

WELL-BEING@WORK



Quarter 2
Spotlights
FY20-21

ACC: 1st Virtual 5k Run

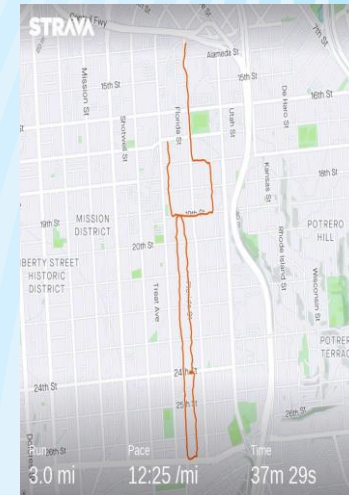
Between 10/24/20 and 11/10/20 eight employees laced up to complete a 5K run of the course and pace of their own choice.

Through a grant from SFHSS-Well-Being, each participant received a custom T-shirt and a medal. SFHSS-Well-Being also donated prizes which helped to get participants excited about the challenge.

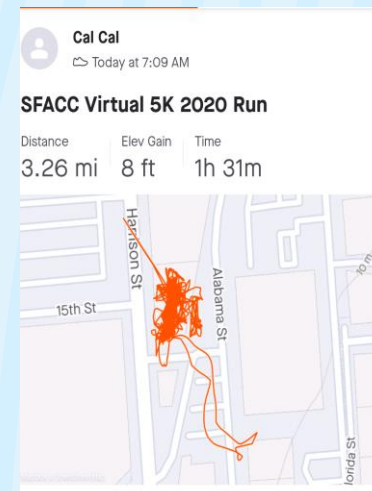
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The winners!

1st Place Women's:
Judy and Anacani



1st Place Men's: Calvin



AIR: Happy Howl-er

One of SFO's employee teams, Team SFO hosted a Howl-er event after work.

It was an event for our employees to check-in after work to say hello to their fellow colleagues and meet some of their best animal buddies. Everyone was welcome— no pet required.

The event was a lot of fun and Wellness and Team SFO hope to have a walk with our fur buddies in the Spring!



SFO

Happy Howl-er

October 22, 2020 | 5:30pm - 6:30pm

Don't miss a special Happy Howl-er event tonight at 5:30 p.m. Drop by after work to say hello to your colleagues and meet some of their best animal buddies! Everyone welcome – no pet required.

RSVP's encouraged with you and your pet's name(s) at TeamSFO@flysfo.com.

Thursday, October 22 from 5:30pm – 6:30pm via Microsoft Teams:
<https://bit.ly/2H1mBvw>

AIR: Onward and Upward Webinar Series

The COVID-19 Employee Education Webinar Series feature speakers who provide the latest information on COVID-19 topics. Some topics included; Managing COVID-19 @ SFO, COVID-19 101 and Breathe Easy.

This is a great way to share information and provide employees with an opportunity to ask questions.

These webinars are recorded and available on SFO's Learning Management System so employees can view at a later time.



AIR: SFO's Got Talent

Three of our employee teams (led by Team SFO in collaboration with MVP and Wellness) are sponsoring SFO's Got Talent Virtual Series.

The series started in June 2020, and it gives our employees the opportunity to showcase a talent, such as playing an instrument or teaching a fitness class, by submitting a video and participating in a live Q&A.

These sessions provided employees an opportunity to engage, educate and encourage each other. Everyone is welcome to participate!

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SFO'S GOT TALENT

VIRTUAL SERIES - EPISODE 10

SFO's Pets Got Talent
featuring Laurel Moeslein, Dyanna Quizon & Breanna Berry

Thursday, October 22, 2020
12:30 - 1:00pm
<https://bit.ly/3idOEoh> (Via Microsoft Teams)

This week on SFO's Got Talent, we're featuring SFO's talented pets! Join George (Laurel Moeslein), Sora (Breanna Berry), and Charlotte (Dyanna Quizon) and guest emcee Julian Potter as they show off their skills. Team SFO will also be hosting a "Happy Howl-er" at 5:30pm that evening for all pets and their parent employees! RSVP to teamsfo@flysfo.com.

Brought to you by Team SFO.

CON: Meditation & Mindfulness

December 2nd & 9th - Virtual Zoom

SFHSS sponsored two YMCA Meditation & Mindfulness classes held virtually over Zoom for the Office of the Controller employees. The class consisted of 10 minutes of meditation followed by 10 minutes of gentle stretching. Having had guided meditations while in the office, meditations have been long missed since working from home. The class helped employees quiet their minds during hectic times and reminded them to take care of their bodies by stretching while working from home.

