

ACC: Tai Chi

San Francisco Animal Care and Control (SFACC) takes a recess break outside for their first Tai Chi class!

Eleven staff members participated in the class that provide breathing exercises and Tai Chi movements led by instructor Sally from San Francisco Recreation and Park.



“Tai Chi helped with releasing the stress for the day”
- Ketzia

“The instructor explained all the movements and catered to all the beginners”
- Esperanza

SFACC staff members are looking forward to the next activity that we can bring to our workplace!



ADM-ORCP: Holiday Cheer

City Hall, Room 347, December 2019

The Office of Resilience and Capital Planning added some holiday cheer with handmade snowflakes, homemade chestnut soup and a group trip to the annual ice skating rink at Civic Center.

Everyone enjoyed these team building activities which gave them a fun break to be with coworkers.



ADM-ORCP: Relaxation Station

City Hall, Room 347, October 2019

The Office of Resilience and Capital Planning added a small refrigerator and tea and coffee station. Staff is happy to be able to bring their own lunch and healthy choices. In addition, everyone also enjoys the fresh brewed tea and coffee at their leisure.

Visitors were offered tea and coffee service and have been pleasantly surprised at the great selection we have. It's a great way to show staff appreciation and to encourage employees to take a break and practice self care with a warm cup of tea or coffee!



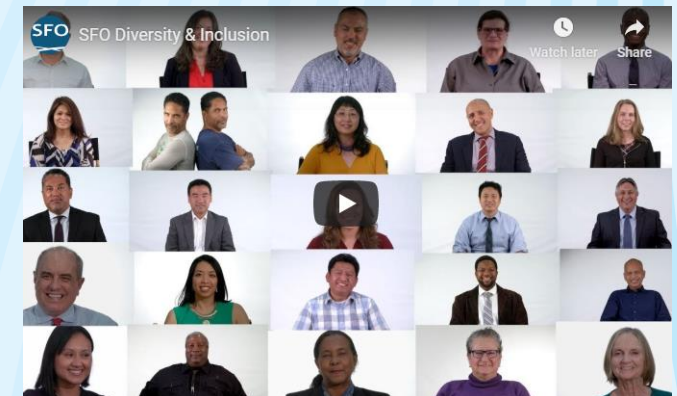
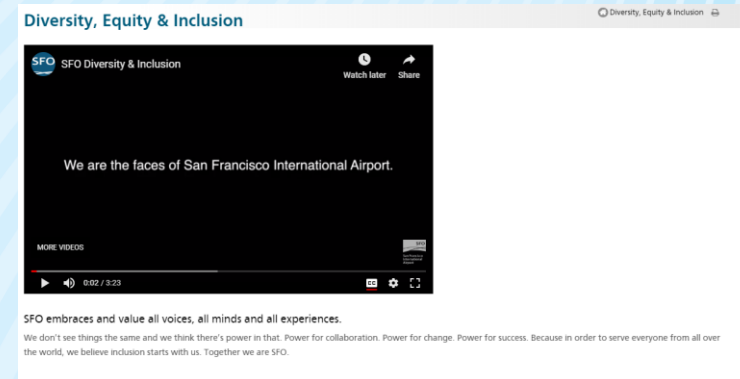
AIR: Diversity & Inclusion Video

SFO embraces and value all voices, all minds, and all experiences. In order to serve everyone from all over the world, we believe creating an environment of inclusion starts with our own team. We don't see things the same and we think there is s power in that. Power for collaboration. Power for change. Power for success.

With full support of the Senior Management team and MarCom team, the Office of Diversity, Equity, and Inclusion created SFO's first ever Diversity and Inclusion Video. The purpose for creating this video was to highlight the diversity of the Airport's team members, educating viewers about the spectrums of diversity that make up our people and the spectrums of diversity we value as a department. This awe-inspiring video features the personal stories of 28 Airport Commission employees from various work sections, sharing who we are, and what we stand for. #Together we are SFO. In an effort to keep the diversity conversation going, team members can also comment on SFO's internal diversity page, sharing their own personal stories.

The video was launched in December 2018 and is now shown during New Employee Orientation, used for recruitment and training purposes, and is featured on SFO's public website and SFO's official Youtube channel. DHR is also showing this video as part of their public trainings as an example of a City department's commitment to diversity, equity, and inclusion.

<https://www.flysfo.com/about-sfo/diversity>



AIR: Evening Health & Wellness Fair

SFO offered it's first health and wellness fair at night.

Our employees on the Swing and Night shift were able to attend as well as employees from the SF Police Department and SF Fire Department.

Employees were offered health screenings, flu shots, and were able to meet with medical, dental and vision providers as well as having open enrollment staff onsite to make changes to their benefits. It was a great way for our employees to Know their Numbers and learn information about their benefits!



AIR: OUT@SFO

The Airport's Office of Diversity, Equity & Inclusion (DEI) is delighted to introduce Out@SFO, a voluntary SFO Employee Resource Group (ERG) representative of Lesbian, Gay, Bisexual, Transgender, Queer+ (LGBTQ+) employees at SFO.

The purpose of this group is to provide information and support to LGBTQ+ employees at SFO while serving as a resource to SFO leadership. Out@SFO is made up of team members from various work sections of the airport, and member participation includes airport senior leadership.

Since Out@SFO was formed less than a year ago, this group has already been active in reviewing policy in support of key Mayoral Directives, has facilitated focus groups with community members to improve the Guest Experience for TGNC travelers, held educational lunchtime workshops for team members, represented SFO at various community functions, played a key role in planning for SFO's participation in the SF Pride Parade, and has regularly hosted social gatherings welcoming all.

WELL-BEING@WORK



AIR: Parent Network Group- Food Demonstration

Making a healthy meal your whole family can enjoy is not always easy, especially for working parents and caregivers limited on time at the end of a long workday.

