

# SFACC: Kick Off to Colorful Choices

San Francisco Animal Care and Control (SFACC) Staff enjoy fruits from The Fruit Guys during a CPR training session to kick off Colorful Choices.

Making choices for a safe and healthy lifestyle.

Learn more about SFACC [sffanimalcare.org](http://sffanimalcare.org)



## WELL-BEING@WORK

### SPECIAL DELIVERY



# SFACC: Colorful Choices Animal Art Contest

San Francisco Animal Care and Control (SFACC) Staff had fun making animal art out of fruits and vegetables. After the contest, everyone enjoyed eating the fruits of their labor.

Making fruitable choices with our veggie pets.

Learn more about SFACC [sfanimalcare.org](http://sfanimalcare.org)



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## Contest Details:



## Colorful Choices Animal Art Contest

*Get creative with fruits and vegetables*



# CHF: Massage Chair

DCYF Offices, received the massage chair on 1/24/2019.

The massage chair has created a community, it provides a safe space for staff to relax, and it has greatly reduced staff stress.

Staff gather around the chair and use it to reduce their stress. It has become a highly contested area with staff signing up for usage.

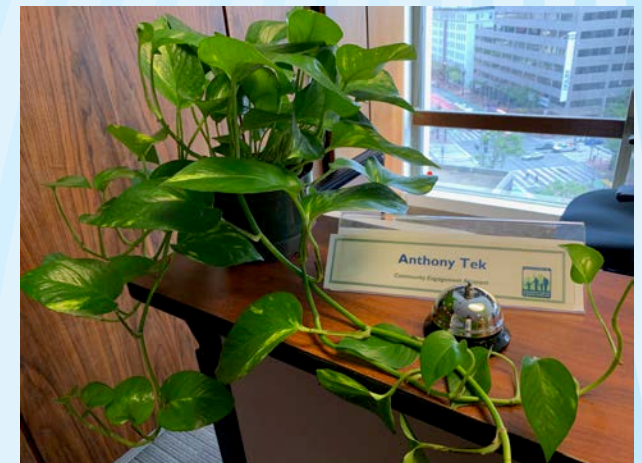


# CHF: Plants in the Office

DCYF Offices, received the massage chair on 11/1/2018.

The plants have brightened our offices and improved the air in our offices. Our office as a result has become more welcoming, our office is less stuffy, and it has reduced stress.

Staff have commented how the plants have transformed our visuals of the office and are happier to come into work.



# CPC: Colorful Choices Challenge Kick Off

The Planning Department promoted the Colorful Choices Challenge with a kick off event, where staff enjoyed delicious colorful fruits and registered for the challenge! CPC also held a raffle during the kick off to draw staff to participate.

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# CPC: Chair Yoga

The Planning Department hosted a Chair Yoga activity. An instructor came onsite to teach Chair Yoga to staff. This activity was highly requested by CPC staff, since Chair Yoga or Gentle Yoga is a great way to do some well-needed stretches during the day and reminded staff to take their breaks and to step away from their desks. The class had such a positive response from attendees that CPC is looking to have ongoing Chair Yoga classes.



# CPC: Exercise Space Open House

The Well-Being@Work Grants helped CPC purchase exercise equipment for their conference room space. This helped the CPC Wellness Team to continue their efforts to promote the importance of physical activity by providing easy access to employees at work. Staff were invited to the Open House to checkout the new equipment and got an hands-on experience to learn how to properly use the equipment.

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# CPC: Wellness Newsletter

In an effort to bring wellness news and related articles to staff, the CPC Wellness Team created a department wide monthly Wellness Newsletter. Contents include: announcements for upcoming events, exercise class schedules, themes for the Recess Breaks, and interesting articles related to wellness. The initial issue was first published in August 2018. The newsletter continues to evolve with better graphics and packed with exciting information.

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# CPC: Stretch Breaks

Many office workers become tense and stiff working at a desk all day. At CPC we created a dedicated time and space to take a “stretch break” together. Staff would gather on the 5<sup>th</sup> floor Atrium at 1650 Mission for a 15-minute stretch break with easy-to-follow stretches. By popular demand, the stretch breaks are now held twice a week and at different break times to accommodate different shifts. Each stretch break was initially lead by a Champion, but due to its popularity, staff from throughout the department have volunteered to lead the stretch breaks.