Attendees of the classes were much appreciative and look forward to the next class.

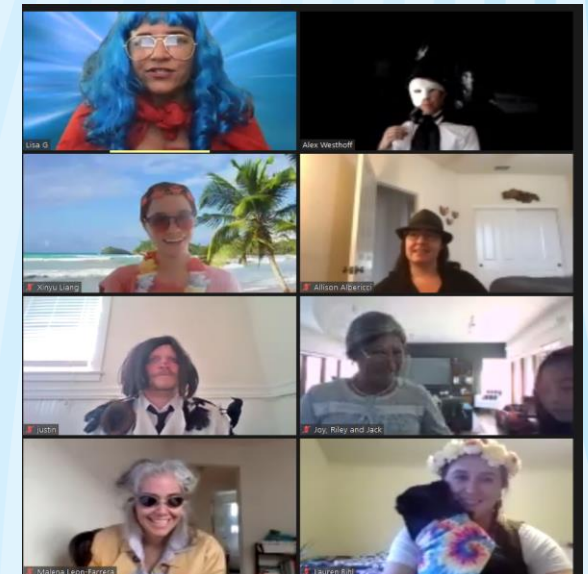


CPC: Virtual Howl-oween Celebration

The San Francisco Planning Department hosted a virtual Halloween party in October 2020.

There was not a fright to be had about missing this year's Halloween at the Planning Department! Staff still managed to have tons of virtual scares and laughs. The Halloween planning committee arranged a virtual costume contest, home decorations contest, prizes, and scavenger hunt.

This was the perfect treat to lift our department's spirits! Many CPC staff noted that this event and the laughter was much needed during tough times.

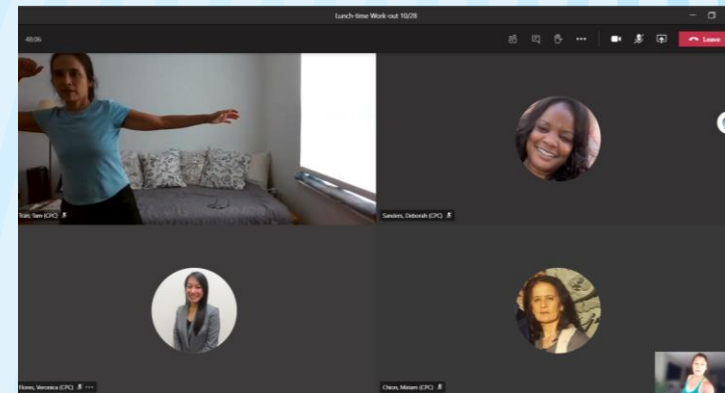


CPC: Kukuwa African Dance Inspired Class

This virtual lunchtime dance exercise class was held in October 2020. It was the first time that CPC has held this type of workout, but we received such positive feedback that it will not be the last!

Suggested to the Wellness team by fellow CPC staff, Kukuwa is an African-inspired dance workout with moves and music from all around Africa. It is a full-body workout that incorporates cardio and muscle sculpting. What started as a physical wellbeing activity turned out to be a positive lift for mental and emotional wellbeing also!

We received feedback that this was a joyous activity and the highlight of the week. We even saw some new faces join!



CPC: Kids' Crafternoon

Upon receiving feedback from a recent survey that staff with children were seeking additional support getting through COVID-19 at home, the CPC Wellness team hosted a virtual Kids' Crafternoon in November 2020.

Many CPC parents are now doing triple duty at home as City employees, caregivers, and teachers. Kids' Crafternoon was a moment for staff to participate in a recess with their children. We were thoughtful in using materials that can easily be found at home and chose an activity accessible to young children, though it was open to all! We practiced well-being with a break, creativity, and gratitude.