The SFO Parents Network, a voluntary employee resource group representative of a variety of families at SFO, coordinated a workshop focused on *Cooking Nutritious Meals for Children*. In partnership with HSS and Airport Safety, Health and Wellness, Kaiser Permanente presented an informative lunch and learn session that provided parents and caregivers practical ideas for healthy, kid-friendly snacks and meals.

During this workshop, attendees learned basic nutrition principles and strategies geared specifically toward children (ages 10 and under). Attendees also learned how to increase energy and fitness the whole family can enjoy, taking steps to develop a healthy lifestyle together.



AIR: Vets@SFO

The Airport's Office of Diversity, Equity & Inclusion (DEI) is excited to support the launch of our newest SFO Employee Resource Group (ERG)*, Vets@SFO!

This voluntary, employee-led group is being formed to support the Airport's overall effort to foster a more inclusive workplace for all our team members. Vets@SFO will provide a network of support for our veteran employees, families of service members, and their allies through resource sharing, mentorship, and engagement.

Veterans from all branches and all countries of service are welcome. Interested employees should contact Timothy Carlisle at timothy.carlisle@flysfo.com



CPC: End of 2019 20-day Holiday Challenge

December 2019

Continuing the success of our 21-day summer challenge, the CPC Wellness Team invited staff to submit ideas for a 20-day challenge leading up to the holiday season. Ideas revolved around physical activity, healthy eating habits, and stress management.

The calendar got people to think and live healthy lifestyles through the holidays and into the new year!

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San Francisco
Planning

end of
2019
-day

CHALLENGE



PLANK CHALLENGE

- Hold a low plank for at least one minute (or as long as you can)
- Rest for 20 seconds
- Repeat 2x trying to add 10 more seconds each time

AB CHALLENGE

- 50 flutter kicks
- 20 crunches
- 50 heel touches
- 30 second right side plank
- 30 second left side plank
- Repeat above 2 times

WALL SIT CHALLENGE

- 30 seconds, 10 second rest
- 45 seconds, 10 second rest
- 60 seconds, 10 second rest
- 90 seconds, 10 second rest
- 120 seconds, 10 second rest

LEG CHALLENGE

- 1 minute of high knees
- 30 seconds skaters
- 30 seconds of jumping jacks
- 1 minute of squats
- 30 seconds of each of mountain climbers
- 30 seconds of plank (pick your variation)
- End with 1 minute of jump rope (make arm motions if no jump rope is available)



San Francisco
Planning

end of
2019
-day

December 2 - December 20, 2019

CHALLENGE

NAME: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	2 <input type="checkbox"/> Attend Yoga or Tai Chi	3 <input type="checkbox"/> Eat an extra serving of fruit	4 <input type="checkbox"/> Attend "Healthy Mind, Healthy Body, Managing Stress" Seminar	5 <input type="checkbox"/> Plank challenge (see back)	6 <input type="checkbox"/> Attend Department holiday party	7 <input type="checkbox"/> Drink at least 100 ounces of water throughout the day	8 <input type="checkbox"/> Ab challenge (see back)
WEEK 2	9 <input type="checkbox"/> Practice 10 minutes of mindfulness and/or meditation	10 <input type="checkbox"/> Stand for 1 hour	11 <input type="checkbox"/> Attend and participate in the Wellness Potluck	12 <input type="checkbox"/> Attend Stretch Break	13 <input type="checkbox"/> Do the stairs for 10 minutes at lunch	14 <input type="checkbox"/> No bread for one day	15 <input type="checkbox"/> Get at least 7 hours of sleep
WEEK 3	16 <input type="checkbox"/> Meatless Monday	17 <input type="checkbox"/> Leg challenge (see back)	18 <input type="checkbox"/> Write down 3 things you are grateful for	19 <input type="checkbox"/> Log your food for a day	20 <input type="checkbox"/> Wall sit challenge (see back)	Put a 'X' in the blank box as you complete the challenges and turn in your completed form to a Wellness Champion by December 20th for a prize!	

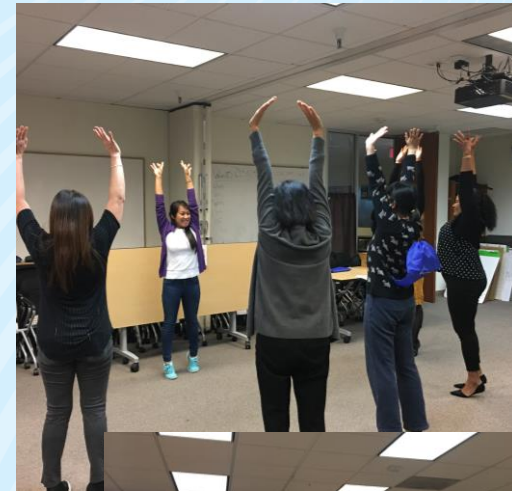
CPC: *Holiday Hustle*

December 2019

Inspired by the positive reaction to our recent Halloween Tricks for Treats activity, the Planning Department continued with another event that combined exercise and stretching with the latest festivities.

Participants simulated an exercise with wintry themes at four stations: Candy Cane oblique exercise, Melting Snowman squats, etc.

It was a jingle ball!



Candy Cane



1. Stand with feet together with a dumbbell in each hand. Lift right arm over head and leave left down beside you.
2. With core engaged, tilt toward left side, reaching right arm up and over head, over your head.
3. Try to complete 15 reps on each side.

Melting Snowman



1. Raise arms up high, as high as you can and stretch for 5 seconds.
2. "Melt" down all the way to the ground and touch your toes if you can.
3. Jump up and repeat.
4. Try to complete 3 times.

Holiday Hustle

Mall Run (or walk)



COMPLETE EACH EXERCISE
FOR 30 SECONDS!