# CSS: Colorful Choices Kick Off Party

May 29th

On Friday, March 29<sup>th</sup>, The Wellness Champions from the San Francisco Department of Child Support Services hosted a smoothie social to kick-off the Colorful Choices Challenge.

Employees were treated to two types of vegan smoothies, one with veggies, and one with fruit. The Fruit Guys brought a delightful assortment of fruit for each participant to take. Employees were informed of the Colorful Choices Challenge and encouraged to join teams.

Over twenty people attended the event! There was much discussion on which smoothie tasted best, and whose team was going to win the challenge.



# DBI: Department Healthy Potluck

DBI provided a celebratory potluck for the end of Colorful Choices for their entire department.

During the challenge, they shared healthy dishes, sprinkled with a few treats! They also engaged in a fun game of “Who Am I”, and challenged each other to guess which picture matched the description of the fruit/veggie.

The Colorful Choices challenge is DBI’s most popular challenge and staff look forward to our healthy potlucks, which are very fun and an excellent way to promote well-being at work! The Well-Being Champions encourage employees to eat healthier, and include more fruit and vegetables in their daily meals! The challenge affected the office staff, and field inspectors. For their launch event everyone received fruit at the start of their day, and they provided floor by floor deliveries to ensure that inspectors and office staff were able to participate.

The healthy potlucks have exhibited a positive way to connect with one another and team-build. By observing what people bring to lunch the department has noticed that they’re adding more fruit and vegetables! They have also seen their potlucks, birthday celebrations, and office meetings grow to include some type of fruit and vegetables; whereas in the past it was only pastries and coffee. Now everyone really looks forward to the fruit, and naturally make colorful choices!

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# DPH-LHH: Take Care of Yourself Thursdays

[2 & 4 Thursday Laguna Honda Chapel]

“Take Care of Yourself Thursdays” practices ways to care for our heart! Facilitators provide EFT (emotional freedom and mindfulness techniques, singing bowls and tuning forks for wellbeing.

The techniques provided lift the burdens from our hearts and create room for wellbeing

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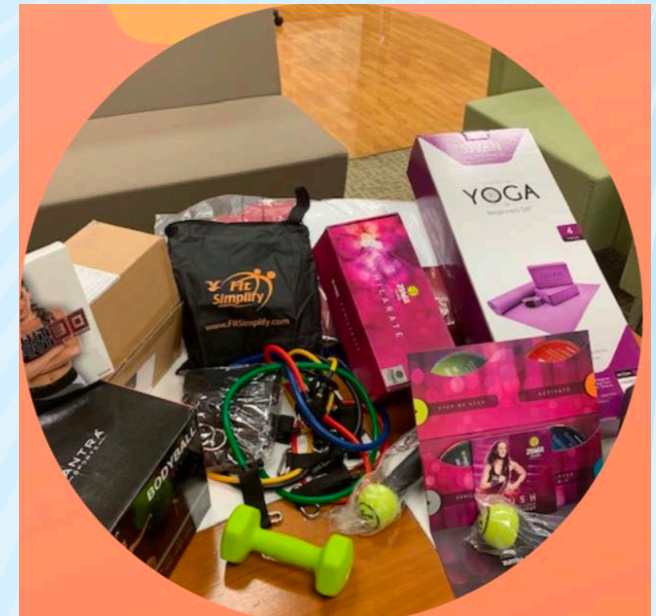


# DPH-ZSFG: Wellness Kits

In an effort to create awareness around and momentum for the citywide HHS Wellness Program, the Community Wellness Team applied for and received an HHS grant that allotted us monies to provide a Wellness Starter kit to new HHS Wellness recruits. We spread the word to our staff events, word of mouth and our monthly newsletter.

After distributing Newsletter in May, we've had a great number of interested staff and Departments, total of 7 in the first week alone!

