

WELL-BEING@WORK



Spotlights

FY 2022-2023

ADM - SF Animal Care & Control (ACC) Shelter Appreciation Week

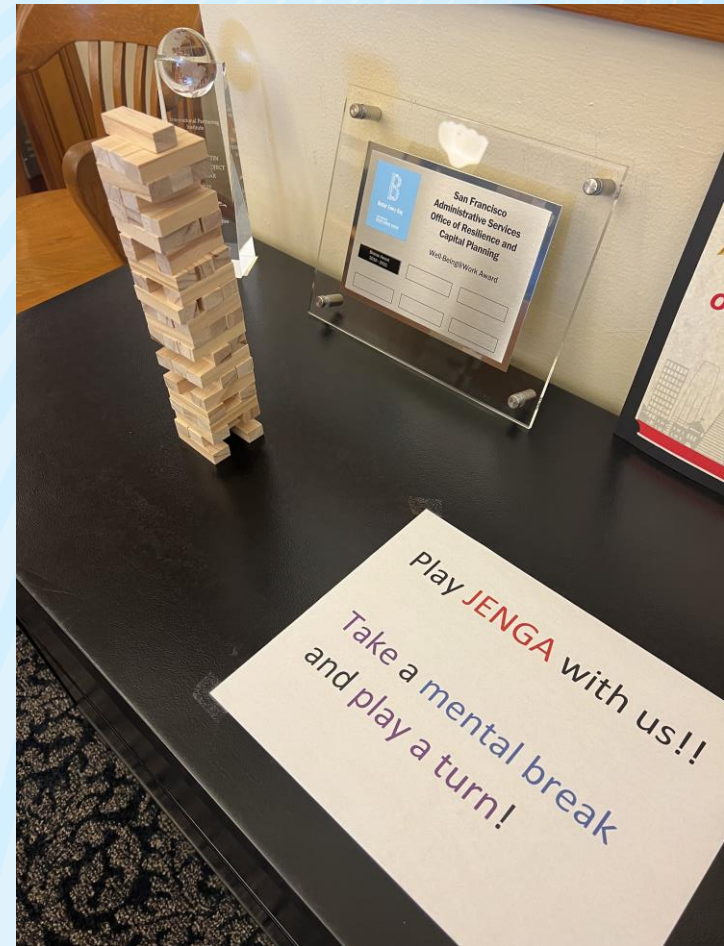
The San Francisco Animal Care and Control celebrated their annual National Animal Shelter Appreciation week from November 7-10. ACC leadership organized a weeklong of fun activities and events for employees to show their appreciation and gratitude for the work they do at the shelter and for the community. ACC employees were treated to daily raffle drawings for prizes, well-being activities, catered lunch, and refreshments. On Wednesday, special guest, Bryan Tsiliacos, an SF native, donated care packages to each ACC employee as part of his campaign to complete 30 Acts of Kindness Before 30.

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ADM - Office of the City Administrator (OCA) Jenga Break

In October, the OCA Well-Being Champion dedicated a space for employees to take a break by playing Jenga. The purpose of this activity is to provide opportunities for employees to engage in a fun activity together. This activity supports employees mental and emotional well-being. The entire office was encouraged to participate at their own leisure. People have expressed that this fun activity brought smiles to their faces and has created a “happier” work environment just by listening or watching colleagues play.



CPC - Book Swap

The Department hosted a Book Swap on September 15th on the 13th floor atrium. Staff members were encouraged to bring in any unwanted and gently used books to the office to trade/borrow. Reading is a great way to help reduce stress and anxiety. Reading engages the mind and can help trigger a relaxation response in the body by lowering blood pressure and heart rate.


Participants were entered into a raffle by filling out a card to share a favorite quote or tidbit about the book. At least 20 staff members stopped by to donate and/or browse through the books. All unclaimed books at the end of the month were donated. Staff members appreciated the Book Swap and even suggested to create a "Lending Library" in the office.

