

WELL-BEING@WORK



Spotlights

FY 2022-2023

AIR: Ping Pong Tournament

San Francisco International Airport

- Skilled Trades Employees — November 2019
- Custodial Employees — February 2020
- SFO Facilities Ping Pong Championship — February 2023

The Airport Well-Being Team offered an SFO Ping Pong Tournament for the Facilities Division at the Airport; one for the Skilled Trades employees and one for the Custodial employees. The championship game was postponed due to the COVID-19 Pandemic and finally, after three years, they were able to finish the championship. Congrats to the winners and everyone who participated.

The goal of the tournament was to get employees to engage in an activity that supported their emotional, social, and physical well-being. It was also a chance to boost employee morale with a little fun and friendly competition.

The SFO Well-Being Team and employees would like to offer this on an annual basis.



CON: 21-Day Racial Equity Challenge

February 2022 – December 2022

Virtual on MS Teams typically Fridays for 1 hour

The Controller's Office conducted a voluntary 21-Day Racial Equity Challenge as part of the Department's Racial Equity Plan. The 21-Day Challenge curriculum and discussion sessions helped participants learn more about how racism works and provided language and a safe space to talk about it. Topic materials were provided in advance to employees, which helped led discussions during the smaller break-out sessions with colleagues. The curriculum consisted of sensitive topics such as; "Representation Matters", "Environmental Justice", "Levels of Racism" and other topics.

During the challenge, the department accomplished the following goals: Built comfort talking about racial equity; Increased knowledge around racial equity (develop common language and understanding of key terms): Developed facilitation skills which includes public speaking and skills to draw people out in conversation; Built leadership and ownership around racial equity work; Strengthened relationships within the department which will facilitate racial equity work; and Increased interest in racial equity work.

21 Day Racial Equity Challenge

Session #17



CITY & COUNTY OF SAN FRANCISCO

Office of the Controller
CON Racial Equity Workgroup

12.16.2022

DIVERSITY IN CHILDREN'S BOOKS 2018

Percentage of books depicting characters from diverse backgrounds based on the 2018 publishing statistics compiled by the Cooperative Children's Book Center, School of Education, University of Wisconsin-Madison: ccbcc.education.wisc.edu/books/pctstats.asp

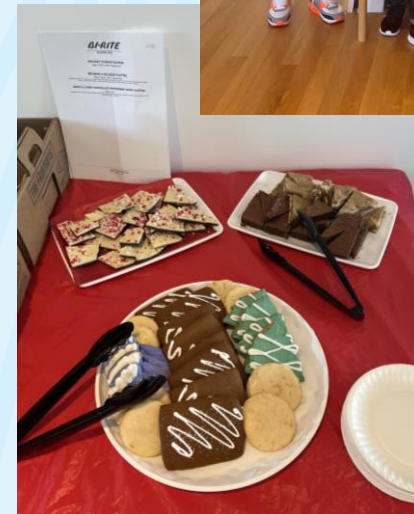


Illustration by David Hryck, in consultation with Sarah Park Dahlsen
Released under a Creative Commons BY-SA license: <https://creativecommons.org/licenses/by-sa/4.0/>
The CCBC inventory includes 3,134 books published in 2018. This graphic would not have been possible without the statistics compiled by the CCBC, and the review and feedback we received from Edith Campbell, Mally Beth Griffin, K. I. Homing, Debbie Reiss, Ebony Elizabeth Thomas, and Madeline Tyrer. Many thanks.

CPC: Holiday Sweaters

The Planning Department hosted their Annual Holiday Sweater Celebration on December 13th. As always, this was an inclusive event for folks of all religious and spiritual backgrounds.

Approximately 20 staff members joined. Participants wore their best holiday sweaters and enjoyed some seasonal fruit from Fruit Guys and sweet treats from Bi-Rite. The best holiday sweater contest was determined by participants votes. The winner for the most festive sweater received a wellness prize.



CPC: Tea Stations

CPC Wellness Team set up Tea Stations at three kitchens in the Planning Department to invite staff to “take a minute and recharge” by enjoying a cup of hot tea. A variety of teas and Emergen-C was provided for employees to use at their leisure, to help stay warm and boost immunity with vitamin C. The Tea Stations were especially appreciated during the rainy cold days in December.