1. Get ready for your holiday shopping and do high knees for 30 seconds.
2. Modify to marching knees if needed.

Ice Skates



1. Start with feet together, standing straight up. Hop out to left side and lunge right leg behind you and to the left, so that you land in a curtsy lunge.
2. Push off left leg and land in a curtsy lunge with right foot in front. Continue alternating sides.
3. Try to complete 10 reps on each side.

CPC: Wellness Newsletter and Calendar

The Planning Department's (CPC) monthly newsletter has entered its second year! Every month, we take information from HSS and the latest activities and events in the building and distribute to CPC staff.

We've also recently added an activities calendar, which puts all of the group exercise activities and special events on the Mission corridor (DBI, CPC, HSA, etc.) in one place.

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Better Every Day. San Francisco Planning

HEALTHY YOU NEWSLETTER

Planning Department Wellness intranet page: <http://planningportal.sfgov.org/Wellness/StaffPages/Home.aspx>

VOLUME 3, ISSUE 2 FEBRUARY 2020

Planning Wellness News

Healthy Heart Awareness Fair
February 7th, 12:00pm to 2:00pm at HSS Wellness Center

- Complete the Heart Health Circuit
- Register for Biometric Screenings and Wellness Coaching
- Learn about fitness membership discounts and commuter benefits
- Try Blood Pressure and BMI Machines

In honor of National Wear Red Day, wear ****red**** to the event and receive a gift!

February Fitness Freebies!
During the entire month of February, we will be raffling off prizes at various Planning Department Wellness activities. All you have to do is attend Wellness events throughout the month and be present during the raffle.

Total Body Conditioning with Belle La
We'll be having a special lunchtime workout on February 11th with our very own Belle La - the originator for the Tuesday lunch Total Body Workouts. Space is extremely limited in our conference/exercise room, so please RSVP at the Eventbrite [link](#).

Tip of the Month

The Heart of the City Farmers' Market is still in operation through the winter season! Find a walking buddy and walk to UN Plaza to pick up your seasonal produce on **Wednesdays, 7am-5:30pm and Fridays, 7am-4pm.**

A Month of Gratitude

- Thank you to **Josie Feliciano** for submitting your Wellness Newsletter name ideas. We are excited to debut our new name: **Healthy You Newsletter!**
- Thank you to **Jessica Range and Laura Lynch** for organizing our Total Body Conditioning Group Workouts. Need some motivation to workout? Come join us! All equipment is provided.
- Thank you to **Megan Calpin** for organizing a healthy, delicious potluck with HSA. If you have recipes you would like to submit, send them to CPC.Wellness@sfgov.org.

Biometric Health Screening
We hosted a successful Biometric Screening on January 28th! If you missed that day, you can still participate at other screenings listed online: <https://hss.healthscreening.eventbrite.com>
A health professional will review your results with you so these numbers can help motivate you to make healthy choices.

Healthy Weight Program
In this 7-week program, we'll help you tackle day-to-day issues that make weight loss difficult, such as stress, lack of sleep, easy access to unhealthy food, and finding time to exercise. The program begins on February 20th and will take place at the HSS Wellness Center. Register today: https://www.surveymonkey.com/r/2020_1145Market

Upcoming Activities and Events

- **Heart Health Awareness Fair** - February 7th from 12PM to 2PM, HSS Wellness Center
- **Total Body Conditioning with Special Guest Belle La** - February 11th from 12:15PM to 1PM in room 431. **RSVP** Required.
- **Health Screening** - February 14th, 9AM to 2PM, HSS Wellness Center. **RSVP** required, first come, first serve. See calendar for other locations.
- **Healthy Weight Program** - Every Thursday beginning February 20th - April 2nd from 12:10PM to 12:55PM at the HSS Wellness Center. **Register online.**

February 2020						
Planning Department and Mission Street Corridor Wellness Events and Activities*						
Monday	Tuesday	Wednesday	Thursday	Friday		
3 10am: Stretch break, 5 th floor atrium 12pm: Yoga, Planning 12pm: Chair Yoga, HSA	4 12:10pm: Yoga, DBI 12:15pm: Total Body Fitness, Planning	5 12:10pm: Total Body Fitness, Planning 2:30pm: Stretch break, 5 th floor atrium	6 12pm: Low-Impact Cardio Workout, Planning 12:10pm: Yoga, DBI 2:30pm: Stretch break, 5 th floor atrium	7 12pm: Yoga, HSA 12pm: Open Use, Planning		
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17 Holiday	18 12:10pm: Yoga, DBI 12:15pm: Total Body Fitness, Planning	19 12:10pm: Total Body Fitness, Planning 2:30pm: Stretch break, 5 th floor atrium	20 12pm: Low-Impact Cardio Workout, Planning 12:10pm: Yoga, DBI 2:30pm: Stretch break, 5 th floor atrium	21 12pm: Yoga, HSA 12pm: Open Use, Planning		
24 10am: Stretch break, 5 th floor atrium 12pm: Yoga, Planning 12pm: Chair Yoga, HSA 5:15pm: Total Body Fitness, Planning	25 12:10pm: Yoga, DBI 12:15pm: Total Body Fitness, Planning	26 12:10pm: Total Body Fitness, Planning 2:30pm: Stretch break, 5 th floor atrium	27 12pm: Low-Impact Cardio Workout, Planning 12:10pm: Yoga, DBI 2:30pm: Stretch break, 5 th floor atrium	28 12pm: Yoga, HSA 12pm: Open Use, Planning		

Planning - 1650 Mission Street, Room 431, Planning Department
DBI - 1660 Mission Street, Second Floor
HSA - 1650 Mission Street, Golden Gate Room, HSA
Highlighted events indicate special events.

*Classes are subject to schedule, location, and format changes. Please email CPC.Wellness@sfgov.org if you have any questions.

DAS: Reusable Serving Ware

Integrated Intake Division @ 2 Gough
8/20/19

For parties and work celebrations it was decided to eliminate one time serve ware and only use reusable plates, cups, and cutlery. Workers may bring their own from home, and the program also has items to borrow as well.