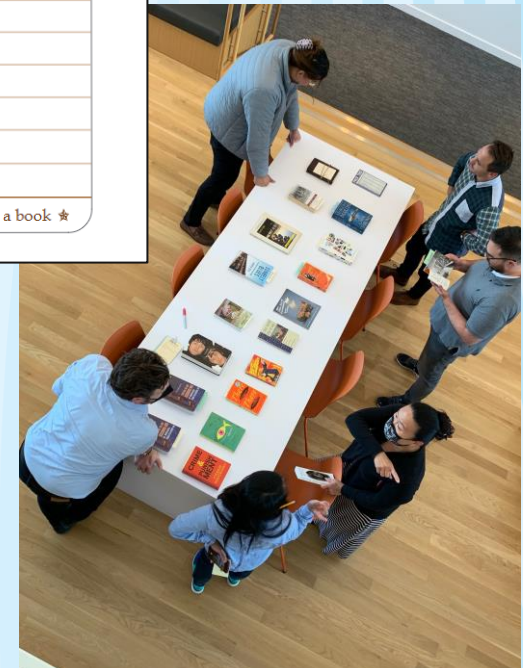


BOOK SWAP
— SAN FRANCISCO PLANNING —

Title: _____
Author: _____
From the library of: _____

Date	I like this book because...
SEP 13 2022	

★ Give a book ★  ★ Take a book ★



CPC - COVID Brown Bag

In response to concerns from staff about returning to the office, the Planning Department hosted a virtual brown bag presentation featuring Dr. Fiona Wilson, the physician at DHR that has been handling COVID related responses for the City workforce. During the meeting, Dr. Fiona discussed COVID policies related to coming into the office and answered questions staff had about potential COVID exposure in the office. Almost 110 staff members attended, many who expressed gratitude for the presentation and discussion.



Agenda

- What we have been through
- What are the COVID numbers
- What we know now
- What is different this time
- What is an outbreak
- What do I do now
- What you are feeling
- What you can do
- What questions do you have

CPC - Annual Family Picnic

The department hosted an Annual Family Picnic in Golden Gate Park on September 22nd. It was the first in-person picnic in three years. There was food, facepainting, games, and even volleyball. This event was a great way for employees to recharge and to get to know each other's families. Over 150 people attended.



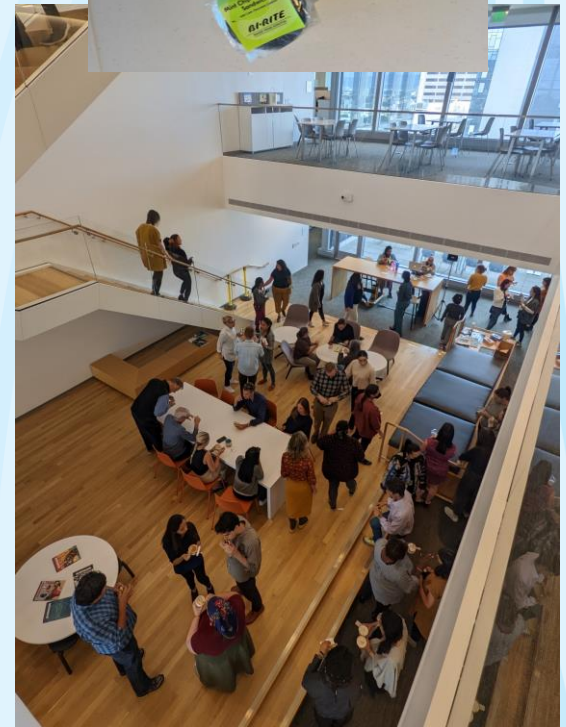
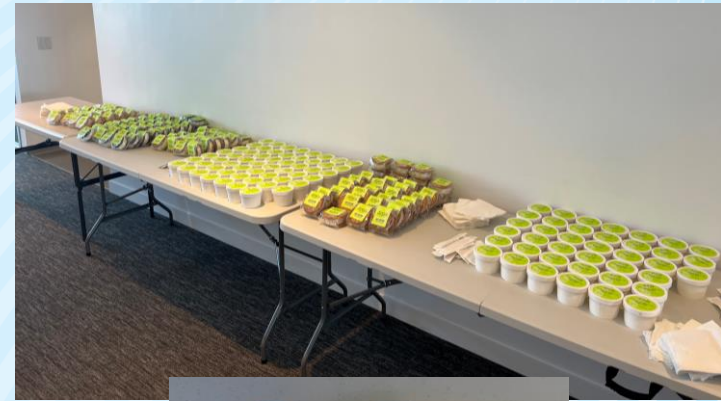
CPC - Halloween Celebration