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### EDITION HIGHLIGHTS

- **Spotlight:** Wellness kit for new department champion!
- Community and Wellness Events
- Staff opportunities

### Spotlight

Wellness Kits for new HHS Wellness Champions!



This month we are giving the first 10 Departments that join the HHS Wellness Champion program a welcome bag. This bag include lots of great equipment and exercise videos to help ZSFG departments get started on their Wellness Journeys!  
If you or your department is

# SFFD: Yoga at Headquarters

Yoga is held from 12pm-1pm on Wednesdays at SFFD Headquarters located at 698 2<sup>nd</sup> Street, SF, CA 94107

Weekly yoga sessions promote workplace well-being by reducing stress and tension. Yoga can also improve focus, concentration, posture, and flexibility.

Members who participate in yoga have stated that it is the highlight of their week and serves as a much needed mid-week recharge. After yoga, members report feeling relaxed and having a positive outlook for the day. All CCSF employees are welcome to attend.

Positive changes that we've seen in the workplace as a result of the yoga program include reduced stress, awareness of body mechanics, sense of comradery, and attendees appreciate the department offering wellness activities.

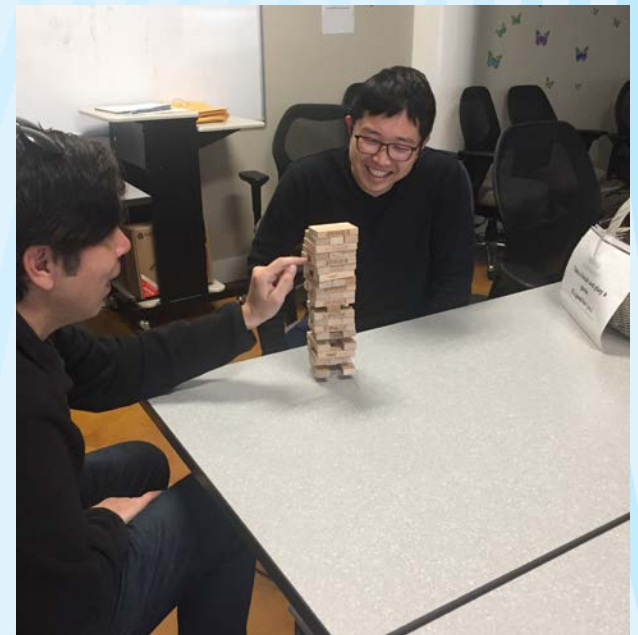


## DAAS: Game Cart

2 Gough and 1650 Mission  
Spring 2019

With grant money from Health Services a game cart was created to rotate among DAAS programs.

Employees can take just a few minutes to play a game to connect with co-workers, to refresh and reset. Taking a break from regular work activities has been proven to increase productivity and contribute to better physical health. Being connected to others can decrease mild depression and anxiety and create a sense of overall well-being.



## SFPL: Grow Your Lunch

4<sup>th</sup> Floor Deck, SF Main Library, 100 Larkin street, SF 94102,  
April 3 & 4, 2019

Employees plus one retiree went to the Library's 4<sup>th</sup> floor deck to plant seeds/pits they (and I) had from their (my) lunches.

Being able to grow vegetables/fruits/beans from everyday food is not always obvious to many people. This creative program, growing plants from our lunches, is a way to become aware of where our food comes from and appreciate what it means to choose healthy foods. Becoming lunch gardeners has enabled staff to grow their own healthy foods, look forward to eating and sharing, while realizing eating well at our workplace— has special rewards for their well-being.

As a result of this wellness program, staff are watching plants grow, have a special interest in eating green and are thinking their healthy crops will make them healthy. This program is a real team builder. Staff are talking more to each other especially about foods and planting strategies.





# SFPL: Walk the Steps

Employees at the main library are invited to join in on a stair walk at 10:30am on Fridays.

This activity is led by the Main Library Champions to encourage movement during the workday and help to highlight how stairs can be a positive part of your day.

Employees that enjoy, look forward to this stair walk and employees have a fun time catching up and moving together.



