

ACC: Bicycle Safety Workshop

ACC hosted a bicycle safety workshop “Intro to Urban Bicycling” presented by the San Francisco Bike Coalition.

The presentation provided information on rules of the road, route planning, and how to pick the right bike. This workshop helped participants to gain confidence in using the new Electric Bicycle purchased for the department.



All ACC Staff is invited to join The San Francisco Bike Coalition for an Intro to Urban Bicycling. This course is a 1-hour presentation covering the basics of how to pick the right bike for everyday riding in SF, the rules of the road, and route planning. This course is a great introduction for people who are considering bicycling, or looking to brush up on skills. No bicycle, or experience is needed.

DATE: Tuesday, July 23, 2019

TIME: 10 am to 11 am

PLACE: 2nd Floor Lobby

Please RSVP to Judy Choy by Saturday, July 20, 2019



POL: Line Dancing

SFPD Headquarters
1245 – 3rd Street
March - April 2019

Staff members at SFPD Headquarters found a new way to line up! They completed a 6-week line dancing program where they danced once a week for 30 minutes. They learned a variety of line dances such as the “Cupid Shuffle”, “Electric Slide”, “Todo Todo” and “Boot Scootin’ Boogie”. The goal of the program was not necessarily to get all the steps right, but to keep moving and to have fun!

30 people participated in at least one session (most went to several or all). Many rediscovered dance as a great way to exercise and practiced the dances outside of work. Some said it gave them energy to go on with the rest of their workday. It also built camaraderie between people working in different units. There was a lot of positive feedback and participants are looking to restart the program sometime in the future.



SFACC Emazing Ride!

San Francisco Animal Care and Control (SFACC) is ready to ride! SFACC received HSS grant funds for an electric bike and a bike safety class. SFACC promotes healthy and safe living while caring for the environment!



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"For your safety - take the lane!"

SFACC Chasing Animals to Keep America Active

20% of San Francisco Animal Care and Control (SFACC) staff participated in the Keep America Active challenge. The “Chasing Animals” team ranked number 85 in the challenge and collected 115 points!



“We are not an easy catch!”



Learn more: sfanimalcare.org

ADM-OCA: Step Into the Spring Challenge

OCA hosted their first-ever 15 mile step challenge which encouraged the entire team to track their steps from March 22-June 21, 2019.

26 participants recorded 24/7 via smartwatch, phone app, or Fitbit for a combined **16,492,693** steps. Everyone who participated was treated to a healthy food demo. A special prize, unbeknownst to the team, was awarded to the top 3 steppers who added over 1 million steps each.

The challenge helped promote physical activity, walking meetings, and friendly competition.



ADM-OCA: Team Pictionary

ADM-OCA hosted a team building event at City Hall on March 20 & June 12, 2019.

With time dwindling down, teams of two work together to solve a set of pictures related to certain policies & regulations. The event allows Purchasers to work with other City Hall employees they normally wouldn't as our team is spread throughout San Francisco.

As a result of this program, communication has improved and we've been able to boost our internal relationships.



ADM-ORCP: Chair Yoga Series

City Hall, Room 305
July 26, August 14

GSA hosted two Chair Yoga events in City Hall. This activity was offered to GSA staff since Chair Yoga is a gentle way of incorporating some exercise throughout the day without having the hassles of changing clothes. Since the classes, the feedback has been positive. Staff are even inquiring about when the next class would be offered. GSA is planning to provide on-going Chair Yoga classes as a result.



AIR: Circle of Care

AIR offered a Circle of Care session on March 14, 2019.

This program was developed to address dependent care and to create a support group that allows employees to relate to one another regarding how hard it is to care for aging parents. Victoria from Senior Care Services was invited to provide an overview on the reality of aging and available support groups.

This was a well received topic of interest for AIR employees who are either caring for an aging parent or will be caring for one in the future. We understand that we all have challenges in life, so being able to offer some tips and resources was beneficial to our employees.

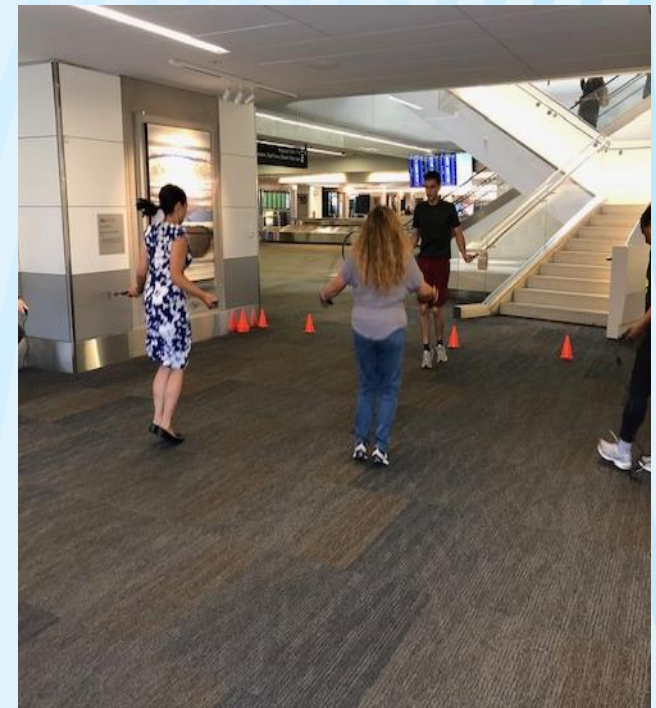


AIR: Learn How to Jump Rope

AIR Wellness Champions offered two sessions: August 6 and August 12, 2019.