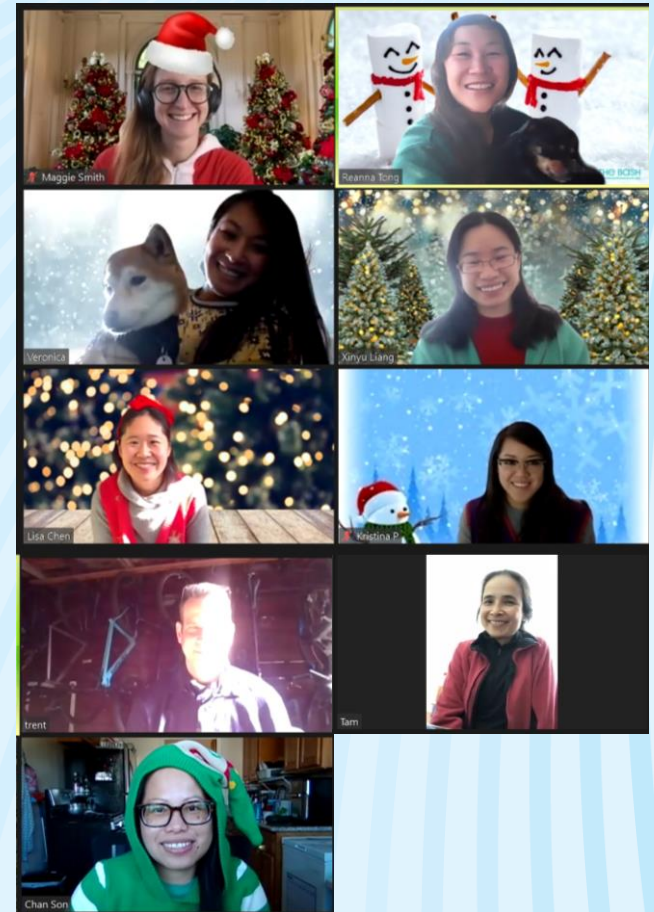
The kids and adults all had a blast!



CPC: Annual Ugly Holiday Sweater Celebration

The San Francisco Planning Department hosted our Annual Ugly Holiday Sweater Celebration via Zoom in December 2020. As always, this was an inclusive event for folks of all religious and spiritual persuasions.

Participants wore their best holidays sweaters and had some festive backgrounds, too. We also had an activity where everyone guessed the holiday carol based on some rebus drawings. Can you guess the holiday carol to the right?

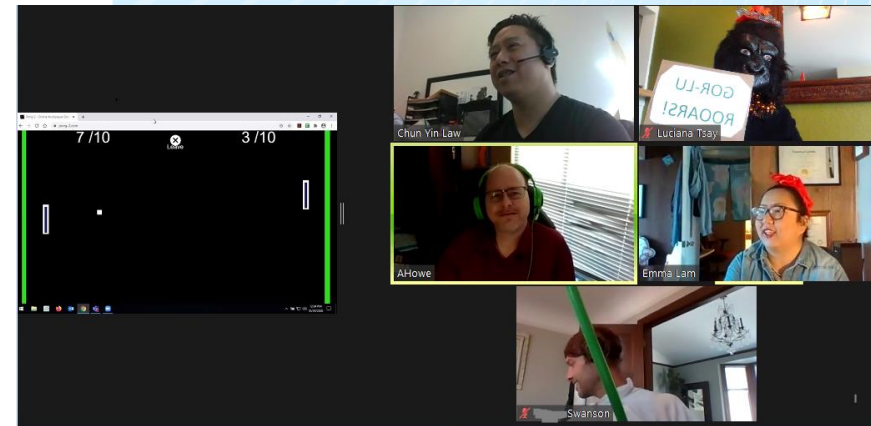


DAS: 2nd Annual Ping Pong Tournament of Champions

A 6-day virtual tournament held on October 20-22 and October 26-29

As shelter-in-place continued into October 2020, Human Service Agency (HSA) DAS Wellness Champions: Krista Gaeta, Lucas Swanson, Art Howe, Sara Hofverberg, and Luciana Tsay assisted by Valerie Tieu hosted the 2nd Annual Ping Pong Tournament of Champions virtually – the old school video game of pong – for the first time, which allowed all HSA staff from all buildings to participate.

With prizes and recognition in mind, 22 staff from APS, SFBN OPS, IHSS, HR, CSF/CQI, Contracts, CAAP, CalWorks/SWAT, DAS Intake, Admin, DAS MC, PA, IT, FCS, etc. informally met for the first time and had fun playing in front of staff spectators from just as many departments and programs. Since the tournament was held at the end of October close to Halloween, some staff showed up to the tournament dressed in costume – see pics to the right with 3 staff in costume.



Chun Yin Law – 2nd place winner | Luciana Tsay – GorLu audience | Art Howe – referee | Emma Lam – 1st place winner | Lucas Swanson – Princess Leia audience



Emma Lam – 1st place winner with prizes: trophy and Bluetooth speaker

DPH-Population Health: Employee Newsletter

The Department acquired a group of MPH students who developed a project to implement a biweekly newsletter for the SFDPH Population Health Division.

The newsletter includes department news and wellness tips in relation to national health observances, healthy recipes, ergonomic/stress tips and well-being activities offered by SFHSS.