CPC: Fruit Guys

The Planning Department set out seasonal fruit from Fruit Guys (courtesy of SFHSS) on every floor to encourage healthy snacking. This was especially important amidst the various team and division holiday celebrations. Staff appreciated the fruit, and many sent the CPC Wellness Team a note of gratitude for the surprise healthy treats.



SFPW: Black History Month Celebration

Public Works began the tradition of celebrating Black History Month in 2016 to promote cultural understanding and to celebrate Black heritage. Over the past seven years, SFPW have featured significant contributions of employees in the development and advancement of the global community through various sectors such as engineering, architecture and creative invention that have changed our world.

Public Works has come a long way in its efforts to foster an environment that promotes diversity, racial equity and inclusion. They believe that the month of February presents an opportunity for better understanding of other cultures and for tolerance, given our racially diverse workplace and communities.

The committee held events on Zoom and held a in person gathering on February 28. SFHSS provided healthy snacks to help celebrate the event. Food is important to all communities around the world, regardless of culture and can help unite and strengthen community bonds.



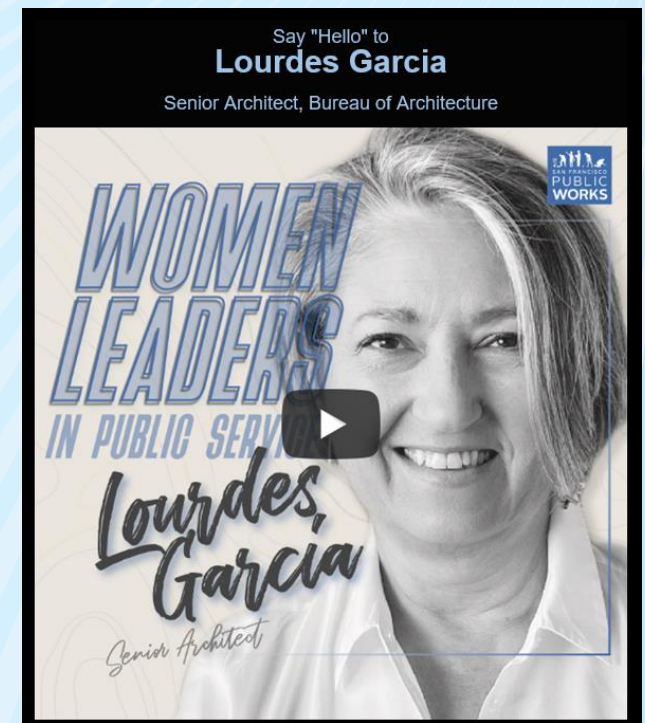
SFPW: Snapshots - Women Leaders in Public Service

This podcast series took place during the last quarter of 2022.

This series focused on the female leaders at San Francisco Public Works Department. This podcast provided a platform for these leaders to share their experiences, reflect on the challenges and talk about cultivating leadership from within. This activity impacts our fellow Public Works associates by promoting equity in the workplace. These podcasts series has empowered more associates and helped raised awareness of the importance of true inclusion in a workplace.

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SFPW: Employee Appreciation

San Francisco Public Works held an appreciation event for staff to wrap up the year and recognize employees during the holiday season.

The event provided opportunities for employees to engage and connect with one another. Management recognized and appreciated employees for their hard work and provided reminders to eat healthy, stay hydrated, drive safely, and take care of their well-being.

Employees were treated to healthy snacks and food with vegetarian/vegan options available at the operations yard and 49 S Van Ness locations for the Holiday celebration.



ECN: Wellness Breaks

At the ECN Workforce Division All-Staff monthly meetings, Champion May Ng, started to incorporate Wellness Break exercises that included deep breathing and stretching.

Employees get to engage in a virtual recharge break to practice selfcare by taking time to breathe and stretch. These exercises help to improve employees focus and re-energize them during their workday. The SFHSS Well-Being breathing and stretching guides was shared with employees to help them follow along and to keep a copy so they can practice on their own time.

Every month, more employees are partaking in the breaks, and many have provided feedback about the effectiveness of the exercises and their appreciation for these Wellness Breaks.