The summer high school intern assigned with the Airport created a program to teach employees about the jump rope. Tyler, loves to jump rope as part of his fitness routine and developed a program to teach how to jump rope efficiently and understand the overall benefits it has for a healthy lifestyle.

Employees appreciated this program and AIR has made sure to offer the use of jump ropes in their satellite fitness centers so employees can jump rope as part of their well-being.



CON: Badminton Games

October 2019

Super CON Wellness Champions, Monica Wu and Melissa Ng lead the effort to secure BADMINTON equipment for the Department and reserved space on the City Hall Lawn to play some friendly Badminton games.

The event was a hit and had a great impact on staff by providing exercise in the middle of the day, relaxing with colleagues and learning a new sport. It was the perfect escape from the daily grind on a typical warm October day in San Francisco. There are plans to continue to play regularly if SF weather permits.



CON: Personal Safety & Awareness Trainings

October 2, 2019

CON Well-being Champions started to host quarterly Personal Safety & Awareness Trainings.

SF SAFE and SF Police Captain Fabbri provided an onsite training to raise awareness and address safety concerns for CON Staff at 1155 Market Street and City Hall locations. The training raised staff awareness of their surroundings provided tips on how to stay safe when commuting to and from work. The CON Wellness Champions will continue to host similar trainings to ensure staff remain safe. Also incorporate the SF Safe Personal Safety Guide for all new hires.

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CON: Monthly Ping Pong Games

At City Hall

CON Well-Being Champions hosts monthly Ping Pong games and provides healthy snacks.

This has had a great impact on participating staff by providing exercise in the middle of the day, time to recharge and important relationship building for people who wouldn't normally get to know each other because they work in different areas.



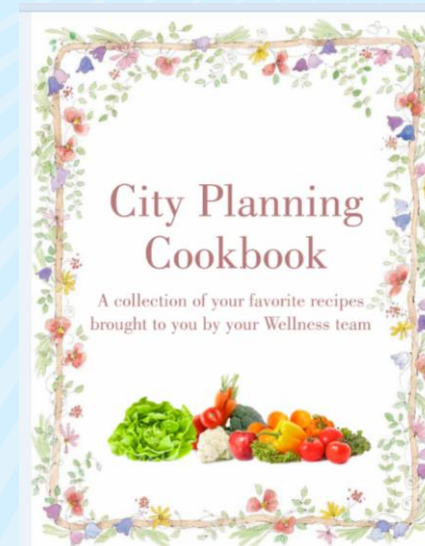
CPC: City Planning Cookbook

Summer 2019

The Planning Department was honored to have two very creative interns that assisted the CPC Wellness Team with many tasks and activities.

Some of these tasks, just to name a few, were the “Challenge of the Month” posters; commitment cards, and our very own cookbook! Staff was invited to submit their favorite recipes and our interns transformed these recipes into a beautifully-designed cookbook.

The pages were bound in a way so additional recipes can be added. The cookbook is displayed in our Wellness center for all employees to look over and enjoy!



Slow Cooker Black Bean Chili Unknown Submitter

Ingredients

- 2 tablespoons olive oil
- 1 large onion, diced
- 1 medium red bell pepper, cored, seeded, and diced
- 3 cloves garlic, minced
- 2 tablespoons unsweetened natural cocoa powder
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon cayenne pepper
- 1 pound dried black beans
- 1 (28-ounce) can diced fire-roasted tomatoes
- 5 cups (40 ounces) low-sodium vegetable broth
- Green onions, green parts only, thinly sliced
- Chopped fresh cilantro



Mexican Orzo Pasta Salad Submitted by Josie Feliciano

Ingredients

- Orzo pasta
- Chicken stock
- Taco seasoning
- Wilted spinach
- Green onions
- Red onions
- Red bell peppers
- Yellow bell peppers
- Cucumbers
- Corn
- Kidney beans
- Olive oil
- Lemon juice



Instructions

1. Cook orzo pasta in chicken stock with a bit of taco seasoning.
2. Add wilted spinach, green onions, red onions, red bell peppers, yellow bell peppers, cucumbers, corn, and kidney beans.
3. Drizzle with olive oil and lemon juice.

