited to share a recap of a fantastic charity boxing event that took place on November 22, 2025. The showdown featured **SFPD** versus **SFFD** in a fun-friendly match that was hosted by the SFPOA (San Francisco Police Officers Association) which was held in the heart of San Francisco and the event was nothing short of spectacular!



Our local heroes, the police officers and firefighters, put on a thrilling performance for an incredible cause. The event managed to attract an amazing group of spectators who showed their unwavering support for our first responders. The participants dedicated months to training under the expert guidance of Jimmy Ford at Fire in the Ring Boxing to prepare for this exciting showdown.

The camaraderie between these two first responder organizations was palpable throughout the evening, showcasing the strength and unity they maintain to keep our beautiful city and residence safe. It was truly heartwarming to witness the dedication and spirit of our local heroes as they came together. The funds raised are donated to the SFPOA Community Service Fund which supports several outside organizational groups or youth causes. ***SFPD took the WIN at the end!***

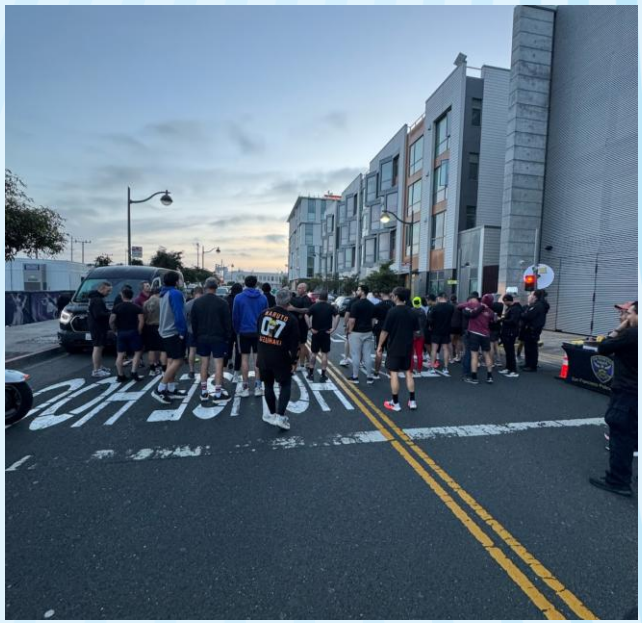
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HEALTH SERVICE SYSTEM

SFPD: 6th Annual Southern Station Turkey Trot

Thursday, November 27, 2025 from 0700-1100
SFPD Police Headquarters
1245 – 3rd Street, Southern Station
San Francisco, CA 94158



In the spirit of gratitude and community, SFPD's Southern Station proudly hosted its 6th Annual Turkey Trot 5K Run on Thanksgiving morning—a cherished tradition that brings together families, friends, and neighbors in support of a meaningful cause. This year, around 50 participants laced up their running shoes to support **Family House**, a non-profit organization that provides free housing and emotional support to families of children battling cancer and other life-threatening illnesses. The turnout and enthusiasm reflect the heart of our department and our commitment to giving back. We are honored to continue this tradition and stand in solidarity with the Family House community. **GO SFPD!**



SFPD: Ash Wednesday with Fr. Mike Quinn & BSU

Wednesday, February 18, 2026, ALL DAY

SFPD Headquarters, Police Academy, District Stations/Specialized Locations

1245 – 3rd Street, 1st floor conference room 1025

San Francisco, CA 94158

Fr. Mike Quinn, in collaboration with Officer Brandon Thompson from the Behavioral Science Unit (BSU), organized and made several visits to various SFPD locations to ensure members could receive ashes in observance of Lent, a 40-day Christian season of preparation for Easter, beginning on Ash Wednesday and ending on Holy Thursday/Saturday.

Officer Thompson transported Fr. Quinn along with two other sworn-in Chaplains, Eliana and Hank Tom, to assist in offering ashes at each site. Members expressed deep gratitude for this opportunity, and BSU was honored to support and facilitate this meaningful expression of faith.

Fr. Quinn and Officer Thompson have partnered for years, providing comfort and guidance during traumatic incidents, personal losses, and challenges such as divorce and substance abuse. Their unwavering support serves as a beacon of hope for sworn members and civilians alike, helping them navigate hardships with compassion and care.

