

WELL-BEING@WORK



Quarter 1
Spotlights
FY 2021-2022

AIR - Hoots and Salutes and Digital Conversations

Do you miss connecting with and meeting your colleagues and friends? Do you miss the impromptu water cooler discussion and sharing milestones?

If so, the Internal Marketing/Communications/Outreach Recovery Team in partnership with the MVP Committee and ITT are launching two new ways to help you stay connected with your colleagues on MS Teams:

- **Digital Conversations** - share articles, news or information and start a discussion about relevant topics or just something of interest.
- **Hoots and Salutes** - recognize and celebrate your colleagues! Create an announcement or share and celebrate milestones, anniversaries, special events, etc.

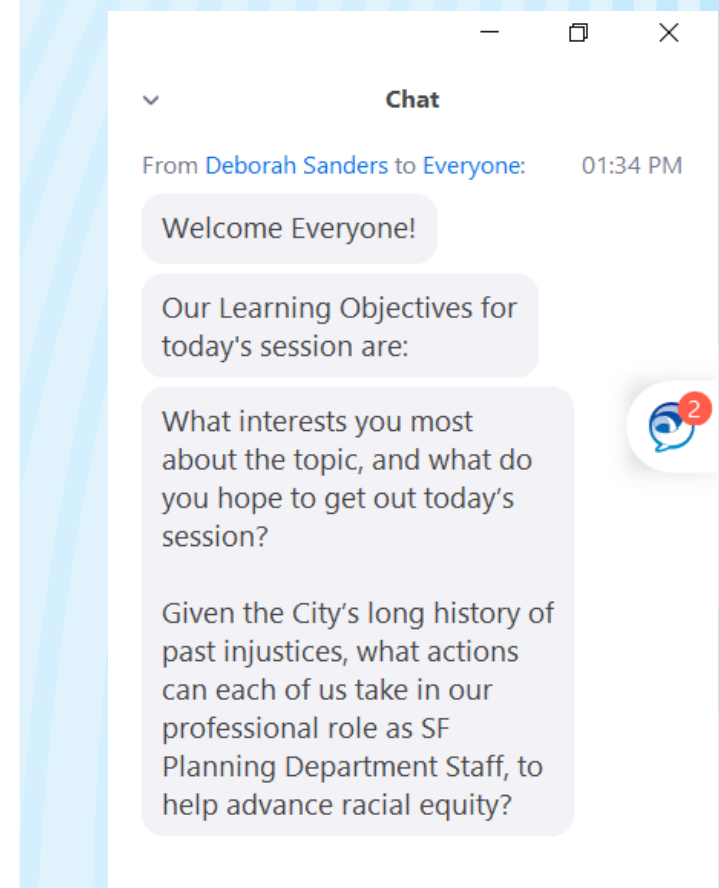
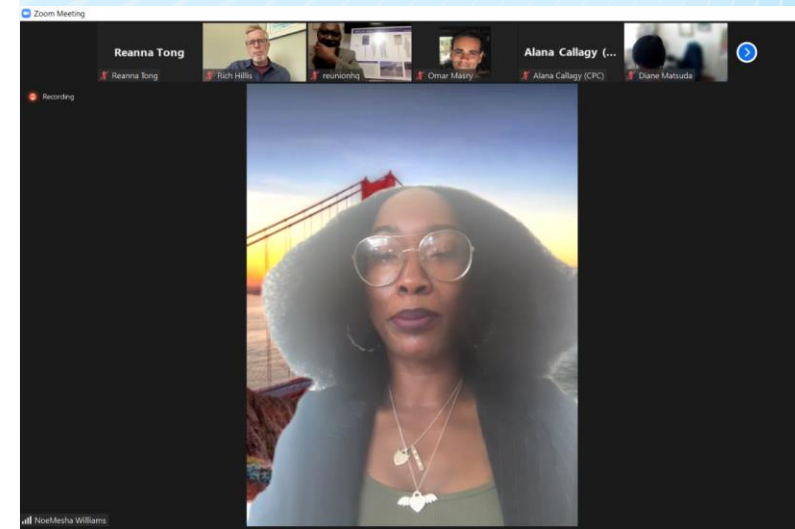
You can easily add these new functions as channels to any Team/Resource Group in MS Teams. It's a chance to recognize each other's good work as well as a chance to share interesting stories with your team members. Your posts are encouraged to be creative, fun, informative, and motivating.



CPC - Equity in Action Speaker Series

As part of an ongoing series called “Equity in Action Speaker Series,” the San Francisco Planning Department hosted a panel of 4 speakers to bring the African-American economic strategy and the California African-American Freedom Trail into public policy in San Francisco to restore its traditional magnetism for African-Americans.