TAKE TIME TO BREATHE

Inhale and count 1, 2, 3, 4 | Exhale and count 1, 2, 3, 4 | Repeat 5 times

BREATHING EXERCISES

4-COUNT BELLY BREATH

Sit down somewhere comfortable and close your eyes.

- Roll your shoulders back and open your chest.
- Sitting your ears above your shoulders.
- Lengthen your neck.
- Place one hand on your belly and one on your chest.
- Feel the belly rise on the inhale and fall with the exhale.
- Inhale and count 1, 2, 3, 4.
- Exhale and count 1, 2, 3, 4.
- Repeat at least 5 times.

You can also follow along with the breathe video:
<http://sfhss.org/well-being/take-a-minute-to-breathe>



Step 1: Inhale fully
Place your hands on your belly. Breathe in slowly through your nose to fill your lungs. Feel your abdomen expand like a balloon.

Step 2: Exhale fully
As you blow out, slowly release the air through your nose. Draw your belly button back toward your spine. Deflate the imaginary balloon.

COUNT YOUR BREATHS

Try counting each exhale. Counting can help in two ways: First, it occupies your mind, so stressful thoughts have less space. Second, you can learn how many deep breaths it takes to make you feel relaxed or calm (you might be surprised at how few it takes!).

STAND AND BREATHE DEEPLY

Try your belly breath while standing.
Place your feet shoulder width apart.
Soften your knees. Roll your shoulders back and open your chest.
Sitting your ears above your shoulders. Lengthen your neck.
Begin your 4-Count Belly Breath.
Consider starting your stretching practice with a standing breath.

REPEAT A PHRASE WHILE YOU BREATHE

Find a quote or create a phrase for key moments, such as:

- When you need to calm down.
- When you need to focus.
- When you need to be reminded of what is important.
- When you take a minute to breathe, inhale completely through your nose. As you exhale state your quote/phrase.
- Depending on where you are, you may say your quote out loud or just to yourself.

LET GO OF EXPECTATION

Sit down and close your eyes.

- Inhale - give yourself permission to try something new.
- Exhale - let go of any expectations for how you will feel.
- Inhale - listen to your body.
- Exhale - let go of any judgements.
- Inhale - ask yourself to open your mind.
- Exhale - let go of expectations.
- Repeat.

POST A REMINDER

Print the Take a Minute to Breathe handout and post it somewhere to remind you to breathe each day!
<http://sfhss.org/resources/recharge/well-being>

IT ONLY TAKES A MINUTE TO FEEL A DRAMATIC DIFFERENCE.

TAKE TIME DURING YOUR DAY TO BREATHE.



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TAKE TIME TO STRETCH

Hold each stretch 20-30 seconds | Remember to breathe | Repeat up to 3 times daily



1. CHEST OPENER
Lift your arms into a Y position palms facing the front. Lower the arms and bend both elbows into a W position. Keep your arms in this position and push your shoulders back.



2. NECK
Drop your ear to your shoulder and hold. Repeat on the other side.



3. WRIST AND FINGER
Extend your arm out and bend your wrist, with palm and fingers pointing down. Use your other hand to put pressure on the back of your hand until you feel a stretch. Then flip your hand up so your fingers are pointing up and repeat the same exercise. Repeat on the other hand.



4. SHOULDER ROLL
Sit up straight so your ears and shoulders are aligned. Slowly roll your shoulders backward in a circular motion. Focus on opening the chest.



5. FIGURE 8 WRIST STRETCH
Extend your arm and clutch your hand in a fist. Slowly move your wrist in circular motion drawing a figure 8. Repeat on the other side.



6. HIP OPENER
While sitting upright with hips and knees at a 90-degree angle, cross one leg over the other. Lean forward while keeping your back straight and hold. Repeat on the other side.



7. SEATED TWIST
Place your left hand on your seat behind you and your right hand on the outside of your left thigh. Gently turn your shoulders and head to your left until you feel a stretch. Repeat on the other side.



8. HIP FLEXOR
Take a step forward in a lunge position. While keeping your back straight, push your hips forward until you feel the stretch in the front of your hip. Repeat on the other side.

IT ONLY TAKES A MINUTE TO FEEL A DRAMATIC DIFFERENCE.

TAKE TIME DURING YOUR DAY TO STRETCH.