We are truly thankful for Fr. Quinn's blessings and dedication, which help safeguard our well-being and enable us to perform our duties each day.





SFPD: Know Your Numbers Health Screening

February was Heart Health Month

Wednesdays, 2/4, 2/11, 2/25, and 3/4

PHQ, INGL, SOB, and MISS

In recognition of Heart Health Month in February, we are pleased to share that the SFPD Wellness Team successfully hosted 4 health screening events. The series kicked off at Police Headquarters on 2/4, followed by Ingleside Station on 2/11, the Special Operations Bureau on 2/25, and wrapped up with great momentum at Mission Station on 3/4. These events were open to both sworn and professional staff members, with each session running for five hours. Participation was strong across all sites: **PHQ = 45 members, INGL = 39 members, SOB = 37 members, and MISS = 38 members.** What a fantastic turnout!

We were fortunate to have support from our healthcare partners, including Kaiser Permanente, Blue Shield, and HealthNet, who attended selected events. O2X Human Performance was also onsite, with Gabriel and Isela providing excellent demonstrations of strength and conditioning techniques as well as injury prevention. LabCorp delivered outstanding service, offering personalized assessments following each participant's 15-minute session. Their professionalism, attention to detail, and genuine care were evident as they walked participants through baseline measures including total cholesterol, HDL, glucose, blood pressure, height, weight, body mass index (BMI), and body fat percentage.

Not only did everyone enjoy the experience, but our members also gained valuable health insights and practical guidance to support their well-being. It was inspiring to see so much engagement and motivation toward healthier living. The Wellness Team was proud to partner with SFHSS to bring these successful events to life!





SAN FRANCISCO HEALTH SERVICE SYSTEM

LIVE FEEL BETTER

YOUR HEALTH BY THE NUMBERS

SFPD: Professional Staff CPR/First Aid Training

- Tuesday, 3/31 from 8:00am to 12:00pm
- Wednesday 4/1 from 8:00am to 12:00pm

SFPD Police Headquarters
1245 – 3rd Street, 1st floor conference room 1025
San Francisco, CA 94158

By April 1, 2026, we will have trained 219 SFPD civilian employees in CPR and First Aid including professional staff, PSAs, ALERT volunteers, and SFPD Ambassadors. We've also added 84 DEM civilian dispatchers, bringing the total to over 300 individuals now better prepared to save lives.

And we're not slowing down; another 150 participants are already scheduled for Spring and Summer 2026. This rapidly growing program is strengthening our readiness across the department while saving thousands of dollars through in-house instruction.



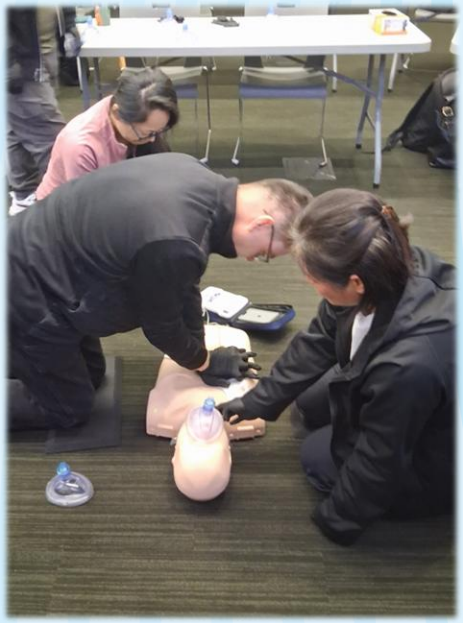
The San Francisco Police Department is committed to providing a safe and healthful workplace for all its employees. Our Injury & Illness Prevention Program (IIPP) is available to all employees during regular business hours from SFPD Health & Safety located at SFPD PHQ at 1245 3rd Street, 5th Floor in the Medical Liaison Unit. The IIPP is also posted on the SFPD Intranet at http://sfpd-net/Manuals.htm.

Contact Jim Barrios, Health & Safety Manager, at sfpd.health&safety@sfgov.org.