CPC: 15 Minute Stretch Breaks

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The 15 Minutes stretch breaks occurs every Monday at 10am and Thursday at 2pm at 1650 Mission Street on the 5th floor

This program allows us to get away from our desk for a few minutes and join others on stretching our bodies. A new person leads the stretches each week to learn new techniques and gives one another accountability to teach each other. My team is located on the 2nd floor and we motivate each other to take the stairs as much as possible to 5th floor to begin our stretches. This 15 minute break is open to anyone in our building and the class continues to grow.

Although this is a short class, I see the difference in myself and colleagues when we return to our desk. Our mind, body and spirit are energized.

CPC: Tricks for Treats

October 23, 2019

The Planning Department combined Halloween with exercise and created a Tricks for Treats event!

Participants simulated an exercise with a scary theme at four stations: the Frankenstein Walk, the Lurking Lunge, etc. After each participant did their “trick” at all stations, they received a “treat” or a prize.

Everyone had a “scary” great time!



CSS: Workplace Meditation

The CSS Department Lead developed a program called Workplace Meditation, which takes place every Thursday.

Every Thursday, CSS invites employees for a morning session of Workplace Meditation.

While listening to sounds of the ocean, employees focus on breathing calmly and deeply for 10 minutes.

The Workplace Meditation was created to promote a sense of unity, manage stress, improve focus, and decrease anxiety. Employees have noticed feeling more calm and relaxed after a session.



IHSS: Inclusion Committee Cultural Fashion & Food Event

June 20, 2019 at 1650 Mission Street

IHSS Inclusion Committee successfully hosted a fashionably fun and tasty *Cultural Fashion & Food Extravaganza* at 1650 Mission Street. The 3rd floor was decorated with flags representing different cultures and countries, traditional wares, and a red carpet for staff showcasing traditional attire from Africa, Cambodia, Mexico, China, Philippines, Vietnam, Brazil, El Salvador, Ukraine, Russia, and more.

The event spurred cultural exchanges, as staff shared the history of their attire, ware, and dishes. After the event, staff excitedly talked about what they'd like to add for next year's event.



DAS: First Annual Golden Paddle Ping Pong Tournament

08/20/19-08/29/19 at 2 Gough St., 1650 Mission St., and 170 Otis St.

DAS Wellness Committee promoted well-being at work with a ping pong tournament with over 50 participants from four City departments playing a total of 59 games. Philip Wong from HSA Contracts and Jesse Guzman from DAS Integrated Intake played at the final tournament, as DAS Executive Director Shireen McSpadden presented Philip with the golden paddle trophy and a FitBit for winning.

The tournament not only promoted physical activity, fun, and stress relief but also spurred cross-departmental interactions and team building. Two ping pong tables are now available at 1650 Mission Street for staff to use during breaks. After each tournament, staff excitedly ask about future matches, as it was they were assured that this event will be held the following year.



DBI: Keep America Active Participants

The Department of Building Inspection took part in the “Keep America Active” (KAA) Challenge this year and the ‘headquarters’ was located at 1660 Mission Street throughout the 6-week challenge that began on July 8th. Both Well-Being Champions, Sonya and Terry, participated in the challenge and formed a team, “DBI Steppers”!

As champions we encouraged all employees to participate in the KAA Challenge, posted flyers, and sent out weekly emails inviting them to simply move more by adding “play” to their day! Whether it was taking Yoga or Zumba classes, taking a walk, swimming or doing the 5 or 10 minute Thrive Thursday exercises... It all counted as movement!

Two participants on our team “shined bright like diamonds” as Rihanna sang – Irene Bartholomew & Shirley Wong went above and beyond when exemplifying Play Your Way & Keep America Active! They both earned well over 200 points by daily keeping track of their activity during the KAA Challenge, and I wasn’t surprised since they’re both really active people.