The Planning Department hosted their first in-person annual Halloween Celebration this October. During the event, employees had opportunities to participate in a costume and baking contest. About 150 employees came decked out in their costumes and a few former employees also joined in the costume contest. CPC employees look forward to this event annually. This event supports employee's morale and brings people together for a fun filled day. Employees provided feedback that the department's Halloween Celebration is one of the best office events in the entire city. This year's was particularly special as it was the department's first department-wide festive gathering in the new building at 49 South Van Ness.



CPC - Ice Cream Social

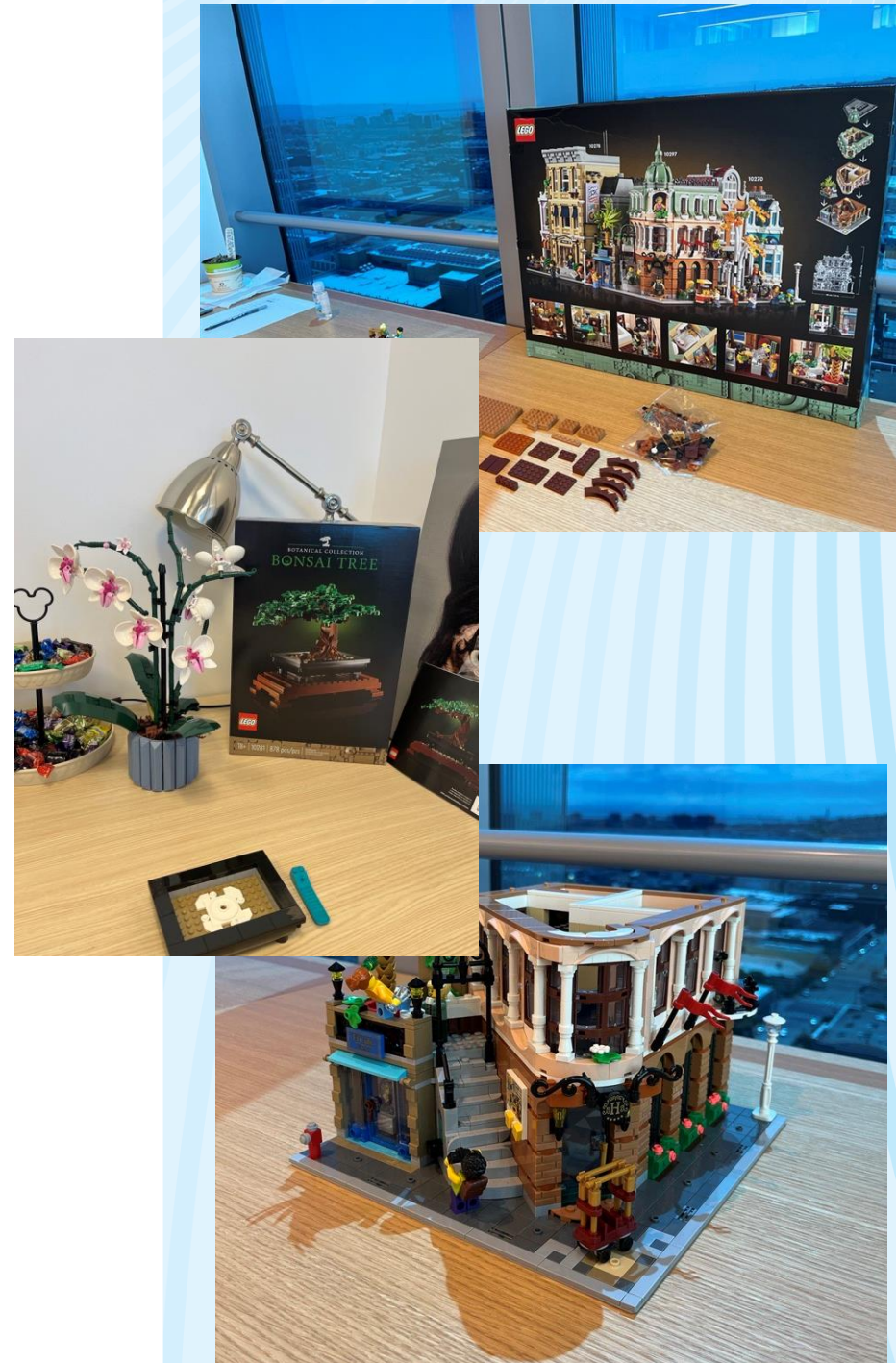
In honor of the first “Mandatory Tuesday” back, Senior Management treated employees to a surprise ice cream social from Bi-Rite. Employees enjoyed taking an afternoon break and socializing with colleagues in the office. We even enjoyed live music from Vladimir Vallejo, aka DJ V8. Approximately 80 people attended.