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SFPD: BodySpec Health Screening Events at PARK Station

WELL-BEING@WORK

- Wednesday, April 1, 2026 from 0600-1600
- Wednesday, April 29, 2026 from 1000-2000

Park Station, 1899 Waller Street, San Francisco, CA 94117



Lt. Brendan Caraway of Park Station organized **BodySpec** Health Screening events, giving station members the opportunity to receive precise body fat, muscle mass, and bone density measurements in just 15 minutes. These insights help support informed training, nutrition, and overall health decisions.

BodySpec, based in San Francisco, brought their mobile screening van directly to Park Station, making the process convenient for all participants. This wellness offering was made possible through a district-wide wellness grant provided by the San Francisco Community Police Foundation (SFCPF).

We hope other stations will take advantage of this valuable resource and host similar screenings at their locations. Great work, Lt. Caraway, for your leadership in promoting and supporting officer wellness.

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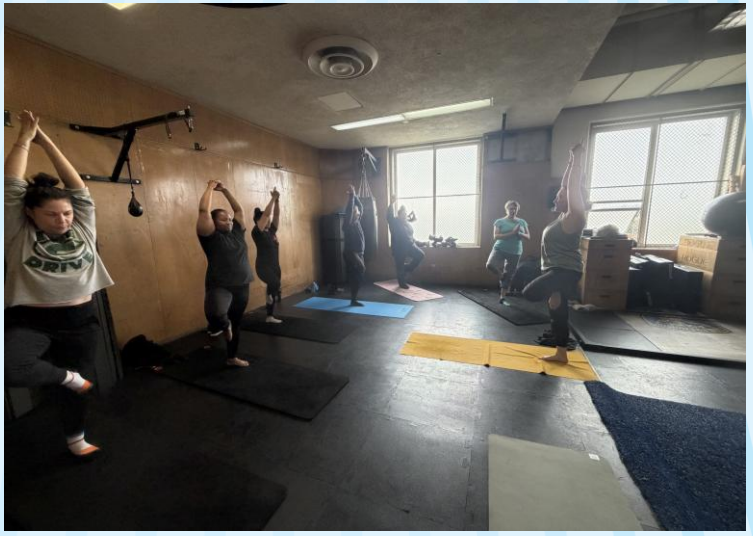
SFPD: Yogalates At HOJ 4-Week Series



April 2026 Series on Thursdays,
4/9, 4/16, 4/23, 4/30 from 0800-0845
SFPD Hall of Justice
850 Bryant Street, 6th Floor Lobby
San Francisco, CA 94103

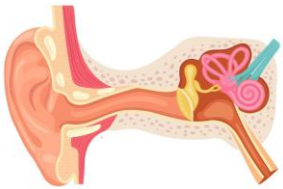


Victoria and Stacie were absolutely INCREDIBLE! Their energy was infectious from the moment class began. They inspired us to dig deeper, move with purpose, and push past our limits in the most empowering way. The session was the perfect blend of full-body strength,core-focused work, and low-impact, high-intensity movements that kept us motivated and fully engaged. We left the classes feeling stronger, lighter, and totally recharged. These two know how to bring out the best in you. HOJ can't wait for the chance to experience their wellness classes again!



SAN FRANCISCO
HEALTH SERVICE SYSTEM

SFPD: Hearing Screening Event at PHQ



Wednesday, April 22, 2026
SFPD – PHQ (Police Headquarters)
1245–3rd Street, 1st floor conference room 1025
San Francisco, CA 94158

The SFPD Wellness Team was pleased to co-host a Hearing Screening event on Wednesday, April 22 from 1100–1600 at Police Headquarters for all SFPD members. This event was made possible through a collaboration with Julianna Giammona and the team from the UCSF Children's Communication Center in partnership with Ret. Lt. Mario Molina of the National Latino Police Officers Association (NLPOA).