To Reuse, Reduce, and Recycle is contributing to maintaining a healthy environment. This is central to increasing our quality of life, healthy bodies, and well-being.



DBI: Healthy Food Demonstration

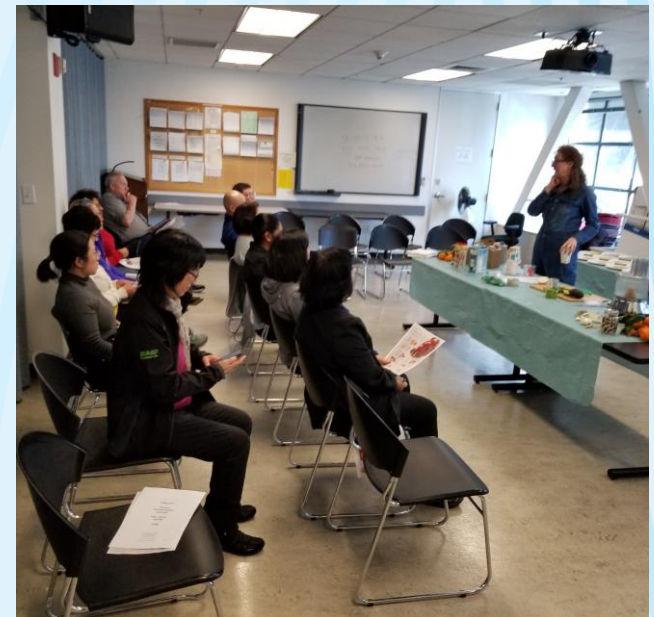
The Department of Building Inspection started off the year by definitely “Making 2020 Different”! On January 24, 2020 Chef Alison came to DBI at 1660 Mission Street and hosted a fantastic Healthy Food Demonstration.

Stress Management is DBI’s year around topic, and Terry and I figured one way to relieve stress is to add fun and food to the “mix”! Employees were really enthusiastic and eager to attend, especially once they heard we’d get to sample the goodies. This event had a great impact on all staff levels, as our Administrative Assistants, Inspectors, and even a Senior IT Staff member attended.

Chef Alison was awesome and everyone enjoyed her bubbly personality, while attentively watching her make a variety of dishes. Her menu showcased Caffrecinos, Avocado Toast, Cocoa Truffles, and “Super Bowls” which was basically a healthier version of a five-layer dip, that used Edamame Guacamole, and a pot of fresh cooked beans. All of the dishes were delicious, and the “Super Bowls” came along at the perfect time, because everyone got a new recipe to add to their Super Bowl party menus!

Following the food demo we really got a lot of positive feedback from staff who attended, and the resounding comment was that they didn’t think healthy food could taste so good! Positive well-being changes that we have seen at work as a result of the Healthy Food Demonstration is that we noticed people are definitely eating better, and have added some of the food options to their diet that Chef Alison introduced, such as: Oatley oat milk, adding edamame to their guacamole, and using Pero chicory coffee substitute.

Lastly, I tried my hand at making the Super Bowl dip and everyone loved it! After coming to work following the Super Bowl I found that another co-worker made it as well, and even brought me a sample of her culinary skills. Again staff really appreciated this event, so we definitely plan to have more like it in the future!



DBI: Recharge Launch Party

DBI's recharge launch party took place at 1660 Mission Street on December 4, 2019. This fantastic event marked the kickoff of our Recharge campaign!

Surprisingly, there was a huge turnout for the Department's launch event! When there are challenges the Department of Building Inspection staff generally participates, but we were pleasantly surprised that so many staff members joined in, including Director Hui and all of the Deputy Directors.

The Department of Building Inspection is focusing on stress management year around, and this Recharge event definitely had a positive impact on everyone. Terry and I tried to create a very peaceful environment by showing a relaxation video that continuously displayed different nature photos, accompanied by relaxing music. We also showcased the terrariums that we created during the last Well-Being Champion event, and everyone thought they were beautiful and were interested in learning how to create them as well. In addition, there was great staff participation and people sat down had a cup of tea from the "tea station", along with fruit and a cookie to accompany it. The adult coloring books were a hit as well, and employees enjoyed simply coloring and getting a chance to kind of be a kid again.

Recharge has been positively received and as a result we have seen a variety of well-being changes in the workplace. Even after the challenge, "Take A Minute to Breathe" and "Have You Taken a Break" signs are still posted throughout the building. Another impact is that staff seem to be more conscious of actually taking a break, a short walk, or even taking quick stretch breaks at their desk. We look forward to the challenge of helping staff continue to daily reduce stress.

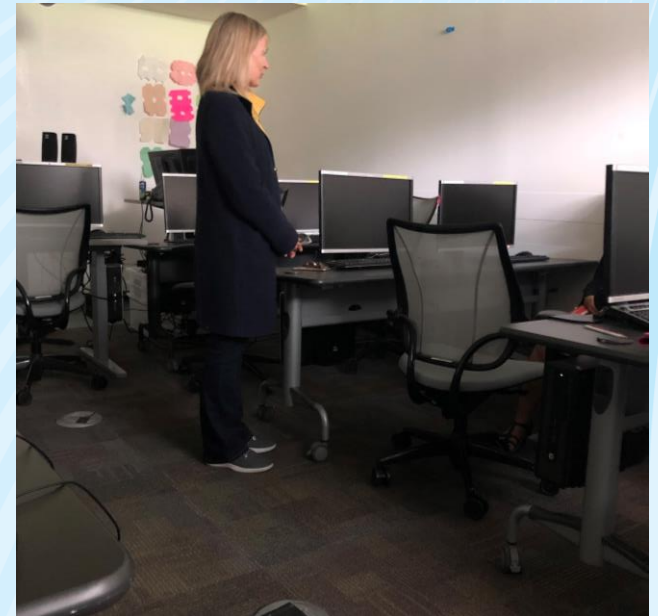


DEM: 20-Minute Meditation Classes

DEM - 1011 Turk Street

The employees at the Department of Emergency Management work in a fast paced and high-stresses environment 24/7/365. The meditation class provides a much needed 20 minute outlet for employees to de-stress, decompress and reflect. Meditation paired with fruit is nourishing for the body and soul! At first the class was offered as a series, but due to the success it is now offered as an ongoing class twice a week.