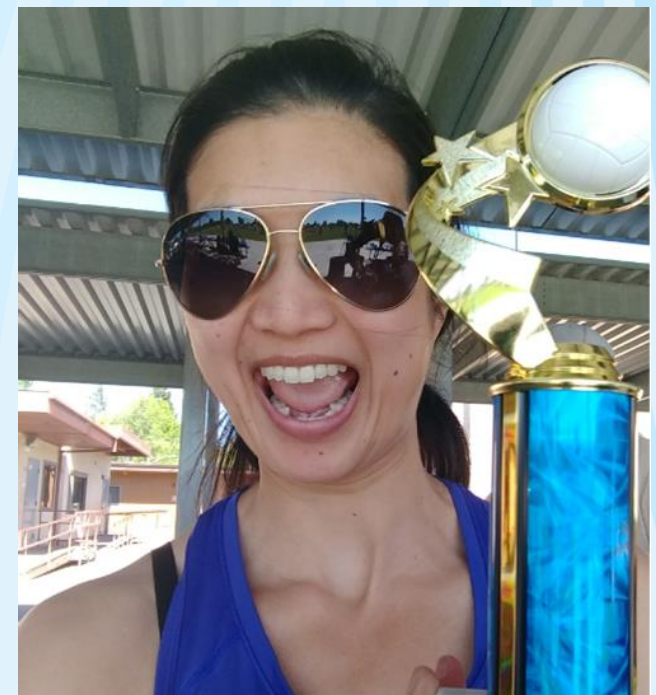
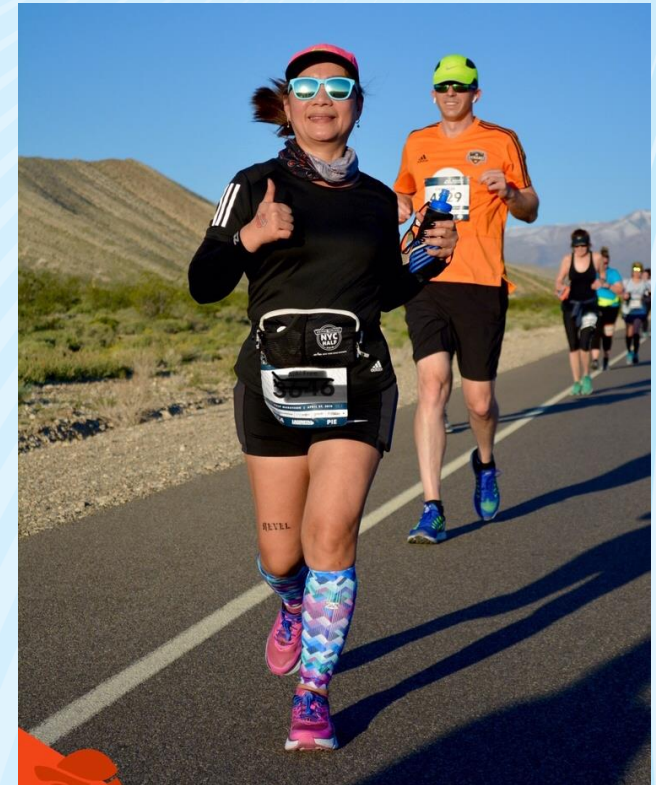
Starting with Irene, she’s an avid marathon runner who also regularly attends Zumba classes. As part of her exercise routine, she often runs miles to prepare for the many 5K and 10K marathon races that she enters. Irene has traveled extensively to various locations to run in marathons. Even more exciting news is that she will be running her first ever world major marathon in Chicago on October 13th! She will do back-to-back 5K/26.2 miles, Oct 12 & 13, respectively. We’re all rooting for her and know that she’ll finish strong!

Next, is Shirley who is very athletic and participates in volleyball tournaments. In addition, she regularly does high-impact workouts, plays sand/court volleyball for fun, and daily rides her bike to work rain or shine! Congratulations to Shirley and her championship volleyball team who recently won their “Play in the Bay Fall 2019 league”! In addition, Shirley is a “team player” by helping with DBI’s Wellness Program and regularly assisting with setup for Yoga and Zumba classes, along with updating and posting the monthly Wellness Activity Calendars on our Bulletin Boards.

The positive well-being changes that we have seen in the workplace as a result of Play Your Way/Keep America Active is that we’ve noticed that staff are actually moving more by taking walks on their breaks or even taking a few minutes to stretch at their desk! Small changes have become part of their daily routines, which is wonderful. Congratulations again to Irene & Shirley who definitely inspire us all to go a step further!

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DPH: Outdoor Fitness at ZSFG

The Wellness center at ZSFG was closed for fiscal year maintenance and a group of regular attendees created an outdoor training circuit to support everyone's exercise habits.

Diana Arcega hosted and led the circuit activities including jump ropes, yoga mats, dumbbells, through a 20-minute workout.

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DPH: Walking Challenge

We hosted a walking challenge with 33 employees participating. During the challenge, everyone was provided with a pedometer to track their steps and a 30-day paper tracker to keep people motivated.

SFHSS provided prizes and all of the tools to help get more physical activity into our workday. Working on a shared goal made it easier to make it a habit at the workplace.

DPH: 30VN

Ongoing Chair Yoga

Chair yoga offers employees an opportunity to practice self-care and stress reduction. To incentivize participation, we raffled off physical activity gears such as yoga mat and stretch bands at our session. We also promote healthy eating by occasionally give out cook books to appreciate participants with high attendance.

The sessions take place at the large conference room on 2nd floor at 30 Van Ness Ave weekly on Fridays.

As a result of this program, participants had a chance to network and share their healthy habits. More importantly, it aligns with our recharge campaign's health concept – take a minute to breathe/stretch.

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DPH: Castro Mission Thrive Thursdays

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DPH employees at the Castro Mission have created a Thrive Thursday program. During Thrive Thursday meetings are held with incorporated active agenda items:

1. Squats during staff meeting
2. Shoulder rolls during afternoon staff huddle

Employees enjoy taking this active break together!

DPH: Castro Mission Well-Being Retreat

DPH – Castro Mission Health Center coordinated a retreat by organizing a retreat committee.