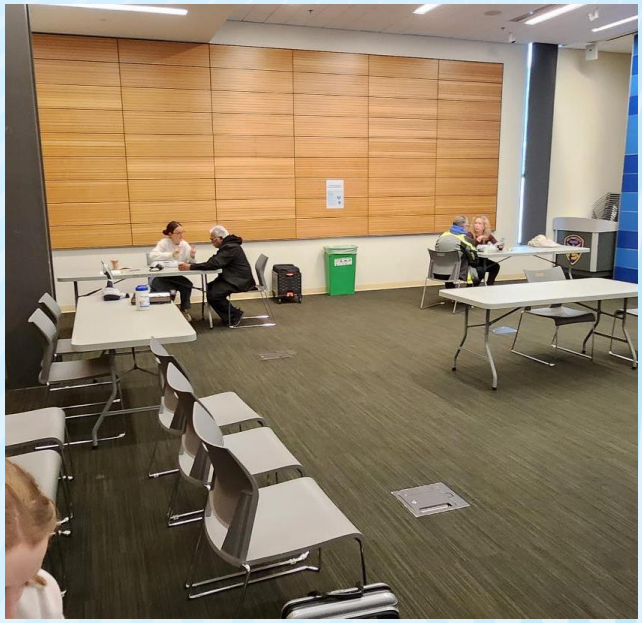
Given the nature of our work, where members are routinely exposed to loud noises, sudden bangs, canine barking, and various environmental sounds that can impact long-term hearing health, we felt it was important to provide an opportunity for both sworn and civilian staff to check in on their hearing and ensure baseline hearing stability.

We are proud to share that a total of **88 members** were screened. The UCSF staff was exceptional, offering professionalism, support, and a welcoming environment for everyone who participated. They also provided valuable information and resources to help members maintain healthy hearing.

Because of the success of this event, we are planning to host another hearing screening at the Airport Bureau to support the members working in high-noise airfield environments. Cheers to healthy hearing!

SAN FRANCISCO
HEALTH SERVICE SYSTEM

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SFPD: Walk MS Event in SF

Sunday, April 26, 2026 from 8:00am to 11:30am
Levi's Plaza, 1105 Battery Street
San Francisco, CA 94111

TOGETHER WE ARE STRONGER

The San Francisco Police Department proudly participated in the 2026 Walk MS Event at Levi's Plaza at 1105 Battery Street. This year marked their 9th consecutive year of involvement, with the team named **"SFPD WALKING THE BEAT"** walking in support of their dedicated Wellness Program Coordinator, Kristine (KK) Demafeliz. The team gathered around 60 enthusiastic members, including both sworn officers and civilian staff, to join forces in this meaningful event.

Walk MS is an incredible event that unites passionate individuals for an inspiring purpose: **to put an end to MS forever**. It is truly heartwarming to witness the overwhelming support from a community whose steps fuel breakthroughs, solutions, and ultimately, a cure. SFPD Walking the Beat is committed to creating **a world free of MS**, and their participation in the walk highlights their dedication to this cause.

The department, along with the support of family and friends (FRISCO FOOT SOLDIERS), aims to spread MS awareness and raise valuable funds to support those living with MS. It is through these collective efforts that we can make a significant impact and bring hope to countless individuals affected by this condition. Thank you to everyone who joined and supported the SFPD team in this year's Walk MS event. Together, we are making strides towards a brighter future for those fighting MS.







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SFPD: Puppy Yoga
4-week Series in June at PHQ

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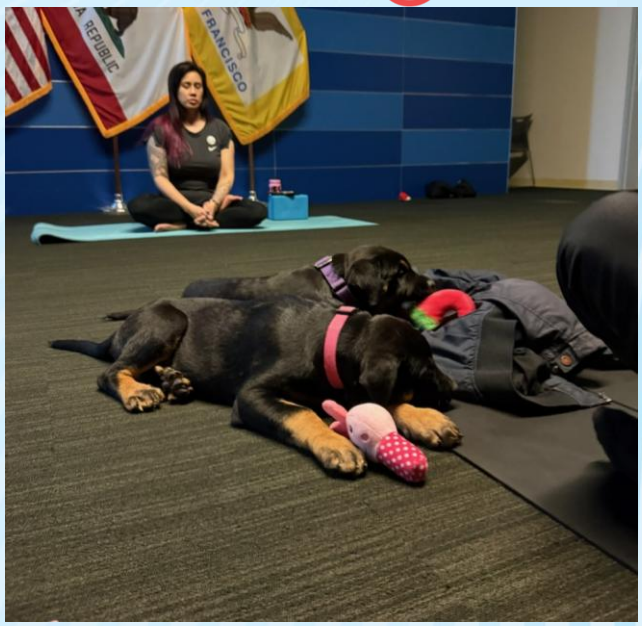
Tuesdays, 6/2, 6/16, 6/23, 6/30 at 12:00pm
SFPD – Police Headquarters (PHQ)
1245–3rd Street, 1st floor conference room 1025
San Francisco, CA 94158