Employees are more relaxed and focused when going back to work.



DPH: Healthy Food Demo

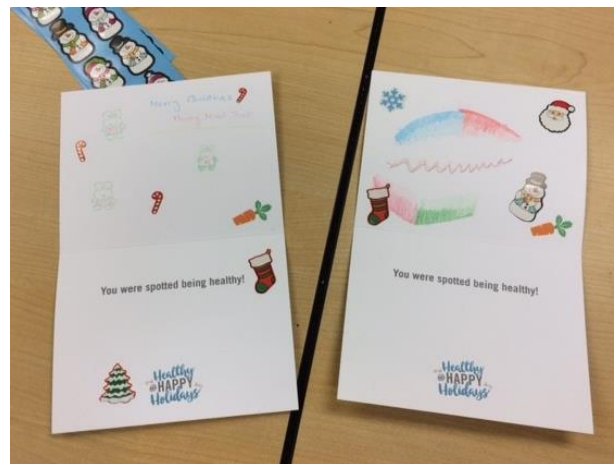
The staff at Chinatown Public Health Center all really enjoyed the Healthy Food Demo presented by Chef Scott Sachs. This was the first-ever onsite activity partnered with SFHSS. It was informative, interactive, and fun. Chef Scott brought a lot of energy, enthusiasm, and humor to the demo, keeping us all engaged throughout. Staff were laughing, asking questions, and having conversations about food.

Afterwards, the overwhelming feedback was to have more of these wellness events. This event encouraged us all to think about how we could incorporate healthy cooking and eating into our lives. It also showed that it can be very simple, and not time consuming.



ECN: RECHARGE Coloring Activity

The Office of Economic Workforce Development provided a coloring activity in December 2019. It brought out the creativity amongst the staff in December 2019. they also provided tea which allowed staff took time out to enjoy the simplicity of artmaking while sipping on tea.



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ECN: RECHARGE

Planting Activity

OEWD provided an activity in December 2019 for employees to plant a money plant. The activity brought people together to relax over tea in Over the months, our money plants flourished in uplifting the staff's spirit, well-being and have created an inviting office environment!



FIR: Wellness & Benefits Fair

On October 2, 2019 from 0800-1200, SFFD held a wellness & benefits fair at SFFD Headquarters located at 698 Second Street. The event was well attended, and 77 SFFD/CCSF employees received the flu vaccine.

Employees were able to obtain information on HSS health and wellness programs and speak with CCSF benefit analysts regarding open enrollment questions. Fresh fruit was provided for attendees.

Positive well-being changes from this program include providing health and wellness information and providing the flu vaccine, which can keep employees from getting sick with flu and transmitting the flu to others.

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HSA: Healthy Food Demo

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Wednesday February 26, 2020

At 1440 Harrison St

SFBN Medi-Cal welcomed Chef Scott who taught us some delicious and nutritious meals we can easily cook for ourselves and our families! We shared many laughs and smiles while learning some new recipes and cooking tips. We learned the importance of cooking with fresh ingredients and how easy it is to create some tasty meals to bring to work instead of eating out or eating from a vending machine!

SFBN Medi-Cal has embraced the wellness initiative and has enjoyed the healthy cooking demo, the fresh fruit delivered by the Fruit Guys and will be partaking in a Zumba class in a few weeks! We are excited to participate more in other health and wellness programs at 1440 Harrison!



HSA: Table Tennis Thursdays

HSA-Program Support Operations Team at
601 Van Ness Ave

At the 3:00pm break time on Thursdays, the HSA Champion and other employees lead a Table Tennis activity break in the conference room.

Many employees at this location are office workers. This activity helps increase participants energy levels, coordination, and stretching of extremities.

It is also a good stress relief activity and promotes team building.



HSS: RECHARGE Stations

SFHSS Well-Being Champions instituted Exercise Stations throughout our office space in 4 areas where staff congregate throughout the day. These stations have exercise and stretching options for staff to do with or without stretch bands.

The stations were created in Mid-February 2020 and will live on the office floor permanently. These boxes are meant for all staff to use regardless of any physical restraints that may be present for some staff. The Well-Being impact this offers is a physical benefit and mental benefit through the power of light-moderate exercise.



HSS: Lunar New Year Potluck Celebration

SFHSS Well-Being Champions hosted a cultural event to celebrate the Lunar New Year on January 23rd .

The event was attended by 90% of staff and management. It was a potluck with an Asian theme serving Dim Sum, Noodles, Desserts from Chinatown. All received a red envelope with a \$2.00 bill, courtesy Siobhan O'Connor, the Member Services Manager who co-sponsored the event. The event created a cultural awareness and appreciation of people from a different background, attitude and values.



HSS: RECHARGE Room

SFHSS Well-Being Champions instituted a RECHARGE room as a place for meditation, mindfulness, and decompression. The room had relaxing music, dimmed lights, coloring books, puzzles, a yoga mat and Sudoku.

The RECHARGE room was created in August 2019 and may continue into the full 2020 calendar year. The plan was to hold the RECHARGE room until Spring 2020, the room may continue on past that date. The room was designed to be a place of calming and presence. Staff are expected to be quiet while in the room and promote mental and spiritual health for themselves and others.



MTA: Gratitude Wall

The SFMTA Gratitude Wall was featured in the Year-End SFMTA Staff Appreciation Winter Celebration held on Dec. 18, 2019.