# MOD: Walk to Work Day

1155 Market St. SF, CA 94103  
April 10, 2019

Walk to Work Day is the annual celebration of our walking city, and of everyone who walks! With a goal of making San Francisco the most pedestrian-friendly city in the United States, Walk to Work Day encourages weekday commuters to choose walking over other modes of transportation.

From walking to work or taking a walk during a break, employees seem mentally and emotionally rejuvenated, and ready to face their day to day work load.



# SFPD: Yoga at Headquarters

Tuesday, April 30, 2019  
SFPD Police Headquarters  
1245 – 3<sup>rd</sup> Street  
San Francisco, CA 94158

Wellness Champion Kristine Demafeliz who is located at police headquarters hosted and taught a “*mindfulness moving meditation yoga class*” to sworn and civilian staff to give them the opportunity to re-center and decompress in the middle of their working day.

The purpose of this class is to assist individuals with letting go of stress and to be able to connect with their *breath*, and more importantly to move their bodies in a way that is *safe and comfortable* for them. Yoga can definitely help with re-aligning and re-centering the mind and body... whether they return back to the streets or back into the office, but with a more *calm, clear, and confident mind*.



# SFPD: Yoga at Hall of Justice

The San Francisco Police department offered Yoga at the Hall of Justice taught by one of their very own employees and Well-Being champions Kristine Demafeliz.

*“Kristine serves as an inspiration to me and to our department. Her compassion and dedication to people whom she shares her yoga practice and teachings with is remarkable and noteworthy.”*

Yoga strengthens our core beings and most importantly, brings **POSITIVE** energy in the workplace. If we work in an office and constantly using computers, staring at a computer screen all day, one can get tight and stiff in the body, and also feel unpleasant because of that.

***Movement*** is the key to living!

It’s amazing to feel your body and breath connect, move, and flow together. I felt like this practice drew energy *“from the Earth and healed my body and strengthened my mind”*.

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# PUC: Healthy Food Demo

SFPUC Headquarters at 525 Golden Gate Avenue, 2<sup>nd</sup> Floor, on Tuesday, May 14, 2019

It was a great event to reinforce “Colorful Choices Campaign” for 2019. Chef Scott educated us on how easy it is to prepare healthy simple meals. He provided insights to nutritional facts and food combinations to enhance flavors really hits home for 25 plus attendees. The room was filled with “*I’ve never thought of that!*” or “*wow! That preserved lemon really hits the spot!*” Attendees loved the delicious samples and the useful recipes and cooking tips. Chef Scott entertained and excited the group as well as focusing on healthy simple ingredients.

As a result of this program, employees are more aware of what SFHSS Well-Being@Work can offer and what SFPUC Wellness Champions can bring to them. Diane Vornoli and Sandy Ow often got asked when will be the next one. This program went from less than 12 employees showed up in July 2018 to a “SOLD OUT” with 30 registered in just a day after announcing it, and more were asking to join on day of. Thanks to the efforts and hard-works of Diane and Sandy for bring Well-Being events into SFPUC Headquarters. Keep up with the good works!



# PUC: Healthy Salad Dressing Demo & Tasting

In support of the Colorful Choices Challenge, employees at Moccasin held their first “Healthy Salad Dressing Demo and Tasting” event in May. The event showcased easy to do homemade salad dressing recipes. Six different salad dressings were created and participants were able to try the different recipes with fresh greens. Salad dressing recipes were shared and downloadable on the Moccasin Connections Home Page. The event was a success, it helped create an environment for employees to eat healthier together.

## WELL-BEING@WORK



**EAT BETTER** PUT MORE COLOR IN YOUR LIFE AT EVERY MEAL.

Salad Season is here!!

Please join the Well-Being@Work team for a cooking demonstration and taste testing of:

"Healthy and delicious Salad Dressings"

- Enjoy crudités, crackers and salad dressing samples.
- Salad dressing recipes
- Cooking demonstration.

When:  
May 23<sup>rd</sup>, 12:00 – 1:00 PM

Where:  
Administration Building Kitchen

Please feel free to share your own healthy salad dressing recipes.