The first edition was sent out in October 2020 and has had a positive response from employees who have shared their enthusiasm for the ergonomic and stress tips.

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Remedy This

Each week, we will introduce common issues that arise from working from home or sitting for prolonged periods of time (eg: ergonomic, stress, focus). We will supply a remedy and a link to further information. Live healthy!



Issue: Tough time focusing?

Remedy: Don't stay seated all day! Take a few minutes every hour to stand up and do some light stretches. Studies show that people who sit for 8+ hours a day are more at risk for developing health problems. Consider standing in the morning and sitting in the afternoon. You can also download apps to remind you to take a standing break.

SFHSS Fitness Classes

Check out [HSS Event Calendar](#) to stay up to date with the latest fitness offerings. Choose a day and time that works best for you!

- [Soul Line Dancing](#)
Monday's at 4:00pm
- [Qi Gong and Meditation](#)
Thursday's at 2:00pm
- [10 Minute Stretch Breaks](#)
Tuesdays & Thursdays at 3:00 p.m.



Diabetes Awareness Month

This month seeks to raise awareness of gestational, Type 1 and Type 2 diabetes. Diabetes is one of the most common chronic illnesses among children in the United States. This month focuses on educating the public how to live with diabetes and how to prevent developing diabetes.

**DIABETES
AWARENESS
MONTH**



Learn about the risks associated with type 2 diabetes. Type 2 diabetes can be prevented or delayed by making small changes to your lifestyle. To learn more about diabetes risk, head to the American Diabetes Association website: <https://www.diabetes.org/diabetes-risk>

Know The Risks of Developing Diabetes

Go here to take a 60 second [risk test](#)! If you would like to take a 60 second risk test, click the link <https://www.diabetes.org/risk-test>

Treat Yourself

Whether you are a seasoned chef, baking fanatic, or new to the recipe kingdom. We invite you to join in on treating yourself and those around you by exploring our top weekly recipes.

Recipes

[Teriyaki Chicken Stir Fry](#) [Coconut Banana Cookies](#)



SFPUC: Hosted Flu Shot Clinics at Six Facilities

Throughout October 2020, SFPUC hosted six flu shot clinics at various Bay Area facilities (San Francisco to the East Bay) and for the first time, clinics were held at Griffith and Sunol Yards!

A significant amount of planning and coordination was required with each host facility to successfully offer the six flu clinics and to ensure that COVID-19 safe work practices as outlined by the CDC and the City's Health Officer were followed to ensure everyone's safety.

It's more important than ever for SFPUC staff to get their flu shots so they remain healthy and can continue to provide critical water, wastewater and power services to our customers. Vaccinating employees is also important so that local/regional medical resources do not become inundated with flu patients while they are treating COVID-19 patients and individuals with other injuries/illnesses. It always remains a high priority for SFPUC to keep our staff healthy.

A total of 336 employees participated, which was more than originally estimated!

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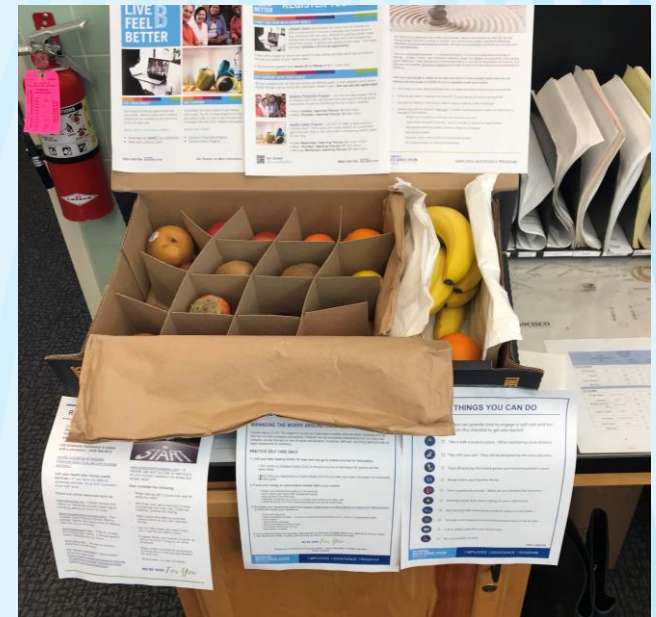
SFPUC: Holiday Fruit for WWE Frontline Employees!

