

WELL-BEING@WORK



Spotlights

FY 2023-2024

ADM: Treasure Island Development Authority

February 8, 2024, Historic Officers
Quarters on Yerba Buena Island

With SF Environment, TIDA staff
planted a new native plant
demonstration garden on Yerba Buena
Island to support the local habitat and
promote biodiversity and stewardship.

Fresh air, hard work, and connection to
the natural world all promote well-being
in our workplace! TIDA staff will
continue to visit our garden and explore
the many new trails and parks on YBI.



CPC: Art Therapy Workshop

The Department hosted an Art Therapy Workshop on May 14, 2024 led by Abby Zimberg of The Art of Therapy. There were approximately 15 attendees. The instructor, a licensed therapist, described the process and benefits of art therapy. She then presented the theme of "Connections" based on ideas submitted from participants during registration. Everyone worked on 1-2 individual pieces to combine later into a mandala. Supplies included old magazines and calendars, markers, oil pastels, even glitter! Participants enjoyed the relaxation offered through the activity and enjoyed seeing the mandala come together. Everyone interpreted the theme differently and it was rewarding to see the final piece come together.



CPC: Adopt-a-Family and Holiday Sweaters

The Department participated in an Adopt-a-Family program hosted by Compass Family Services. We were paired with a family of 10. Each division was assigned a wish list of two to three family members in the beginning of November, giving staff about a month to collect gifts. The Adopt-a-Family activity culminated in a combined gift-wrapping session and annual Holiday Sweater celebration on December 7, 2023. Approximately 80 people joined the holiday sweater and gift-wrapping festivities.



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Staff dropped off the gifts to Compass Family Services in time for the holidays. Everyone appreciated the opportunity to give and hoped to participate again in the future.



CPC: Chinatown Rising Documentary Screening and Q&A Panel

The Department invited the directors of Chinatown Rising to the office to host a screening of the Chinatown Rising documentary and participate in a panel Q&A. About 40 staff members joined the event and had the opportunity to learn more about some of San Francisco Chinatown's history. The film showcased Chinatown residents on the front lines of their historic neighborhood in transition.

The event was informative and engaging. It also gave current staff additional planning context and history of San Francisco. Everyone enjoyed some light snacks after the panel from a local bakery.



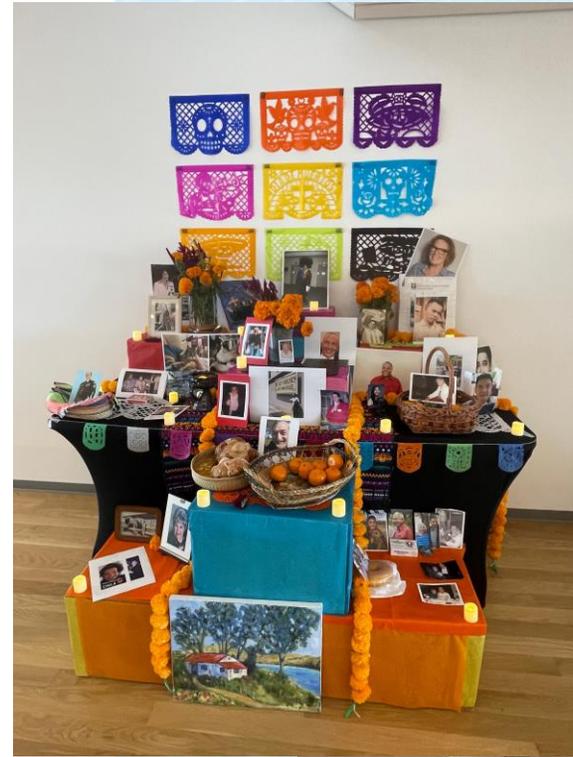
CPC: Department Social

On June 22nd, the Planning Department brought back a pre-COVID tradition of getting together for a happy hour during the fifth Thursday of the month when there is no Planning Commission hearing scheduled. Approximately 25 staff members met at The Mint for karaoke and drinks.



CPC: Dia De Muertos

The Department hosted a Día de Muertos celebration with traditional offerings, including pan de muerto and hot chocolate. Staff were encouraged to bring pictures of loved ones who have passed away (pets included), along with some items that they cherished during their lifetime, such as fruits, foods, drinks, or personal mementos. There were over 60 attendees with people sharing stories of loved ones and taking a moment to honor those who have passed away. Staff members were touched and requested that this celebration continue in years to come.