The committee met during lunch and wellness committee to plan the events for the retreat. Each member contributed ideas and assisted with different parts of the retreat.

Staff mentioned how they really enjoyed spending time and to getting to know each other outside of the clinic. Activities included: two truths and a lie, human bingo, big wind blows, yoga, mission statement vision boards, crossing the river team activity, walks, and music.



DPH: Castro Mission Wellness Walks

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DPH employees at the Castro Mission health center are committed to well-being and have created a Wellness Walk.

The Wellness walk takes place during lunch to explore the ZSFG campus and surrounding area.

1. Taking the underground pathway from Bldg 80 to Bldg 5
2. Rooftop garden at Bldg 25
3. Walking to Balmy Alley murals and Philz Coffee

This is an opportunity to team-build and to gain a better understanding of the new location the health center has been placed at. Employees enjoy taking this active break together!

ECN: Colorful Choices

April - May 2019

Colorful Choices challenge brought out new leadership from staff to form several teams in doubling previous year's participation. Our group efforts took us to rank in the top three.

It was a celebration of healthy eating and teamwork.



ECN: Keep America Active

July - August 2019

Keep America Active challenge encouraged healthy behavior modelling. Staff became more cognizant of their own health and wellness.

Forming new habits and trying new activities with the sense of empowerment and creativity resulted from the challenge.



ENV: Keep America Active Launch Event

Department of the Environment Champions teamed up to promote the SFHSS physical activity challenge Keep America Active.

Employees came to the event to learn about physical activity, pick up tools and resources to develop a habit of movement, and to register for the challenge.



FIR: Healthy & Safety Awareness Month

June is Safety Awareness Month and the Department is highlighting cancer prevention and awareness.

On June 20, each station received a box of fruit in an effort to promote healthy eating habits. Fruit provides a variety of important nutrients.

According to the American Cancer Society (ACS), recent studies suggest that eating more vegetables and fruits may help lower the risk of developing obesity, thereby having an indirect effect on cancer risk. This fruit delivery helped to promote healthy habits and safety for all FIR stations!



MTA: Blood Pressure Monitor Distribution

Thanks to a Well-Being@Work Grant Award, the SFMTA Wellness Program was able to distribute Blood Pressure monitors for use at agency Transit Division locations throughout the City.

The Blood Pressure Monitors act as vital tools for self-health management. Self-health management is what we can do personally to keep ourselves healthy, to manage long-term or ongoing health problems well, and to prevent or delay potential complications. With the Blood Pressure Monitors, individuals can develop the skills, knowledge and confidence to help better ensure continued health and wellness for themselves.

This is especially important for Transit Operators and Maintenance staff at our Division locations, who are subjected to challenging workplace conditions that do not encourage positive wellness choices.



POL:

Self-Defense Class for Civilians – Policy Academy

There were requests from the staff to participate in a public safety course. One of the well-being Champions, Kristine Demafeliz, assisted with facilitating a **“self-defense class for civilians”** that involved a 2-hour course which comprised of 1-hour of lecture and 1-hour on the mat.

Officers Reich & Park provided an amazing and informative presentation and participants were able to leave with important safety tips and tactics from the night’s course. They plan on having a Part Two of the course for us to really dive deep into the facets of self-defense.

Participants learned how to lookout for signs of the “Observational, Conversational, and Confrontational” behavior of a subject on how they would approach their prey (or victim) in the case of an ambush, how to “Detect, Avoid, and De-Escalate” a situation and to always be **ON ALERT!!** The trainers emphasized the need for participants to “KNOW FEAR” rather than no fear and to also have “situational awareness” to detect when there is sense of trouble.

The attendees felt strongly about this course that it ties into wellness as we were able to gain the knowledge and skills to **“protect ourselves”**. This is HUGE for wellness as it **KEEPS US ALIVE!!**



POL: SFO Latino Heritage Event

SFO Library and Museums
San Francisco International Airport
October 8, 2019 from 11:00am – 1:00pm

The one-day ***Latino Heritage Event*** provided a short program for the ZUMBA demonstration and members of the SFPD participated including our very own Captain Milanda Moore who performed a solo dance! The demonstration was to show how simple it is to move, get your heart rate up, with Latin-inspired tunes that are upbeat and fun.

These types of events allow employees to feel appreciated, welcomed, and at the same time enjoy a physical activity. These events benefit the employees' well-being and overall feel of inclusion.



POL: Food Demonstration at Police Headquarters (PHQ)

Wednesday, March 26, 2019
SFPD Police Headquarters
1245 – 3rd Street, Room 1025
San Francisco, CA 94158

“Chef” Scott Sachs served us some tasty, easy and most importantly... healthy recipes today at SFPD Headquarters. His cooking demonstration was entertaining and engaging, and everyone was excited to learn new recipes and sample!