Better Every Day. **SAN FRANCISCO HEALTH SERVICE SYSTEM** sfhss.org/well-being

ENV: Anti-Capitalist Valentines Day Crafting

This activity was led by our department's 99 Champion, Jax Puliatti. This group project brought colleagues together to create and celebrate one another, our friends, and loved ones!

Keeping the environment and anti-capitalist values in mind, folks gathered around the table to craft festive and creative V-day cards using all repurposed materials.

This activity took place at 1155 Market St. 3rd floor on Valentines Day. The reunion was an example of how celebrating those we love is a universal experience that can bring us all together while still maintaining our zero-waste values.



SFHSS: New Year Resolutions Activity

The SFHSS Well-Being Champions proposed leadership that in 2023 each division within the department will host/present an ice breaker well-being activity for the All-Staff meetings each month. The activities can range from 10-20 minutes.

On January 26, 2023, Olga Stavinskaya-Velasquez, SFHSS Operations Manager for Member Services, presented the first round of divisional well-being activities.

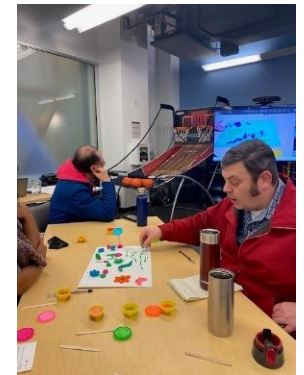
The all-staff activity included group discussions on new year resolutions or cultural traditions one observes. Staff split into two groups to discuss the topic and place their tradition or resolution on the white board. The activity took place both virtual and in-person.

This fun activity fostered team building, communication, engagement and collaboration.



SFHSS: Play-Doh Activity – Create a Community Garden

- At the All-Staff meeting on February 23, 2023, Lisa Ocampo and Carrie Beshears from the Well-Being team led the employees through a fun and stress relieving activity with Play-Doh.
- Each employee received a small canister of Play-Doh and a brief introduction into some of the health benefits of using Play-Doh as adults. The activity had us work in groups of 4-5 to create a community garden using Play-Doh. The activity was conducted in-person as well as virtual for those who join the meeting through Teams. Each group shared their garden, and it was fun to see employee's creativity shine.
- This creative and fun activity was more than just play time; it served as a stress relief, and it encouraged teamwork, communication and engagement.

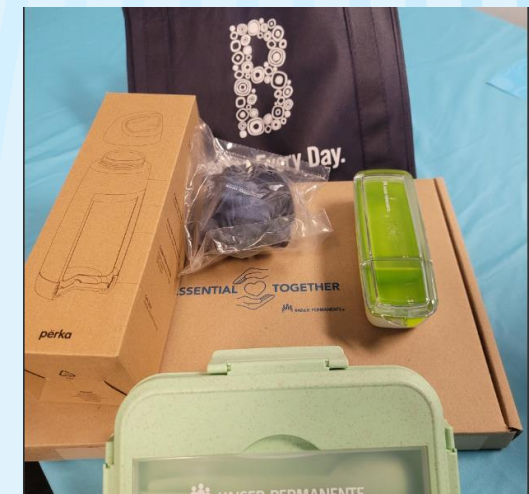
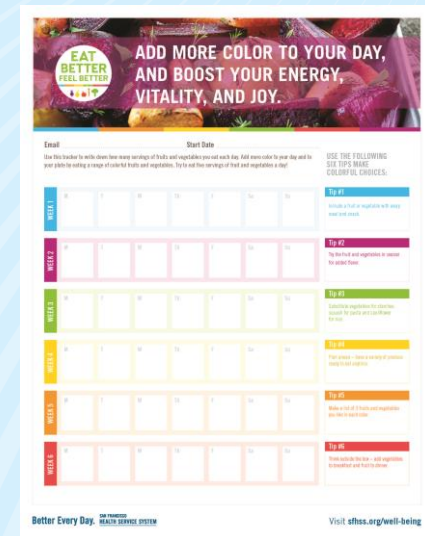


LIB: Aim for 5 Challenge

The LIB Aim for 5 Challenge included: Recipe Sharing and Healthy Fruits and Vegetable tracking Virtually for LIB staff. This Challenge was promoted during the holiday season to encourage healthy choices from November 14, 2022 – December 24, 2022

Aim for 5 Challenge encouraged staff to share healthy recipes to incorporate healthier eating habits during the holiday season. At the end of the 6-week challenge, participants used the paper tracker to track how many servings of fruits and vegetables they were able to enjoy as part of their holiday diet.