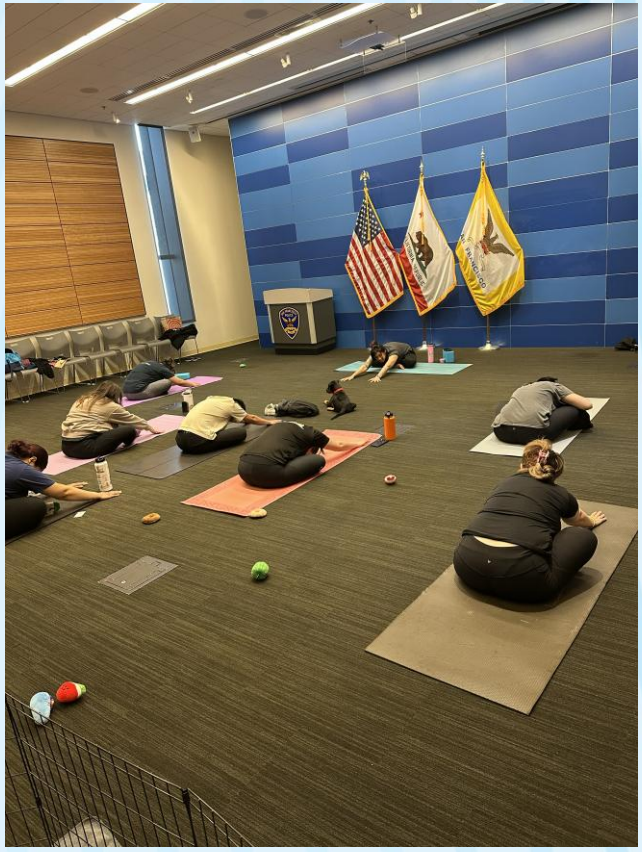
SFPD's very own Kristine (KK) Demafeliz and Alia Machiwalla teamed up to host a 4-week ***"Puppy Yoga"*** series this June. The puppies, provided by Hungry Tailz Rescue in Fresno, brought joy, comfort, and even helped lower stress levels for our first responders and civilian staff.

Each session ran from 12:00 to 12:45 p.m., featuring a gentle, floor-based yoga class led by KK. Afterward, participants enjoyed 15 minutes of pure cuddle time with the adorable rescue pups. The series took place at PHQ as a pilot program, with the potential to expand to district stations or specialized units if well received.

Around a dozen participants joined each session, along with observers and rescue staff who were on hand for support. Everyone who attended left feeling calm, uplifted, and cared for. The puppies brought an incredible sense of joy, connection, and emotional restoration.

Yoga + Puppies = A boost in overall well-being.





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SFPW: Salsa Dip Competition

Public Works, 2323 Cesar Chavez, Operations Yard, Training Trailer, January 16, 2026

The heat was on at the Ops Yard as employees gathered for a fun-filled lunchtime Salsa Dip Competition! The event provided a great opportunity for staff to connect outside of their day-to-day work, support one another, and enjoy a little friendly competition. From mild and savory to bold and spicy, each salsa reflected the creativity and unique personalities of each home chef!

Employee engagement events like these help strengthen workplace connections, foster collaboration, and create opportunities across Public Works – one chip and salsa at a time.





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HEALTH SERVICE SYSTEM

SFPW: Puzzle Corner

WELL-BEING@WORK

Public Works, 49 South Van Ness Avenue,
16th Floor, May 5, 2026

Our Puzzle Corner is a simple, welcoming space where you can step away from your screen, take a breather, and reset during the day.

This space is meant to be easy and low-pressure; just stop by, pick up a few pieces, and no expectations to finish anything- just a chance to pause, enjoy a small sense of progress, and return to your day feeling a little more refreshed!





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