One of the challenges of eating healthy is knowing what to eat and how to prepare the meals. Healthy food demonstrations provide samples of healthy, low-fat meals and allow members to ask questions. Chef Scott also recommended where to buy ingredients from and provided each person with a recipe booklet. We all left with recipes and a healthier, low-fat palate!



POL: FUN-THEMED WELLNESS EVENT / HEALTHY POTLUCK AT PHQ

Friday, June 28, 2019
SFPD Police Headquarters
1245 – 3rd Street, Room 1025
San Francisco, CA 94158

The Wellness Team hosted a fun-themed Wellness Event / Healthy Potluck that comprised of fun games such as Planko board, corn hole, and photo booth props; and participants were also able to win prizes! The menu was that of healthy foods such as vegetarian dishes including healthy meats for protein!

The event was attended by both sworn and civilian staff which gave everyone the opportunity to share a healthy meal together and to take a break out of their busy days to have some **FUN!** From vegetarian pizza, to açai bowls, to grilled chicken and veggies, to fruit platters... we had a variety of delicious healthy foods to eat!

Feedback I received from attendees was that they said it was **extremely FUN** and were grateful to take a break during their busy schedules! I also made announcements to staff on how vital it is to take “daily breaks” and to “eat healthy” to be more energized throughout their day as it can increase job performance! When members are in a positive and healthy environment, it stimulates alertness to perform job tasks at their very best!



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1245 – 3rd Street
March - April 2019

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30 people participated in at least one session (most went to several or all). Many rediscovered dance as a great way to exercise and practiced the dances outside of work. Some said it gave them energy to go on with the rest of their workday. It also built camaraderie between people working in different units. There was a lot of positive feedback and participants are looking to restart the program sometime in the future.



POL: Meditation Series at SOB (Special Operations Bureau)

May and June 2019
Wednesdays at the TAC Building
1700–17th Street, San Francisco, CA

Meditation Teacher Lane Levy of Rec & Park offered a series of meditation classes to sworn and civilian staff members located at the Tactical Building in the City.

It was such a wonderful experience as the meditation assisted with aligning the mind, body, and spirit which helped re-energize the brain during a busy work shift. The classes also allowed to help staff refocus by “changing their relationship with stress and to be able to sleep more ‘deeply’ at night.”

Participants have stated they felt physically and emotionally “lighter and very relaxed” after class. The benefits that came out of these classes were obtaining the tools to face daily challenges “with greater clarity and peace of mind.”



POL: YOGA AT PHQ

Tuesday, April 30, 2019
SFPD Police Headquarters
1245 – 3rd 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***.



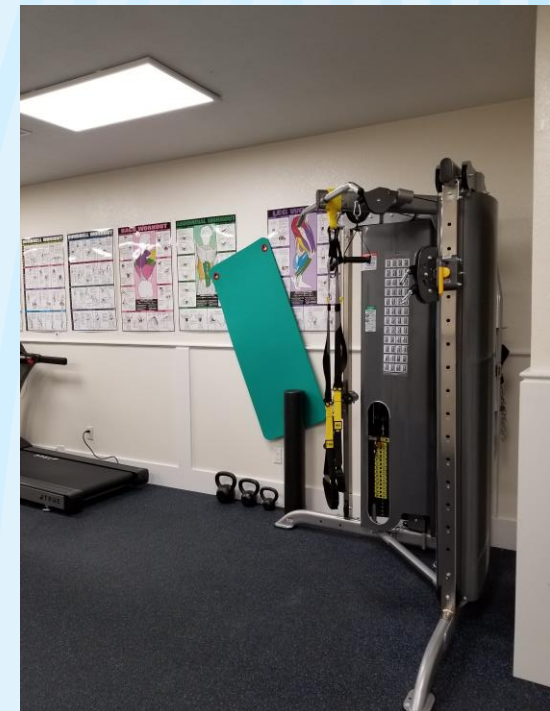
PRT: Pier 50D Recreation Room

Grand Opening November 14th, 2019!

Our goal for the Recreation Room was to partner with SF HSS and create a space where SF Port employees can reinforce their wellbeing.

Historically, a majority of maintenance employee injuries are due to repetitive motion and poor lifting mechanics. Now that we have new equipment installed along with informational posters and instructions, employees can utilize the equipment to help improve their understanding of the human body, the mechanics of interacting with their environment, and their overall strength and stability.

With this new equipment in the renovated space, we hope to see improved health among the Port maintenance staff.



PRT: Port Runners

Port Runners is a fun running and walking club led by Port staff for employees and their families. The group launched in the Summer ahead of the Giant Race on September 8, 2019 with the tagline: **Port Runners: Running the waterfront since 1863**

Port Runners is a diverse group of runners and walkers of all ages and abilities committed to enhancing the Port of San Francisco's 7.5 miles of waterfront running and walking experience for everyone. All Port Runners receive a free jersey. Collectively the team has already logged over 250 miles, running up and down the waterfront.