Contact Leslie Mikan if you have questions. Ext. 52802



Oil-Free Lemon Poppy Seed



Creamy Cumin Ranch




Oil-Free Creamy Italian



# PUC: Move More Scavenger Hunt

A 5-week long scavenger hunt activity was created to help encourage Moccasin employees and their friends/families to get outdoors and move more. Each week a clue/riddle was associated with the different locations. Maps were provided and participants who answered the clues/riddles were eligible to enter into the drawings for raffle prizes. At the end of the scavenger hunt activity participants were invited to a celebratory get together.



**Move More**  
WELL-BEING@WORK

Well-Being@Work June 10<sup>th</sup> – July 15<sup>th</sup>

### SCAVENGER HUNT

Join the fun in our MoveMore Scavenger Hunt. Using our par course (maps will be provided), each week 3 locations will be selected. Each location will contain a clue to a riddle. Collect all 3 clues, solve the riddle and enter your name in the weekly prize drawing. **Rules on back. New Prizes in yellow.**

**Week 1:** 1 Pedometer, 2 fanny packs, 4 water bottles, 2 coloring books, 2 Sudoku, 2 movie passes \$20

**Week 2:** 1 Pedometer, 2 fanny packs, 4 water bottles, 2 coloring books, 2 Sudoku, **Amazon Gift Card \$30**

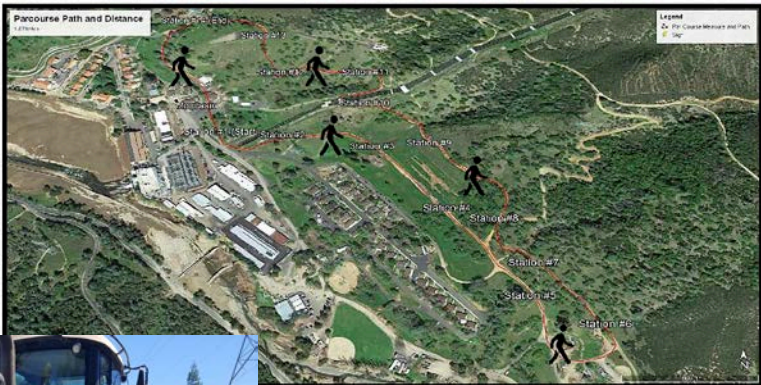
**Week 3:** 1 Pedometer, 2 fanny packs, 4 water bottles, 2 coloring books, 2 Sudoku, 2 movie passes \$20

**Week 4:** 1 Pedometer, 2 fanny packs, 4 water bottles, 2 coloring books, 2 Sudoku, **Amazon Gift Card \$30**

**Week 5:** 1 Pedometer, 2 fanny packs, 4 water bottles, 2 coloring books, 2 Sudoku, 2 movie passes \$20

**End of Event drawing:** **Big Five Gift Card \$40, 1-month free membership to Power Fitness in Sonora, 3 Yoga mats, 1 Gym Bag, 2 canvas tote bags, 2 backpacks, 1 plush lap blanket**

**FOR MORE INFORMATION GO TO:**  
Digital Display Board>Menu>Wellness Program>Scavenger Hunt button  
Moccasin Connections>Moccasin Information and Announcements>Wellness Program>Move More Scavenger Hunt.pdf



Parcourse Path and Distance

Legend  
● Start/End Point  
● Station #

Station #1  
Station #2  
Station #3  
Station #4  
Station #5  
Station #6  
Station #7  
Station #8  
Station #9



# SFUSD: Teacher Appreciation Week

12 SFUSD schools, May 3<sup>rd</sup> – 10<sup>th</sup>

San Francisco Unified's Student Nutrition Services appreciated our teachers for their dedication and healthy role modeling to students. A large fruit box was gifted to the Teachers Lounge, decorated with a large Thank You banner and included resources for how to participate in the meal program and link healthy practices in the classroom. Free breakfasts also offered in select schools.

This effort:

- added positivity and gratitude to the workplace for teachers
- provided healthy snacks in a stressful time of year for teachers.
- expressed our shared commitments to students through a kind gesture of thanks from SNS department.