Staff members submitted amazing recipe cards to share with each other and raffle winners received amazing prizes that were provided by SFHSS Well-being Team.



LIB: Meal Prep & Food Demo Healthy Recipes

Live virtual food demonstration on Tuesday January 31, 2023, from 11:00 – 11:45am.

24 staff registered for this program offered by SFHSS in partnership with Kaiser Permanente. The presenter shared healthy, plant-based recipes. The demo highlighted ingredients that could be found at Indian grocery stores and participants shared places near their work and homes to shop.

Several members of the Library's Finance team reported gaining new ideas for meals and shared how they will adapt the recipes. In the future we may adjust the time to 12pm to be more accessible during lunch breaks.



Instant Pot *Khichdi* (Indian "porridge")

Ingredients:

- ½ cup basmati rice, or ¼ cup each of quinoa and basmati rice, rinsed
- ¼ cup split yellow lentils (*moong dal*), rinsed
- 1 Tbsp. ghee or vegetable oil
- 4 cups water

Spices:

- 1 Tbsp. fresh ginger, chopped
- 1 tsp. cumin seeds (*jeera*)
- 1 tsp. coriander seeds, ground
- 1 tsp. salt, adjust to taste
- 1 tsp. ground black pepper
- 1 tsp. ground turmeric ¼ tsp salt

Vegetables:

- 1 cup spinach leaves
- 1 cup frozen peas
- 1 cup carrots, chopped
- 1 cup cauliflower, chopped (optional)

Cooking tools:

 Instant Pot or Slow Cooker

Optional toppings:

 Ghee or vegetable oil, chopped cilantro leaves

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Source: Vandana Chaitan,
<https://greenbowlsoul.com/wp-content/uploads/2020/01/Moo-Khichdi-recipe.jpg>

SFMTA: What Are You Thankful for?

The SFMTA Wellness Program invited staff to help make thankfulness be front and center during the holiday season by asking “What are you thankful for?”

Featuring multiple raffle drawings (with prizes courtesy of SFHSS) as incentive, the month-long campaign was promoted in our Wellness newsletter, weekly all-staff emails, flyers and on digital signage.

Studies have shown that gratitude and thankfulness lead to greater health and happiness, as well as more satisfaction in our social relationships.

The centerpiece of the month-long campaign was the SFMTA Virtual Gratitude Wall, where responses were posted online as a source for insight and inspiration. Responses highlighted everything from family and life situations, to work relationships and general cheer.

The SFMTA Thankfulness Campaign was extremely well-received as staff took part to help raise the feeling of collective goodwill across the agency and get in a true holiday spirit.

With prize winners announced in January, we had 162 employees respond, from bus operators to office workers, making it our most successful participation campaign ever.

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Enter to Win a Prize Giveaway!



What Are You Thankful for?

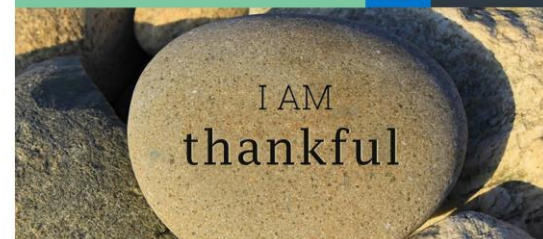
Help make thankfulness front and center this season. Use the QR Code to answer our Wellness Gratitude Prize Question and get your chance to win!



Wellness



SFMTA



What Are You Thankful For?

The SFMTA Wellness Program is inviting you to help make gratitude be front and center this season by sharing what you're thankful for. Let's lean into gratitude together!

SFMTA Gratitude Prize Question

There are so many reasons to be thankful in our lives. With the holiday season upon us, we want to know:



What are you thankful for?

To send in your response, scan the QR Code or email wellness@sfmta.com by Friday, December 30, 2022.



You will then be entered for random prize drawings (including FitBits and other assorted items), as well as have your answer be included on our Wellness Virtual Gratitude Wall.