CPC: DIY Trail Mix

The Department hosted an event for staff members to make their own trail mix. People chose from different ingredients, including banana chips, mixed nuts, M&Ms, raisins, cranberries, goldfish, and pretzels! There were over 50 attendees. Everyone really enjoyed the event and requested more events like this in the future.



CPC: Financial Wellness Presentation

The Department hosted a Financial Workshop hosted on August 10th with guest speaker Andrea Yee and Howard Feitel, Jr. from the Office of Financial Empowerment. There were a total of 20 attendees and two raffle prizes were given out to attendees. Topics discussed included: budgeting, prioritizing expenses based on values, building credit, and the Smart Money Coaching Program available to everyone who lives or works in San Francisco. There were so many credit-related questions that Planning hopes to invite guest speakers back for a “Using Credit Wisely” workshop in the future!



CPC: Games Week

The Department set out games and a puzzle during lunch the week of January 9th for staff to play and interact with each other during the lunch hour. It ended up raining that week making for the perfect indoor activity. The puzzle was left out for longer and staff gradually completed the puzzle over the course of a month.



CPC: Juneteenth Celebration

On June 15th, the Planning Department hosted a Juneteenth event with approximately 60 attendees. There were short video clips, an art display, games, and trivia about Juneteenth. There was also dessert provided by Yvonne's Southern Sweets. Additionally, the Department shared a Juneteenth newsletter where some colleagues provided some personal sentiments on what Juneteenth means to them.



CPC: Lunar New Year Celebration

The Department hosted a Lunar New Year Celebration on February 20th. Staff members brought in traditional treats such as oranges, dim sum, and candy. There were also festive decorations, including homemade lanterns. The Department also set up posters featuring each of the zodiac “animals”. Staff members were invited to place a sticker on the poster of the animal that represents them. Approximately 50 people attended and shared that they enjoyed the festivities and hope to celebrate again next year.

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CPC: SF Ready Emergency Preparedness Workshop

The San Francisco Fire Department's Neighborhood Emergency Response Team (NERT) Program Coordinator, Brandon Tom, hosted the SF Ready workshop on January 30th. This was a 90-minute personal disaster preparedness workshop available to all SF Planning staff. Topics included Risk awareness, Disaster supplies, Personal/Family disaster planning, NERT overview, and Disaster Pre-Planning. 17 people attended. People also expressed interest in hosting an on-site NERT certification series in the future.



NERT Neighborhood Emergency Response Team (NERT) - San Francisco Fire Dept. contact 415-970-2022 - sffdner@sfgov.org - www.sfgov.org/sffdner for a schedule of FREE training offered in San Francisco Neighborhoods

The NERT training is a 20 hour comprehensive disaster preparedness class held over six sessions. The instructors are professional firefighters. No experience required.

Disaster Supply Kit—Home

- Water, 1 gallon per person per day for at least 3-5 days (4 people = 12-20 gallons!)
 - bleach, to purify domestic water if needed; 2-4 drops per quart
- Food, enough to feed your family for 3-5 days; choose foods that
 - are easily stored, ready-to-eat, and have a shelf-life of at least 1 year before they need to be replaced; canned and dried foods, soups, canned juice and milk, are perfect emergency supplies
 - are low in salt and do not require large amounts of water to cook; if you plan to cook noodles or rice, store cans of broth for cooking
- Cooking supplies: an alternative way to cook (grill, camp stove), utensils, manual can opener, foil and plastic wraps, matches, zip plastic bags, garbage bags
- Clothing: a complete change of clothing for each person, stored so it stays dry and clean; heavy enough to protect you and keep you warm, boots or heavy shoes—comfortable too; gloves, rain ponchos
- Safety Supplies: flashlight and portable radio with extra batteries, candles and matches, duct tape, good pair of scissors, whistles (to get attention and keep track of kids), rope, sharp knife, small tools like a wrench for utility shut-off, fire extinguisher
- General Supplies: plastic bags, money (no ATMs!), pencil and paper, city/area maps, extra sets of house and car keys, ID cards for everyone, 'space' blankets, emergency contact information and reunification plans, insurance information
- Hygiene Supplies: soap-waterless kind, liquid detergent, shampoo, toothbrush and paste, tissue, toilet paper, sanitary supplies (sanitary napkins make excellent pressure bandages), paper towels
- Medical Supplies: first aid kit (adequate kits in stores or assemble your own), first aid book; medications, extra eyeglasses, and prescriptions for both, list of doctors
- If you evacuate, you may need tent, sleeping bags, some means for moving all your supplies (beheeled cans), and games or cards
- Special items for infants, children, elderly, disabled
- Consider your pets—they need their own water, food, leashes, carrier or shelter