December 21st & 22nd, 2020 at various SFPUC Wastewater (WWE) facilities: Southeast & Oceanside Treatment Plants, North Point Wet Weather Facility and Griffith Yard

Frontline employees have adapted to pandemic circumstances and been working at the City's treatment plants, on the streets, and in the sewers every day. In-lieu of a holiday celebration, fresh fruit and messages of health and wellness were delivered to remind them to take care of themselves, and that they're appreciated for all of their hard work.

Overall, the response was overwhelmingly positive. Many employees were thankful for the fresh fruits and stated that the printouts were interesting, and they appreciated the specific information regarding Employee Assistance Programs and shift self-reflection. As a result, there's been daily stretching and walks during breaks for fresh air, as well as more requests for healthy snacks.

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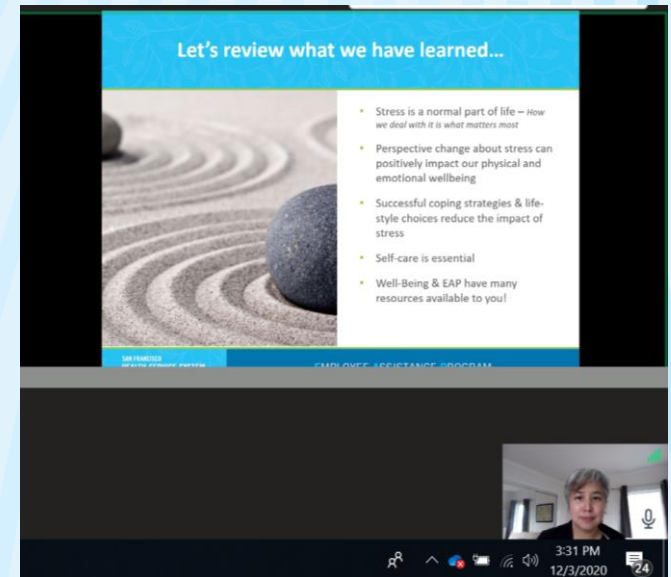
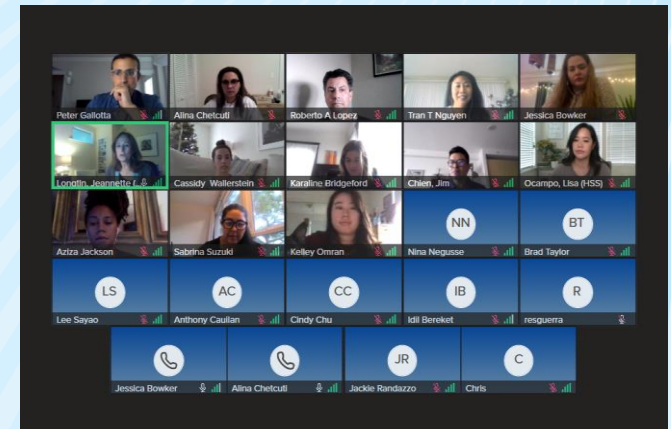
SFPUC: Stress Management Workshop for COMMS

At the Communications Team, All Hands Meeting held on December 3, 2020, a SFHSS EAP Stress Management Workshop was offered virtually to support staff.

Let's face it. 2020 was a stressful year. To help provide strategies and approaches for managing stress for the team, Communications invited Employee Assistance Program Counselor Jeannette Longtin and SFHSS Well-Being Program Coordinator Lisa Ocampo to lead an interactive workshop incorporating best practices and insights, including a TED Talk, breakout sessions, as well as practical, hands-on tips.

A survey administered by SFHSS indicated that the workshop was positively received, that employees really liked the TED Talk, and the idea of changing perspective not only about stress but how they see their stressors. Employees left the workshop with new tools for managing their stress.

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SFPW: Podcast Series

Snapshots: Racial Justice

Everyone has a story and everyone deserves to be heard. We shine a spotlight on racial justice and the Black Lives Matter movement with the 14-part podcast series *Snapshots: Racial Justice*. This series takes us into the lives of our Public Works colleagues as they share their experiences with racism and social injustice – and their hopes moving forward.

Snapshots: Racial Justice is part of the SF Public Works Racial Equity Initiative and was produced during the summer of 2020. The Racial Equity Initiative seeks to build our understanding of historical and structural racism and the impacts it has on our organization and the communities we serve. With a greater understanding, we seek to respond to these systems of oppression, both internally and externally, to erase racial disparities in the workplace and in how we provide services to the public.

We have had over 1400 downloads of the 14 interviews, sparking conversations about racism among colleagues, family members and friends. With these podcasts we seek to normalize the difficult conversations about race and racism.