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

Organized by members of the SFMTA Wellness Council, the Gratitude Wall allowed participants to share what they are thankful for, with responses highlighting everything from family and life situations, to work relationships and general cheer.

The SFMTA Gratitude Wall display was a big hit as staff, their families and friends took part to help raise the feeling of collective goodwill across the agency and get participants in a true holiday spirit.



POL: SFPD AIRPORT BUREAU Health Screening

Wednesday, February 19, 2020
SFPD Airport Bureau
5th Floor Patrol Conference Room
P.O. Box 8097, San Francisco Intl. Airport
San Francisco, CA 94128

The SFPD Airport Bureau hosted an Health Screening event for the sworn and civilian staff members housed at the San Francisco International Airport. It was a complete **SUCCESS** with the most participants for this type of event to date: 35+ participated from 1:00pm to 5:00pm.

The Kaiser staff was **EXCELLENT** – very personable and professional. They played relaxing and calming music, provided healthy snacks/fruits, and provided SFHSS Well-Being Team giveaways!

Everybody had a **GREAT** time – and best of all, our members received their numbers and advice on where to go from there. It's always a joy working with the SFHSS Well-Being Team and our vendors.



POL: FRUIT DELIVERIES (SFPD department wide)

January to June 2020

Throughout all SFPD Locations

PHQ, HOJ, Airport, SOB, Specialized Locations,

& All of the District Stations

City & County of San Francisco

This fiscal year, the department was awarded a Well-Being Grant through SFHSS. SFPD was happy and honored to have been selected and to hear the great news!! The Grant allowed the department to receive fruit deliveries *once-a-month* beginning January to June 2020. The purpose of the fruit deliveries is to promote healthy eating and that the organization cares about sworn and civilian staff.

The fruit also encourages our staff members to continue, or even start eating a more healthy, balanced diet and to really cut out consumption of foods/drinks that are not beneficial to our bodies. Everyone is always so excited to receive their deliveries at their locations so that they can incorporate it with their daily meal and encourages them to stay focused and disciplined with their food intake of more fruits and vegetables!



POL: Wellness Workshop Acupuncture Info Session

Wednesday, February 26, 2020

SFPD – Police Headquarters

1245 – 3rd Street, 3rd floor conference room 3111

San Francisco, CA 94158

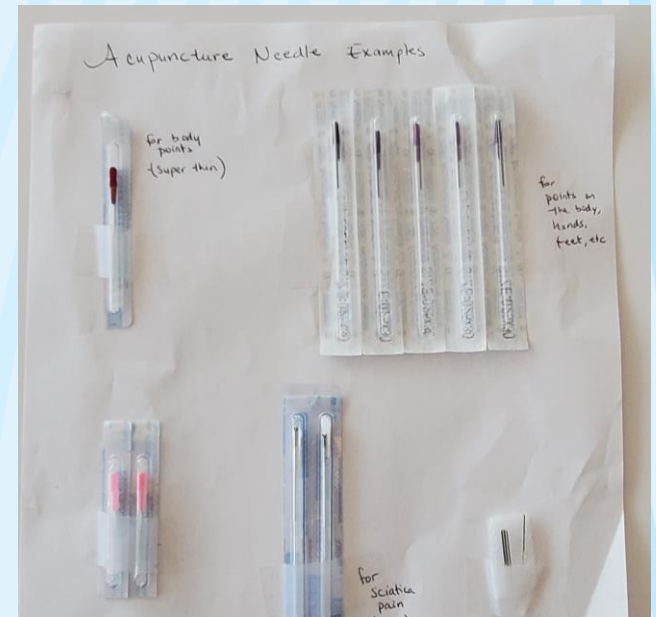
PHQ had the pleasure of attending a Wellness Workshop / Acupuncture Information Session with two doctors by the name of Ahnee Min-Yau and Julia Lee. They were full of knowledge and had been practicing and studying Chinese Medicine and Acupuncture for over 10 years.

They gave a presentation on how they could provide support to our sworn and civilian members by use of acupuncture and also included an educational PowerPoint and discussion on a range of health and wellness topics. We learned a variety of ways on how acupuncture and the practice of cupping can assist with different types of pain such as back and shoulder pain, indigestion, women's health, headaches, depression, and other possible physical and emotional health ailments.

We also learned about insurance on how perhaps our insurance covered through HSS may be able to allow for us to contact them for support and services for our health and wellness needs! What a great presentation!

SAN FRANCISCO
HEALTH SERVICE SYSTEM

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POL: TOTAL BODY CONDITIONING (TBC) SERIES

January/February 2020 Series
SFPD – Police Headquarters
1245 – 3rd Street, 1st floor conference room 1025
San Francisco, CA 94158

SFPD sworn and civilian staff members were honored to have TBC teacher **GARY LEE** guide us through a *Total Body Conditioning* series for the months of January/February.

Gary is **BEYOND** skilled in his trade and everyone enjoyed his positivity, energy, and his classes!! We all received a total body workout with his freestyle-format classes as it was a combination of repetition movements and cardio-based exercises.

Gary was praised for providing and offering *modifications/variations* for all attendees due to the various fitness levels. Gary is **LOVED** at PHQ!!



POL: ZUMBA AT SFPD HEADQUARTERS

February/March Series on Mondays

SFPD Headquarters

1245 – 3rd Street, 3rd Floor Conference Room 3111

San Francisco, CA 94158

SFPD Headquarters has held ZUMBA classes for both sworn and civilian staff members. It has been a complete **SUCCESS!!** Class attendance ranges from 5 to 15 attendees, who arrive on time and ready to **ZUMBA!!**

“Ale” the Instructor has had such a positive impact on the group, both physically and mentally. With her amazing attitude, contemporary dance moves and high-energy music, everyone leaves feeling refreshed and full of life!!