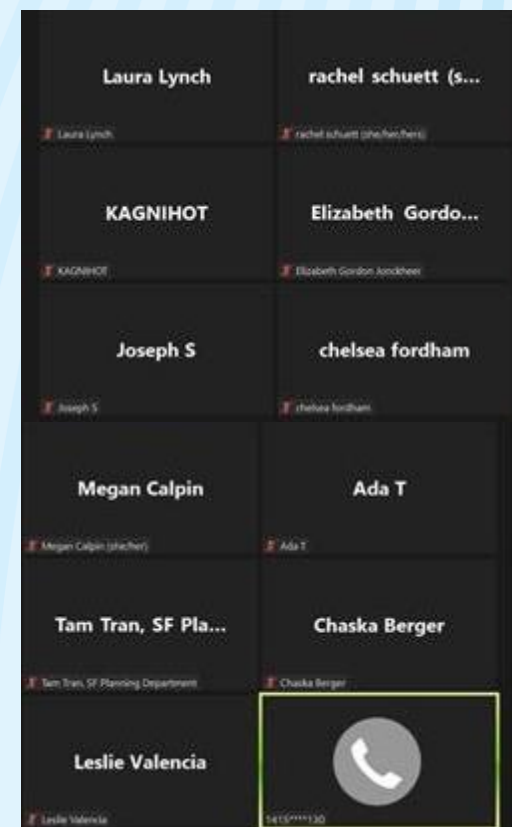
107 CPC staff attended on September 29 to learn about how to bring these ideas and strategies to Planning Department work.



CPC - Live Yoga

After such a successful live yoga session in May, the San Francisco Planning Department hosted another live yoga session led by Greta “GG” Gunther on September 20th. GG led the group through yoga stretches, poses, and some core work. We received feedback from participants that this was the “perfect mid-day break” activity!

We had 15 participants, including some first-time attendees. We also raffled out a special “Planning Department” thermos!



CPC - Name that Place!

The San Francisco Planning Department hosted a “Name that Place!” Challenge on September 1st. Staff members competed to see who could identify the most buildings, landmarks, and cities around the world.

We had 12 participant and awarded the winner with a special “Planning Department” thermos!

Name this Landmark









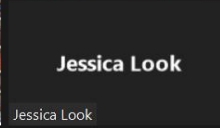

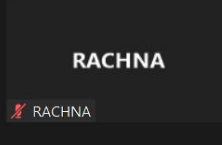



Photo Source: <https://www.kitfox.com/world-travel-guide/top-10-famous-landmarks.html>

| | | |
|--|---|---|
|  Veronica Flores |  Reanna Tong |  ddwyer |
|  Alana Callagy, CPC |  Kelly Wong (she/her) - City Plan... |  Tam Tran |
|  Elton Wu |  Jessica Look |  Virna Byrd |
|  RACHNA |  Ryan (all pronouns) | |

DAS - In-Home Supportive Services program

To boost morale for staff who work in the office and for the upcoming “Return to Work” kickoff, DAS Champions posted a timeline photos from the 1st Ping Pong Tournament (2019). The photos include staff practicing to tournament rounds to the final match, and of staff referees. With over 75 players and 10+ volunteers, the tournament was such a success that the building now has two ping pong tables for staff to use during breaks.

Photos are posted on the IHSS bulletin board (2nd floor) and on the large Inclusion Kudos Wall in the entry to the 3rd floor.



DBI - Newsletter: "Build a Better You With DBI"

It's an exciting time at DBI to launch our first online monthly newsletter!

"Build A Better You With DBI" is a well-being newsletter that comes to the department at such a critical time, following the Covid-19 pandemic. It's a fantastic way of instantaneously relaying wellness to all employees, whether they're working remotely or in the office. It's a time for transition, so a lot of the information shared regarding emotional well-being as displayed on the Credible Mind website is essential.

We've received a lot of positive feedback about the newsletter and staff really appreciate the unique content. The newsletter also seemed to spark interest for holding in person activities again, e.g. Yoga, Zumba, and eventually Healthy Potlucks. The awesome well-being changes the team has seen is an increase in coworkers attending stretch breaks and other virtual offerings more regularly, simply because they saw them highlighted in the newsletter!

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Build a Better You With DBI

September 2021



Returning to in-person work, mindfully...
Upcoming Webinars:
9/15 - No Such Thing as 'Perfect Parent, 11 - 1pm [LIVE!](#)
This webinar will address the benefits of being the 'perfect parent', identify facts which affect your parenting style, and describe how 'good enough' parenting factors independence and self confidence in children.