CPC - LEGO Break

During summer 2022, employees brought LEGO sets into the office for their colleagues to collectively build during their breaks. The meditative activity was a big hit and encouraged employees to rest their eyes from computer screens and to take a break away from their desks.

The first LEGO kit built was a potted orchid, and the latest kit included a corner hotel. The hotel is just one set from LEGO's Neighborhood Series which has a variety of community amenities and is very relevant to work at the Planning Department.



CPC - Parol Lantern Workshop

The Department invited SOMA Filipinas to the office to host a Parol Lantern Workshop. About 30 staff members joined the event and had the opportunity to learn more about the history, tradition, and what a Parol lantern means to a Filipino household during the holiday season. The event was informative and engaging and raised awareness and education per the Department's diversity and inclusion vision. Everyone enjoyed crafting their Parols and trying some traditional Filipino foods: Pancit and Lumpia.

Participants came from all divisions of the department and demonstrated the interest in and joy of cultural exchange. This activity was especially meaningful being led by a community partner.



CPC - Smoothie Break

On July 26, 2022, the Planning Department held a morning Smoothie Break for staff to sample freshly-made healthy banana, spinach, oat milk smoothies. There were approximately 45 attendees and samples were available on a first-come, first-served basis. Some people were skeptical of how it would taste with just three ingredients (and no additional sweeteners!), but they were surprised at how delicious it was.

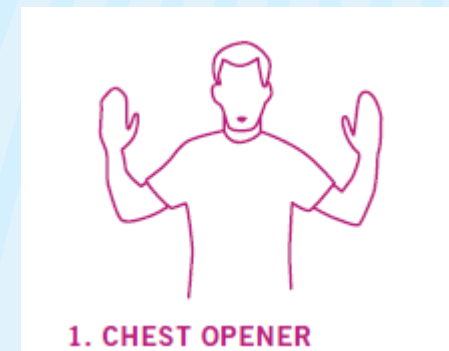
The event was such a hit that we quickly ran out of samples, but everyone still enjoyed getting together for a short break. Staff members were so appreciative that the smoothies were made fresh and on-site and hoped to see more events like this in the future. The event was so well-received, the team hosted a second Smoothie Break the following week featuring frozen blueberry, spinach, oat milk smoothies. Another ~40 people attended again!



CPC - Stretch Breaks

CPC Wellness continues to host Stretch Breaks three times a week. With more days back in the office starting September, CPC Wellness updated their stretch break schedule and led in-person stretches on the 13th floor atrium twice a week. 13 employees participated in the very first session and included people overlooking from the atrium.

CPC Wellness also continues to lead virtual Stretch Breaks once a week, which allows people from other agencies to still attend. Participation for Virtual Stretch Breaks ranges from 2-10 people.



DBI & SFFD - Wellness Fair

The DBI & SFFD Wellness Fair took place on September 14, 2022, at 49 South Van Ness Avenue.