All members look forward to not only the classes but Ale, as well. Both Ale and the workouts leave everyone feeling energized and upbeat. Her bright attitude and benefits from this type of workout, leave everyone anticipating the next session!

ZUMBA is just what SFOD need to help boost energy and a positive mind for their employees!

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HEALTH SERVICE SYSTEM

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PUC: 2019 Employee Appreciation Picnics

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SFPUC hosted their first Employee Appreciation Picnics at four different locations from San Francisco to Moccasin. Employees gathered together with their teams, families, and even fur babies (aka dogs) to enjoy yummy food, fun activities and games, face painting, music, and the photo booth. It was a huge success! These events allowed employees to socialize outside of work, get to know one another and to meet each others family members--it helped build a sense of community. All attendees received a free SFPUC T-Shirt and the 300+ volunteers received a special cap. Total participants including family members and guests were approximately 2,000+.

As a result of this event and other recognition efforts, the following 2019 SFPUC Employee Engagement Survey in December showed a 6.8% increase for employee recognition of their work and felt valued by SFPUC management, which lead to a big increase in employee wellbeing. The picnics were spearheaded by SFPUC's General Manager's Office and SFPUC's Communications Division. A lot of employees were grateful for such a fun event and look forward to next years picnics. SFPUC strives to put their employee's first.



PUC: 2019 Employee Appreciation Picnics

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Location/Date/Time for Picnic

For Employees Stationed in San Francisco:
Crocker Amazon Playground
799 Moscow Street
San Francisco, CA 94112
Friday, August 16th, 2019
3:00PM - 7:00PM

For Employees Stationed in the Peninsula:
Pulgas Temple
56 Cañada Road
Redwood City, CA 94062
Saturday, September 28th, 2019
11:00AM - 3:00PM

For Employees Stationed in the East Bay:
Sunol Yard
505 Paloma Way
Sunol, CA 94586
Friday, October 4th, 2019
1:00PM - 5:00PM

For Employees Stationed in Moccasin:
Moccasin Baseball Field
Friday, October 18th, 2019
1:00PM - 5:00PM



PUC: Stress Reduction - Healthy Food Demo

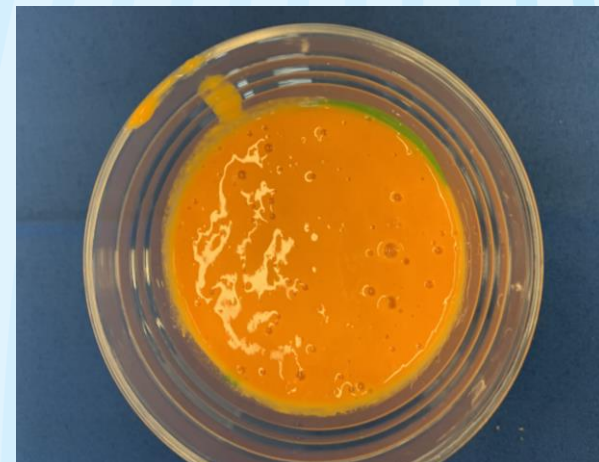
SFPUC Headquarters (525 Golden Gate Ave, 2nd Floor
– Wednesday, November 13, 2019)

The Champions hosted a Food Demo class that focused around eating healthy to help with stress reduction. Chef Scott demonstrated on how to use certain ingredients to make healthy and delicious meals. This event also allowed employees to take time to destress at lunch and sample the food together.

Employees who attended learned how to make:

- Corn, avocado, and tomato salad
- Butternut squash and pumpkin chili
- Chili mango carrot smoothie with ginger

It was another successful sold out food demo at SFPUC.



[Stress Reduction Workshop (with LiLou the Pig!)]

SFPUC Headquarters (525 Golden Gate Ave, 2nd Floor -
Monday, August 19, 2019

Sandy Ow and Diane Vornoli partnered with our External Affairs team to organize this Stress Reduction Workshop. The highlight of the event was petting and taking pictures with LiLou the Pig, a service animal that specializes in reducing stress and increasing happiness. Other activities included puzzles, arts & crafts, and stretch band exercises. This event allowed SFPUC employees to take time to de-stress from work.

As a result of this event, employees who attended were very excited and happy, and even shared the news with other colleagues. Employees heard about it through word of mouth – and even stopped by after the event ended. We had over 150 participants – the biggest turnout we’ve had (so far) for a well-being event at the SFPUC HQ! This has also allowed us (Well-Being Champions) to see how much employees loved seeing LiLou the Pig, and helped us in considering another animal therapy event in the future!

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PUC: HRS Holiday Teambuilding Breakfast with Stress-Reducing Activities

SFPUC Headquarters - 525 Golden Gate Avenue
December 17, 2019

SFPUC HRS Director Justine Hinderliter and PUC Wellness Lead Angie Dip planned a fun holiday breakfast that focused on stress-reduction activities. Staff also enjoyed fruit provided by Health Service System.

Staff enjoyed making lavender sachets, writing cards to Carlos Solon, doing sudoku and puzzles. As a result of teamwork, a 300-piece puzzle was completed!



WELL-BEING@WORK



RPD: 2019 Custodial Holiday Event

Lake Merced Boathouse, 12/11/19

Our custodians are some of the most hardworking staff at RPD. To give back to a part of our workforce that is always doing its best to keep our facilities clean and stocked, we put on a special RPD Custodial Holiday Event. Custodians were treated like the V.I.P.s they deserve to be while they were served by our GM, Director of Operations, Superintendents, and Managers. There was a raffle, 10 custodians were given awards based on their hard work throughout the year, and yes, there was salad!

This event brought all levels of our organization together to share the holiday cheer and take a moment to appreciate the fact that we are all in this together, every one of us.