Questions? Email: wellness@sfmta.com

Road to Fitness

CARE Program

PEER Program

SFPD: Guided Meditation Series February 2023

Hosted for 4-weeks on February 6, 13, 23 and 28, 2023 from 1100-1120
via Virtual Zoom

SFPD Champion, Kristine Demafeliz, led a departmentwide 4-week Guided Meditation series for the month of February. Classes were at 1100 for 15-20 minutes via Zoom. She guided the employees through a meditative personal journey which included: centering, mindfulness movements, breathing practices, and closed out each session with a guided meditation. Kristine shared with employees on how to control their breathing to help lower stress, manage emotions, and improve their overall long-term health. Examples of the mindfulness discussions are below:

How has the new year been for you so far?

Do you need to take a step back and bring yourself back to center?

Have you brought yourself back to the breath to help keep your mind calm and steady even during the stresses and storms of daily living?

Or even if you just need a brief moment for yourself to simply “stop and smell the roses.”

In summary, she reminded those who attended that she was happy to share the experience with them and to help support them with focusing more on SELF-CARE this year. She reminded participants to...

*“Remember to keep on breathing, **be kind to yourselves** and to take it one step, breath and day at a time.”*

Be Present



SFPD: PHQ Health Screening Event

Wednesday, March 1, 2023

SFPD – Police Headquarters

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

San Francisco, CA 94158

The SFPD Wellness Team hosted a Health Screening Event for sworn and professional staff members at SFPD headquarters. It was a complete **SUCCESS** with 78 participants (with anticipation of 80) during the time frame of 9:00am to 2:00pm.

The vendor, Clinical Health Appraisals (CHA) nursing staff along with Health Net's team member were **EXCELLENT** – very personable and professional. They provided 15-minute biometric measurements and consultations with each member to evaluate their baseline numbers for glucose, blood pressure, cholesterol, body mass index (BMI) and body fat percentage.

Everyone had a **GREAT** time – and best of all, the SFPD staff received their numbers and advice on how to support and move forward on how to better care for their overall well-being and health. It's always a joy partnering with the SFHSS Well-being Team and their vendor partners.

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SFPD: Tactical Breathing for the Recruits

(Academy – Recruit Classes 277/278)

October 26, November 3, 16, 30, 2022 from 1100-1115
SFPD Academy, 350 Amber Drive, San Francisco, CA 94131

Recruit classes 277/278 participated in a 15-minute guided meditation series called “Tactical Breathing” with SF Rec and Parks meditation instructor, Lane Kennedy. Through these sessions, it helped the recruits learn how to control their breathing to stay clam and lower blood pressure, manage emotions, and improve their overall well-being especially during stressful situations. These classes were a success and there are plans to offer this series again to future recruits.

Here is some feedback from the recruits:

“The tactical breathing exercises helped me remember the importance of mindfulness as it allowed me to reset my focus on the task at hand rather than the unnecessary stressors. I have successfully applied tactical breathing a few times to attain a tactical reset when dealing with a stressful situation.” –Xie, 1331

“I enjoyed the tactical breathing sessions because there have been a few occasions when I had to use them to calm down and perform different tasks.” –Martinez, 1706

“I learned that tactical breathing helps put me in a calm state of mind when I am stressed out. It helps to clear my mind.” –Ng, 1196

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San Francisco Police Department
**TACTICAL
BREATHING**

15-min Sessions
Available

SFPD Academy
350 Amber Drive
Room 100

DATES: Wed. 10/26, Thur. 11/3,
Wed. 11/9 & Wed. 11/16
TIME: 11:00-11:15AM

Learn how to control your breathing to
help lower stress, manage emotions,
and improve your long-term health.

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PUC: Flu Prevention & Flu Shot Clinics

The annual SFPUC flu shot clinics in October helped to raise awareness of the importance of preventing the flu. One of the easiest way to prevent the flu is to get the seasonal flu vaccine.

The flu clinics were sponsored SFHSS, and both departments worked together to host 5 worksite flu shot clinics for employees in 2022. A total of 363 employees got their flu shot at these clinics.

The worksite clinics provided easy access to vaccines and helped to keep employees healthy for the flu season. SFPUC flu shot clinics will be hosted again and plans to explore additional SFPUC locations are in the works for 2023.