9/21 - Connecting: Fit & Healthy Behind the Wheel, 2 - 3pm [LIVE!](#)
Learn key seat preparation, body mechanics, stress reduction, and sleep strategies to help individuals that are spending a lot of time commuting or driving.

Personal Action Plan
[For additional offerings... click here](#)

DBI
[Credible Mind - Transition back to in-person work](#)
[Mental Health Tools from Well-Being Connection](#)
[Virtual Classes](#)

Webinars: - Tues 2:02 - 3:02pm
 - Thurs 2:02 - 3:02pm

Stretches Through Zoom
 11:00am Tues @ Thurs 2:00 - 2:02pm
 CPC Stretch Breaks Mon, 10 - 10:00am [Click!](#) Tues 2:00 - 2:02pm [Click!](#) Thurs 10:00 - 10:02am [Click!](#)

12-Step & Twelve Steps Management
Webinars
 11:00am @ 11:00am 11:00am Fri
[View additional offerings here](#)

On Demand Webinar Recordings:
[Gain a Smaller, Resilient Team](#)
[Fast Flow - Working From Home](#)
[Dealing with a Traumatic Event](#)
[Preparing Your Self for Return to Work](#)

Watch other webinar recordings [here](#)

DHR Vaccine Update

- Current vaccine choices: Pfizer, Moderna, J&J
- All vaccines effective against Delta Variant
- All highly effective in preventing severe COVID infection including hospitalization and death
- FDA approval around the corner, "as soon as Labor Day"
- SE* rate of reinfection:
 78% > 12yo,
 87% > 65yo

DHR Covid FAQ

Can vaccinated people still get COVID?
Breakthrough, reinfection, asymptomatic, immunosuppression

Is one vaccine better than the others?
CDC recommends all equally. All highly effective, less data for Delta and J&J

What about a booster, will I need it?
Still unclear, likely recommendations coming


What if I get J&J?
(only in SF) Booster of mRNA single dose, immunocompromised gets 2nd J&J

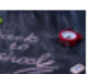
Are there other variants?
Other Greek letters being tracked around the world, currently none predominant as the Delta

When will the FDA approve?
Pfizer on track for approval in September

September is Preparedness Month

Checklist: 

Resources: 

Communication Cards: 



Back to School is Back
[Message Assembly for Children Services](#)
[in School Plan - COVID-19](#)



48 South Van Ness | San Francisco, CA 94103 US
628.652.3510

LIB - SFPL Food Bank Stretch Breaks

Stretch break! Every morning around 11 a.m., Library employees paused for a 5 minute stretch break while working as DSWs at the Food Bank. We took turns leading the exercises, and as a result, enjoyed a variety of yoga, athletic, and ergonomic stretches that helped prevent injury and relieve tired muscles.

Library staff were deployed at the SF/Marin Food Bank from March, 2020 to September, 2020. We instituted daily stretch breaks early on in the deployment because the work was physically demanding. The stretch breaks gave us a chance to pause and relax. We even researched special stretches for factory workers!



SFMTA - How to Talk About Vaccines with Family & Friends

With millions of Americans now protected, vaccinations have proven to be a lifesaving measure, including against new rapidly spreading variants. Those who are vaccinated can make a difference by helping friends and family members feel more confident about COVID-19 vaccines.

To help further a discussion, the SFMTA Wellness Program ran an information campaign regarding how to talk about COVID Vaccines with family and friends. Dissemination methods included All-staff emails, blog posts, and Digital Signage.

Every person who chooses to get vaccinated brings us all a step closer to moving past the COVID-19 pandemic. By promoting a non-judgmental approach to discussing a sensitive topic, our aim is to support creation of a safer environment for our colleagues, our families and our community.


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Talking About Vaccines with Family & Friends




- > Listen without judgment to their concerns
- > Offer to share accurate information
- > Help them find their own reason to get vaccinated

Those who are vaccinated can make a difference by helping family and friends feel more confident about COVID vaccines. For more details, visit: wellness.sfmta.com

 **SFMTA Wellness Council**
Healthy Notes and Opportunities

Wellness Wednesday Minute Message



How to talk about COVID-19 Vaccines with family and friends

Millions of Americans have now gotten vaccinated for COVID-19, but many others have made the personal decision not to get vaccinated due to fears or concerns in many communities throughout the US. Getting the vaccine has already proven to be lifesaving, including against new rapidly spreading variants. Those who are vaccinated can make a difference by helping family and friends feel more confident about COVID-19 vaccines:

- **Practice empathy:** You can help by listening without judgment and identifying the root of their concerns. Acknowledge their emotions so they know they have been heard.
- **Explore their concerns:** Ask open-ended questions which elicit more than a yes-or-no answer. This can help you understand what they are worried about, where they learned any troubling information, and what they have done to get answers.
- **Ask permission to share information:** If they agree, they will be less likely to feel like you're pushing unwanted information on them. Answers to common questions can be found from reputable sources, including [CDC.gov](https://www.cdc.gov) or their doctor, nurse or pharmacist.
- **Help them find their own reason to get vaccinated:** After addressing their concerns, you can steer the conversation from "why not?" to the important reasons that matter to them—their "why." Everyone who chooses to get vaccinated does it for a reason—to protect their family, to be less anxious, to visit their parents, or to get back to activities like seeing friends, resuming work or returning to school.
- **Help make their vaccination happen:** Offer to help make a vaccination appointment at a nearby location. You can also offer to go with them to the appointment, help with transportation or to babysit if they need childcare.

Remember, every person who chooses to get vaccinated brings us all a step closer to moving past the COVID-19 pandemic. As a trusted messenger to your family and friends, you can play a role in their decision to vaccinate. For more tips on how to talk about COVID-19 vaccines, click [here](#).

Get the Facts for Piece of Mind

For more information about COVID-19 vaccines, check out the following websites:

- [CDC.gov](https://www.cdc.gov) - Centers for Disease Control & Prevention
- sfph.org - San Francisco Dept. of Public Health
- sf.gov/coronavirus - City & County of San Francisco COVID-19 information
- sf.gov/getvaccinated - If you live, work, or learn in SF, sign up for an appointment or drop in to get a COVID-19 vaccine. Or call [650.552.2700](tel:650.552.2700) to book an appointment, find a drop-in site, or if you have questions about the vaccine.

Road to Fitness | CARE Program | PEER Program

[WELLNESS.SFMTA.COM](https://wellness.sfmta.com)

SFMTA - Wellness Room Re-openings

Found at multiple agency sites City-wide, SFMTA Wellness Rooms are havens for self-paced exercise, stretching, cardio, ergo breaks and stress reduction.

After closures due to Coronavirus constraints, the SFMTA fitness facilities were able to re-open during June 2021 with City-approved guidelines and requirements. Necessary elements included masking, signage, maximum room capacity, reservation sheets, and on-site contacts.

The SFMTA Wellness Program, SFMTA COVID-19 Department Operations Center (DOC), COVID Location Managers and Transit Wellness Group members worked together in preparing the Re-opening Guidelines, a prime example of successful intra-agency collaboration.

After release of an official Agency Bulletin, information on the eagerly anticipated re-openings was distributed through All-staff emails, blog posts, and Digital Signage.

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Wellness Wednesday Minute Message



Found at various Divisions sites and on the 6th floor at 15VN, SFMTA Wellness Rooms are havens for self-paced exercise, stretching, cardio, ergo breaks and stress reduction. After closures due to Coronavirus constraints, our SFMTA fitness facilities are re-opening throughout June 2021 with City-approved [guidelines](#) and [usage requirements](#). Of course, as circumstances change, these guidelines will be revised.

Usage Guidelines:

- Advance reservation required for Wellness Room use, typically with paper sign-up. Time limits are based on location, but 30 minutes maximum is recommended in order to ensure opportunities for everyone to use the facilities.
- Practice self-health screening. If you have been exposed to or had any symptom of COVID-19 in the past 14 days or if you become ill, cancel all reservations.
- Masks are mandatory at all times, except while drinking liquids at a normal breathing intensity. Eating is never allowed in Wellness Rooms.
- Individuals must remain at least 12 feet apart from all others. Due to the size of most facilities, this may result in room occupancy limited to just one person.
- Users must wash or sanitize their hands upon entering, and again upon exiting the facility.
- Users shall disinfect any fitness machine, accessories, or other equipment before and after each use.
- Generally, doors connecting the gym or wellness room to the rest of the worksite should remain closed during use.

In addition to COVID-19 precautions, all gym and wellness room users should be mindful of their physical limitations and personal safety. Consult with your doctor if you have questions about which type of exercise is best for you.

Information will be posted at each Wellness Room about how to contact a designated point person regarding site-specific issues or concerns. For the complete SFMTA [Bulletin on Reopening of Workplace Gyms & Wellness Rooms](#), a map of all SFMTA Wellness Rooms, or simply to answer your questions, email: wellness@sfmta.com.

Special thanks to Felipe Robles, SFMTA COVID-19 Department Operations Center (DOC), COVID Location Managers and Transit Wellness Group members for their work on preparing the Wellness Room Re-opening guidelines.

Road to Fitness

CARE Program

PEER Program