RPD: Gardening@ Work

SFRPD Nursery
(100 Martin Luther King Junior Drive
San Francisco, CA 94117, 12/5, 12/12, 12/19)

Inspired by HSS's Gardening@ Work Toolkit, Melissa Keesor setup a series of custom Gardening at Work Recharge sessions, taught by our very own horticultural experts at the SFRPD Nursery in GGP. After a tour of the nursery that really gave participants an idea of the immense scale of the Nursery's work (WOW!), they were given a hands-on planting lesson. This was potentially the most successful Wellness Event in SFRPD history, **everyone** walked away smiling, relaxed and ready to take on the world!

This series gave everyone an appreciation of the work their coworkers really accomplish, and how plants can really bring us all together. Everyone now has a resilient, quiet, stalwart desk companion that they can rely upon during a stressful workday.

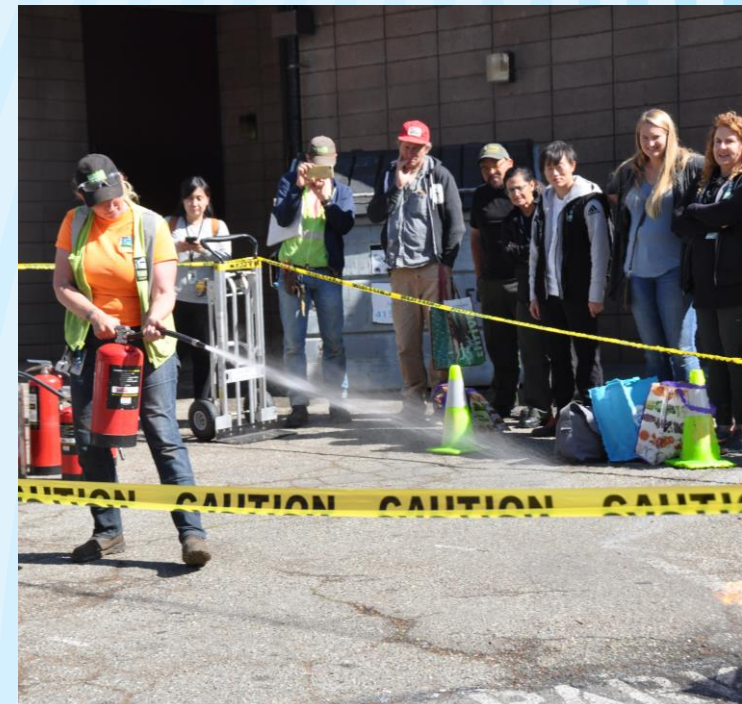


RPD: Employee Health & Wellness Fair

The RPD Employee Health Fair took place on Thursday, Oct. 17th at the County Fair Building in Golden Gate Park.

The 2019 Health Fair was the most well-attended in the department's history, with an estimated 275 Rec & Park employees attending to receive free flu shots, sit for chair massages, get hand-on fire extinguisher training and meet with representatives from city agencies, gyms and healthcare companies. Employees were also able to learn more about their own health by signing up for Kaiser biometric health screenings and UCSF/SFSU physical therapy counseling. Fun and healthy activities including rock climbing, tai chi and meditation sessions were offered in addition to healthy lunches.

The energy and excitement that employees brought to the Health Fair highlighted the value of well-being here at RPD. After taking advantage of the opportunities at Health Fair, our employees better informed to make healthier decisions in their day-to-day lives.



RPD: Wellness Lawn Bowling

SF Lawn Bowling Club
(Golden Gate Park, SF on 1/23/20)

This wasn't your typical Wellness Event, it was a *special* by-RPD-for-RPD event, that we - and it came with a special warning: "This activity can become addictive."

RPD staff that walk by the Lawn Bowling Green were able to finally find out what it is used for! Staff were able to laugh, team build, and engage in some friendly competition by taking part in an introduction to the international sport of lawn bowling, a fun sport played outdoors on grass. The class covered the rules of the game, proper form, strategy, and sportsmanship.

1/2



RPD: Wellness Lawn Bowling

By learning about a sport that RPD supports through all of its work, staff were able to connect with the reason we all do what we do, and reaffirm themselves with our mission to provide SF with active, healthy living.

Lawn bowling promotes physical health and mental well-being in an atmosphere of friendly competition and companionship.

2/2



SFPW: Musical Chairs

As Well-Being Co-Champions for their office, Emily & Frank wanted to get the office moving & have fun at the same time. They determined a good old-fashioned game of Musical Chairs would be a great way to accomplish these goals for an Instant Recess Break during the workday.

Champions worked with management to gain approval for the event and SFHSS helped out by donating prizes for some friendly competition. Then after a quick trip to the nearby Farmers Market, the Champions put together a healthy water infusion with lime, mint & cucumber for everyone to hydrate post-exercise.

Participation was significant and people had a blast getting their heart rates up as they walked around a rectangle of chairs while listening to high-energy dance songs curated by Frank. It was a nice change of pace compared to the routine of sitting in a chair at a desk most of the day. After the event, someone commented we should do it every Friday!



SFPW: RECHARGE Break at Bureau Meeting

Bureau of Street Environmental Services had Jason Lee (Well Being Champion) speak to staff about the importance of stretching daily and eating healthy for the new year.

Jason emphasized the benefits of stretching and how it helps to manage stress, increase focus, and increase energy daily.

This is a great way to promote staff helping staff to be their best self and offered an opportunity to highlight the upcoming RECHARGE challenge!



SHF: Advanced Biometric Screenings

San Francisco County Jail #5, San Bruno, Thursday, December 5, 2019 and Tuesday, December 10, 2019

An Advanced Biometric Screening consists of a brief clinical examination and tests to look for disease indicators before patients develop any symptoms. 46 employees participated in the health screenings. These screenings served the staff at County Jail #5, an underserved population in regards to receiving services provided by the City and County of San Francisco due to the location and staff schedules.

Staff are now more aware of their health and are taking steps to eat healthier, exercise more, and include more leisure time in their daily activities.