The group leads weekly themed runs every Thursday at 5:00 PM from the Ferry Building. Runs have included 5K and 10K options to sites all along San Francisco's iconic waterfront. All paces are welcome. Some featured routes include:

- Game Night Runs to Oracle Park and Chase Center
- Veteran's Day Run to the SS Jeremiah O'Brien
- Resilience Run on 30th Anniversary of Loma Prieta along the historic San Francisco shoreline
- Waterfront open space and public access

The Port Runners are gearing up for upcoming 2020 races on and off the waterfront including the 2020 Hot Chocolate Race, Kaiser 5K and Half Marathon and Rock and Roll San Francisco Half Marathon

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PRT: SF Whalers Whaleboat Crew

The Ports SFWhaler crew take strokes once a week along the Bay!

The goal of the whaleboat rowing program is to involve the SF Port employees and the surrounding community in a historical, vigorous, and fun sport the Port has to offer. As part of our Wellness Program, we invite staff to participate once a month in recreational rowing either in the early morning at 6 AM or at lunchtime at noon.

Having rowing as a part of the Wellness Program allows Port staff to participate in a unique and historic maritime activity in the San Francisco Bay. It's an opportunity to learn traditional maritime techniques, work as a cohesive team while strengthening your mind and body.

We encourage people to come join us and enjoy the beautiful views of the Bay!



PUC: Fall Garden Party – Grow Your Own Desk Plant!

SFPUC Headquarters (525 Golden Gate Ave, 2nd Floor - Tuesday, October 1, 2019)

SFPUC employees were invited to join a Fall Garden Party to reduce stress and relax, by planting their own small succulent or houseplant pot for their desks. Plants help clean the air and produce oxygen, making the SFPUC employees feel better. Employees got their hands dirty and had some fun, while listening to soothing music and experiencing the calming effect of planting.

Employees were excited about the event, evident by word of mouth (more employees showed up after it was over) and the appreciation expressed. Even those who normally don't have green thumbs are excited to see how the plants turn out as they grow on their desks!



PUC: Well-Being @Work Intranet

ALL SFPUC, launching 11/1/19

We've created an SFPUC Well-Being @Work intranet for all SFPUC employees. This is a one-stop shop for all things well-being. It includes City & County of SF links, SFPUC resources, Well-Being Champions info (who we are and recruitment material), an SFPUC well-being events calendar, and news articles. We even created two employees collaboration pieces to get more employees involved – an Activity Group and an Employees Cookbook. Activity Groups are to engage other colleagues to join groups that have been formed throughout SFPUC. Employees Cookbook is for employees to share their favorite recipes with others. This can impact all employees who have access to the intranet.

This has not been widely launched yet, so changes have yet to be observed, but it has been shared with the HRS department as well as Well-Being Champions, and have received a lot of positive feedback. Employees are especially excited about the Activity Groups and Employees Cookbook. We are hoping to bring more well-being awareness to all SFPUC employees, and to provide them a tool (the intranet) for them to easily access the well-being resources available, and consequently have more happier and healthier employees.

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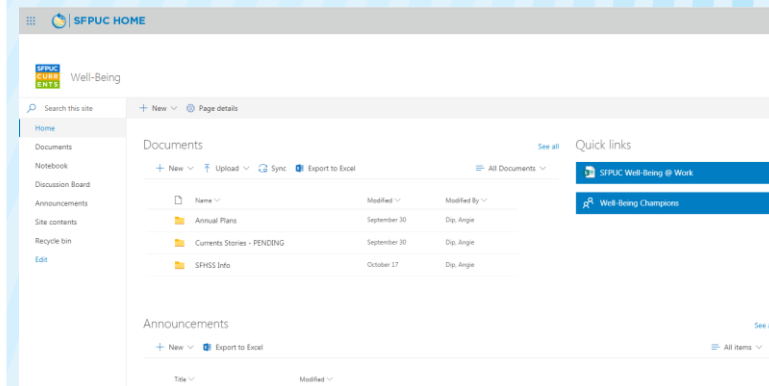
The screenshot displays the SFPUC Well-Being @Work intranet homepage. At the top, a navigation bar includes links for HRS @ SFPUC, Enterprise Workforce Planning, Health & Safety, Recognition, and a user profile for Dip, Angie. Below this, a secondary navigation bar lists Human Resource Services, Home, Our Team, Our Services, Files, and Edit. The main content area features a header with the title 'Well-Being @Work' and a sub-header 'Dip, Angie | SFPUC Well-Being Assistant'. A 'About Us' section describes the program as a Citywide initiative supported by the SF Health Service System (SHSS). A 'SFPUC Resources' section provides quick links to various services like S2505 Bicycle Storage, Activity Groups, Employees Cookbook, Explore SFPUC!, Flex Work Options, Jobs @SFPUC, Location in the Workplace, Recognition, and Time for Vacation?. A 'City & County of SF Links' section offers links to SHSS, CCAF, SERS, SFHHS, and the Wellness Center. Below this, three columns highlight 'Well-Being @Work Spotlight' (Move More Scavenger Hunt, Healthy Salad Dressing Demo, Healthy Food Demo), 'SFPUC Employees Collaboration' (Share your favorite recipes!, Tell us about your Activity Group!), and 'Meet your Well-Being Champions!' (Well-Being Champions, Become a Well-Being Champion, Well-Being Champions Workbook). The bottom section features a 'Well-Being Events' calendar with upcoming events like Healthy Eating for Stress Reduction, Tai Chi, Craft - Card Making, Gentle Yoga, Biometric Screening, and Healthy Weight Program. A 'Well-Being News' section includes a photo of employees growing plants and a flu season warning.