2022 SFHSS Sponsored Flu Shot Clinics at SFPUC

| Date | Time | Location | Open Clinic (Yes/No) | Site Coordinator |
|--------------------|------------------------|--|--|-------------------------------------|
| Wednesday, 10/5/22 | 9:00 A.M. - 1:00 P.M. | PUC - Headquarters - 525 Golden Gate Avenue, 2nd Floor, O'Shaughnessy Conference Room A, B and C | No | Sandy Ow and Diane Vornoli |
| Thursday, 10/6/22 | 7:30 A.M. - 12:00 P.M. | PUC - HHP - Moccasin - Administration Building | No | Katherine Jose and Shelley Franklin |
| Tuesday, 10/11/22 | 7:00 A.M. - 1:00 P.M. | PUC - CDD - CDD Wellness Center - 1990 Newcomb Avenue | No | Arlene Rubino, Vicheth Kaing |
| Thursday, 10/20/22 | 7:30 A.M. - 1:00 P.M. | PUC - WST - Millbrae - 1000 El Camino Real, Millbrae Large Conference Room | Yes. Open to City's retiree who lives nearby Millbrae, CA. | Maria Sual |
| Tuesday, 10/25/22 | 8:00 A.M. - 12:00 noon | PUC - WWE - SEP - 750 Phelps Street, 930 Admin. Conf. Room. | Yes. Open to other City employee around the area. | Kenneth Olivencia |

SFPUC: HRS ELR Pop-Up

At SFPUC HQ (525 Golden Gate Avenue, SF) on December 7, 2022

HRS Groups were encouraged to work together and build a gingerbread house. Collaborating, communicating, and working as a team made for a great event. Having some time away from our desk to work on a low stakes fun project, brought in lots of comradery and continues to build up the team reminding us the fun we can have when we work together; an added bonus for having fun in person!



SFPUC: HRS

Multicultural Potluck

At SFPUC HQ (525 Golden Gate Avenue, SF) on November 16, 2022

The multicultural potluck event was planned as a fun and collaborative activity to increase participation in Diversity, Equity, Inclusion and Belonging (DEIB) initiatives. Through the sharing of food, visual exhibits, and an interactive game, employees met with one another and learned about the cultural experiences of our workforce. Although this was a Human Resource Services event, its impact is expected to extend to the entire organization through increased engagement in the broader Racial Equity initiative.

Employees appreciated the opportunity to interact with one another safely in person, welcoming new staff while catching up with longtime colleagues. Aside from a diverse and nutritious meal, the entire team benefitted from a reminder of the power of teamwork and camaraderie.



SFPUC: HRS Payroll Pop-Up

At SFPUC HQ (525 Golden Gate Avenue, SF) on November 8, 2022

Hosting HRS Pop-Ups gave the teams a chance to brainstorm, team build, and come up with ideas on fun and interesting activities for our HRS division. It created a great opportunity to chat and get to know each other a little better away from the work environment.

In addition, employees are given a chance to work with other teams / units and to meet new employees that we didn't get to meet during the pandemic. The participants played Payroll-themed games such as "Pin the Ingot on the Money Tree," "Shovel Money into a Basket" (blind-folded), and "Push Coins Across a Table" to see how much money people can land on. There was also a money origami table where people made origami out of fake money. Lots of snacks were also provided.

The participants who got the most fake money from winning the games received prizes donated by SFHSS, which included a picnic blanket, a lunch bag, an umbrella, a cutting board, and a glass mug. It was a successful and very fun couple of hours!!!!

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SFPUC: HRS Popcorn & the Virtual Pre-Screening of the Muwekma Ohlone Documentary

At SFPUC HQ (525 Golden Gate Avenue, SF) on November 2, 2022

SFPUC did a virtual pre-screening of the Muwekma Ohlone Documentary, a film about the Muwekma Ohlone and the archaeological story of the site where SFPUC's future Alameda Creek Watershed Center in Sunol will be. Human Resource Services (HRS) hosted a viewing party with the HRS staff, providing popcorn and the documentary in a theater-like environment.

Hosting events like these positively impact our HRS staff. They are good team-building events that makes staff look forward to coming into the workplace. Seeing how it is impacting staff, the HRS Leadership has also made it an ongoing goal to think of other fun and creative ways for teams to bond at work.