This event was a fantastic joint venture between the Department of Building Inspection and the Fire Department. The Wellness Fair was a fantastic way to celebrate employee's health and well-being that got many through the pandemic! Various health and well-being activities were offered throughout the event. Activities included were: Indoor plants 101, Food Demo, Health Screenings, Yoga, Tai Chi, trivia games, and more! All attendees were treated to fresh fruit, healthy snacks and table giveaways.

Big thanks to the San Francisco Health Services System (SFHSS) who helped organize a portion of the fair and provided goodies and prizes for our raffle!

Both DBI and Fire staff received positive feedback, and everyone was happy for the chance to get together in person again! After the success of the first Wellness Fair at 49SVN, employees expressed that they can't wait for the next well-being event!



SFHSS - All Staff Department Retreat

The SFHSS Champions initiated the departments first ever All Staff Retreat on 9/29/2022

The retreat took place at Pier One and highlighted strategic planning, team building and staff appreciation. The level of engagement and energy was high – everyone seem to really enjoy themselves. Activities and discussions that took place throughout the day:

- DISCK Team building
- Plant Activity
- Strategic Planning
- OE Pictionary
- Scavenger Hunt

What was accomplished at our retreat was vital to the success and well-being of our department. Staff enjoyed the day of collaboration, togetherness and activities within divisions.



SFHSS - OE-Ween October 31st

Olga Stavinskaya-Velasquez, Operations Manager for Member Services, initiated the 2022 OE-ween to celebrate the end of Open Enrollment and Halloween (OE-Ween if you will.) Employees were encouraged to pick up a pumpkin to decorate and let their creative juices flow.

The day's activities included the following:

- Costume contest
- Pumpkin decorating contest
- Pizza bash
- Scrumptious desserts and snacks

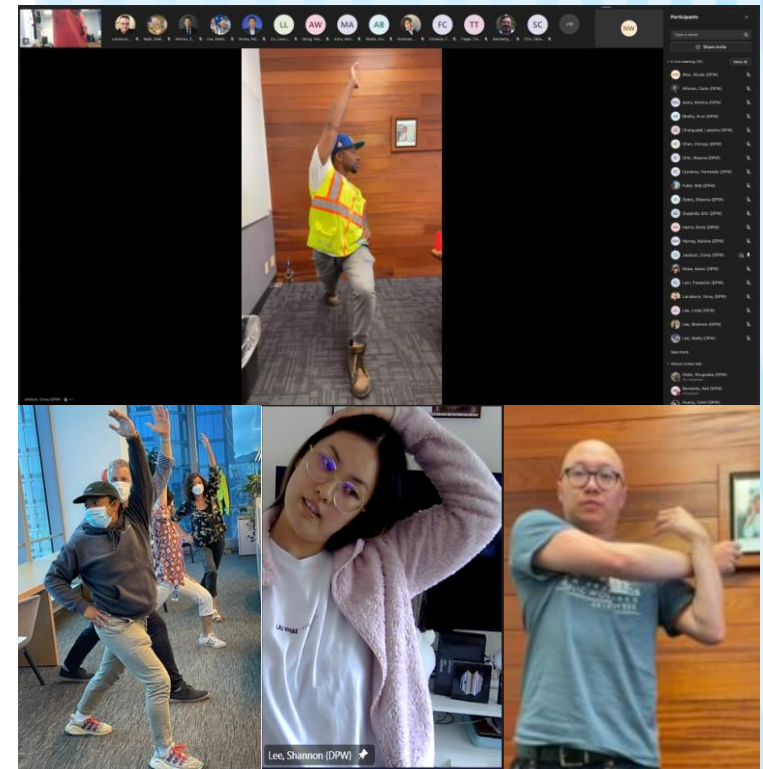
It was a fun spooky day full of laughter and engagement.



SFPW - Super Health Heroes

Public Works Connect Team promoted and championed for employees to be their own hero, reminding everyone not to go stealth on their health. The team hosted virtual stretch breaks and organized short walks around the city with coworkers.