PUC: Well-Being Champions Worksite

Well-Being Champions, 10/28/19

We've created an SFPUC Well-Being Champions worksite. The purpose is to improve our communications with each other, and to share ideas. The SharePoint site will be mainly used for sharing 1) Annual Plans, 2) stories that the Well-Being Champions will write, and the Department Lead will work with Communications on posting to our intranet, and 3) SFHSS info (templates and other useful information, including promotional materials). We will also be able to share announcements so everyone will be on the same page of current/upcoming Challenges/Campaigns. This will impact all Well-Being Champions (15 of us from various divisions/sites).

This has not been used by anyone yet since its creation, but it has been shared with the Well-Being Champions, and they look forward to using the worksite to help with SFPUC's well-being efforts.



RPD: Feldenkrais Class

Harvey Milk Center for the Arts
(50 Scott St., SF on 11/8/19)

Whether it's a Gardener tending to the Kezar Stadium turf, an electrician contorting to grab a wire at Glen Park Rec, or an office worker sitting in a chair all day, we all have a need to increase our mobility and decrease chronic pain. Feldenkrais is for anyone who wants to make the things they do easier, more efficient and comfortable – and it came to the Harvey Milk Center! We had a great turnout and RPD employees came from all over! It was good to see staff try something new and watching them be taken out of their comfort zone.

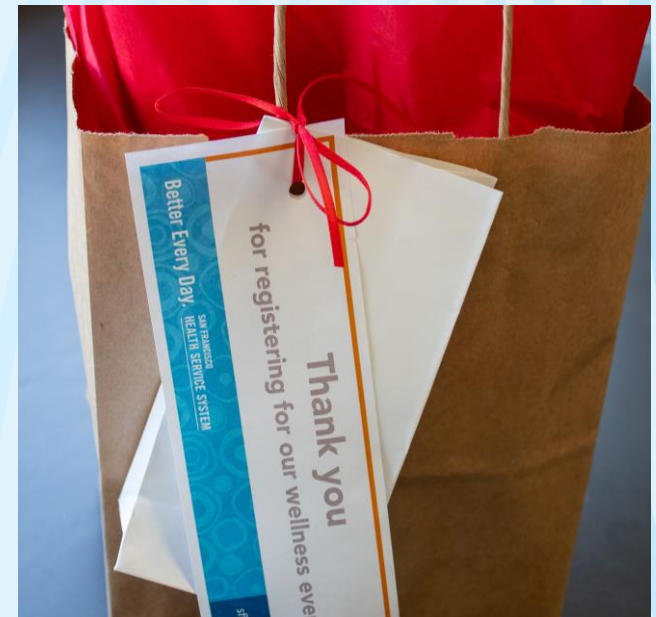


RPD: Feldenkrais Class

Kudos to Melissa Keesor for organizing such a unique class and having the foresight to increase staff engagement by offering raffle prizes for 2 lucky staff members, who received a beautiful mug with a bamboo lid and some green tea.

Staff related that they would try the activity again, but most importantly, Feldenkrais is one of RPD's offerings and now staff know what it is!

WELL-BEING@WORK



RPD: Healthy Mind, Healthy Body: Managing Stress

Mission Playground/Clubhouse
(3555 19th Street @ Linda, SF Multipurpose
Room, 11/1/19)

The RPD Wellness Network started FY 18-19 knowing that Stress Management was a priority for RPD staff. To give staff tools to cope with the stressors of being a Civil Servant, we decided to bring in the experts to explain how to manage stress.

As RPD staff are geographically dispersed all across SF, Emily Vasquez took the opportunity to bring the Managing Stress seminar to a location RPD staff do not regularly get to see, the Mission Playground/Clubhouse. Staff enjoyed a seminar teaching them a myriad of ways to cope with stress and built a stronger team by learning together. Special thank you to Emily Vasquez for being a strong wellness advocate for her team!



SFPW: Let's Get Movin' Fair

The Let's Get Movin' Fair was scheduled on August 27, 2019 and targeted the staff at 30 Van Ness. During the participants' lunch break, they committed to health pledges and engaged in various activities to energize their day. Participation ranged from fitness instruction to physical challenges like basketball tosses.

Since the Let's Get Movin' Fair, there is an increase of staff climbing the stairs and participating in the 4th floor's daily morning stretch.