In case anyone is interested: <https://www.pbs.org/video/time-has-many-voices-the-excavation-of-a-muwekma-ohlone-vil-3kwxrl/>

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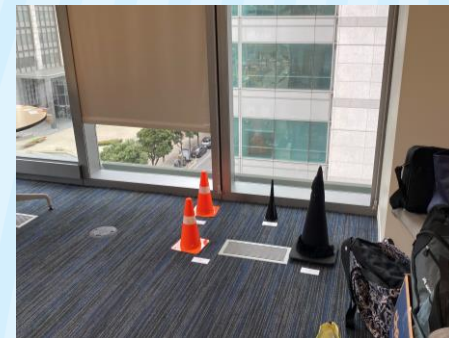
PUC: Health & Safety Program Pop-Up – Spooky Halloween

The SFPUC Health & Safety Team hosted a Spooky Halloween-Themed Pop-Up, on Wednesday, 10/12/2022 from 9:00 A.M. – 12 P.M. in the Calaveras Room, 6th Floor, at 525 Golden Gate Avenue, San Francisco, at SFPUC’s Headquarters.

About 50 employees stopped by to say “hi”, created Halloween and Fall themed crafts, enjoyed healthy fruits and Halloween snacks, and played games (tossing the rings into the cones, throwing ping-pong balls into cups, and guessing the number of candy-corn candies in the jar) for prizes. The games were first-come, first-serve with 4 persons maximum and started every half hour. Employees are encouraged to come dressed in Halloween spirit.

Since COVID-19 remains a concern, we did our best to provide a fun experience while remaining safe by asking folks to consider wearing their face covering to the event and try to limit the time of their stay to 15 minutes or less. It was so much fun, some folks stayed longer than 15 minutes. Those participated in the event were entered into a grand prize drawing. Employees commented it was great to see faces, smiles, and to socialize with co-workers with such a fun and de-stressing event.

As a result of this event, we see synergy created from connecting the colleagues across various sections within SFPUC Human Resources. Folks get to know each other a little more.



SFPUC: Spreading Holiday Cheer: Toy Drive

At SFPUC HQ (525 Golden Gate Avenue, SF) from December 7, 2022 – December 20, 2022

The SFPUC proudly partnered with the San Francisco Firefighter's Toy Program to help ensure that every child receives a gift this holiday season. As an agency, the department is always working to prioritize the needs of the communities they serve, and this is a great opportunity to both individually and collectively support the children of San Francisco. Human Resource Services (HRS) division requested three barrels for our Headquarter, with two in the lobby and one in the HRS office. HRS also provided fresh fruits to HRS staff (courtesy of SFHSS) and home-baked treats.

All SFPUC employees at the HQ were positively impacted, as they were able to participate in spreading holiday cheer to children in need. Employees working at other SFPUC sites were also encouraged to request for toy bins at their locations or drop the toys off at their nearest fire station. As a common theme lately, this is continuing to encourage all SFPUC employees to find ways to share fun experiences with colleagues, and to look forward to going into the office again after many SFPUC employees having worked remotely full-time for over two years.



RPD: In-person Yoga Series

After a 2 years hiatus, in-person yoga classes finally returned for RPD employees to enjoy, relax, and recharge. Yoga classes started again at The Conservatory of Flowers, Orchid Pavilion in Golden Gate Park with instructor, Donna Davis.

Sponsored by SFHSS Well-Being, the classes started on Thursdays, January 26, 2023, to February 23, 2023, from 12:00pm-1:00pm. To help raise awareness the RPD Champions promoting the series via flyers, emails, Newsletters, and at RPD meeting shout-outs. Each session had a mix of Lodge & Annex employees and those in the field. A group of gardeners even gained support from their supervisor to make special scheduling arrangements so they could participate. On average there were 7 attendees per class.

Employees appreciated the classes and provided feedback that they would like to see the series continue. Many expressed that “Thursday in-person yoga with Donna is a valuable Wellness offering” and “it’s been a great way to relax and bring me some energy in the middle of the week”. Participants also got to meet other RPD Employees from different divisions, which helped to build a sense of community. The next series is slated to start again on March 23 to June 29, 2023.