Several employees from different locations participated in the activities on MS Teams and in-person together. The activities helped employees engage with each other and to take time to focus on their health, to boost employee morale and emotional well-being. This campaign was in tandem to the upcoming employee health fair at the Yard.



SFPD – Fruits for Recruits (Academy – Recruit Classes 276/277)

Wednesday, September 21, 2022
SFPD Academy

The San Francisco Police Department supports the health and well-being of their new recruits. The department partnered with SFHSS to provide healthy snacks to the Police Academy in September.

Providing the fresh fruit was a great way to introduce the SFPD Wellness Team and the well-being resources that are available to the department. The fresh fruit also helped remind the recruits to practice healthy eating especially while training. The Recruit Classes 276/277 expressed their gratitude and appreciation for the healthy snack.



SFPD - HQ Flu Shot Clinic & Benefits Fair



Wednesday, October 19, 2022, from 9:00am to 2:00pm

The San Francisco Police Department's location at PHQ hosted their annual flu shot clinic and mini benefits fair event on October 19th.

SFPD hosted their annual flu shot clinic, but this year was different because the department was able to host an in-person benefits fair again, since 2019. SFPD worked closely with SFHSS to plan the flu clinic and to invite the vendors to attend the fair at PHQ.

Blue Shield of California, Delta Dental, HealthNet Canopy, Kaiser Permanente, Deferred Comp/Retirement, SFHSS, Lexipol, and MHN were all at the event to support SFPD employees and provided raffles prizes and table giveaways. The vendors provided information to employees about their medical benefits and available well-being resources. This was a one-stop shop event where employees can get questions answered for Open Enrollment and receive a flu shot vaccine.

At the event 100 flu vaccines was administered to our sworn and professional staff as well as members who came from district stations/specialized locations. The event had a great turnout and was a success. There are plans to host this event again next year.

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SFPD - Hall of Justice (HOJ) Flu Clinic

Thursday, October 13, 2022, 10:00am to 2:30pm

One of the best ways to reduce your risk from the getting the flu is to get the seasonal flu shot. The San Francisco Police Department hosted another flu shot clinic at HOJ to provide easy access for employees to get their annual flu vaccinations. In addition to the clinic, a few partnered vendors attended to provide information to employees about their benefits. 90 flu vaccines was administered, and the participants expressed their appreciation for the event and SFPD plans to host again next year.

**SAN FRANCISCO
HEALTH SERVICE SYSTEM**



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SFPUC - HRS Admin Pop-Up

At SFPUC HQ (525 Golden Gate Avenue) on September 22, 2022

Since staff were returning to the office 3 days a week, and old/new staff have not met each other in person, HRS thought it would be great to host pop-ups and provide an opportunity for staff to interact outside of the typical work environment. The HRS Admin Team was the first team to host. They had Minute-to-Win-It Style games, prizes, and snacks. It was a meaningful way for HRS staff to bond and the staff really enjoyed it.

Staff were excited even after the pop-up was over. They enjoyed the friendly competition against each other. Other HRS Teams are still planning their pop-ups and are considering doing games and finding other fun ways for staff to connect.

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SFPUC - HRS L&D Team Pop-Up Ice Cream Social

At SFPUC HQ on September 28, 2022

With staff working hybrid schedules and new staff hired during the pandemic, HRS wanted to provide fun and informal ways for staff to connect with each other. HRS teams were tasked to plan and host Pop-Ups for all HRS staff to participate in. Learning & Development (L&D) Team brought multiple flavored ice creams to cater to everyone's taste buds and dietary restrictions. L&D wanted to create a relaxed and delightful environment to meet our new coworkers and those seated in different areas of the building. Since the entire HRS department was invited, those who came learned how the L&D department supports employee development. Sandy Ow and Diane Vornoli (the HRS and 525GG Well-Being Champions) were also able to talk about the other Well-Being activities available to all employees. We were able to solicit some ideas for near-term Well-Being Activities such as chair yoga, Pilates, and gentle stretching. The hope is to be able to offer more Well-Being activities in-person and/or Zoom soon. People enjoyed their ice cream and for a few minutes were able to reduce stress by taking a break to laugh and relax with each other.