Workplace Kit

A simple kit that will allow you to get to your home or reunification site

- Comfortable walking shoes
- Flashlight
- Portable radio
- Small amount of water and food
- Money
- Contact information

Do you know what plans your employer has for evacuation?
Sheltering in place?
Contacting you after a disaster?

Car Kit

Similar to the workplace kit

- Comfortable walking shoes
- Flashlight
- Small amount of water and food
- Basic first aid kit
- Money
- Contact information, maps
- Change of clothes
- Flares

Make sure you keep the gas tank full! Never let it go below half a tank. It takes electricity to pump gas and passable roads to get to a station—neither may be available!

DPH – CMHC: Kukuwa

Kukuwa takes place during lunch at the first floor waiting area

Maya Bratt introduced Kukuwa to the clinic and has now become a regular lunchtime activity. Karina Pina has been encouraging staff to participate in Kukuwa and there is a regular group of staff participating at lunch time.

Positive changes brought on by this program: team bonding, physical activity, and lots of smiling faces.



ECN: Annual Mae Louise Mays Softball Tournament

Moscone Softball Field, June 22, 2024

OEWD staff were ecstatic with the return of Mae Louise Mays Softball Tournament hosted by San Francisco Foster Youth Inner City Department after 5 years of hiatus!

The team was excited about the tournament, and the good feelings having everyone come together for this amazing fundraiser supporting foster youths.



ECN: Chair Yoga Series

In-person at 1 South Van Ness and virtual on MS Teams on February 28 and June 24, 2024

Yoga instructor led practice for strength, balance and flexibility including relaxation to focus on one's well-being.

This gave staff a chance to take a break from their busy work schedules to channel positive energy in their well-being.



ECN: Heritage Month Celebrations

City Hall and 1SVN Workforce Office

At our workplace, we've implemented heritage month celebrations like AANHPI, Arab American, and others, where we delve into the rich cultural backgrounds of the heritage. These celebrations provide opportunities for education, understanding, and appreciation of diverse heritages, impacting everyone in our workplace community.

As a result of these programs, we've witnessed significant positive changes in our workplace well-being. By becoming more knowledgeable about different cultures and backgrounds, our team members have fostered a more inclusive environment. This inclusivity has led to increased empathy, understanding, and collaboration among colleagues, ultimately contributing to enhanced overall well-being in the workplace.



ECN: New Year Salad Challenge

1SVN, Wednesdays in January 2024

3 week salad challenge encouraged staff to partake delicious salads and learn about the benefits from eating leafy salad greens starting off the new year.

Astonishing interest with the challenge and more staff now have salad for lunch!



ECN: Pride Month Museum Visits

June 13 and June 27, 2024

GLBT Museum

Tenderloin Museum & Neighborhood Walk

These museum visits provide opportunities to learn about the history of the LGBTQ+ movement and historical figures.

The positive well being changes are that staff are feeling "seen". This makes staff feel like they belong in the organization and helps their mental health and wellness.

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ECN: SF Rec and Park's Wellness Kayaking Program

Lake Merced, May 31, 2024

The Workforce Program's Team spent an afternoon participating in this program. It was a fun filled team building day, where folks got a chance to get out of the office, get some sunshine and exercise, learn more about each other, and engage in a strategic discussion on workforce priorities for the new program year.

This great wellness activity enhanced the positive well-being of our team and the workplace.



ECN: Wellness Corner Compliment Station

City Hall, 1SVN and 49 SVN Office.

At all OEWD offices, we have introduced a compliment station aimed at fostering positivity among colleagues. This station allows team members to write uplifting notes for each other, either signed or anonymously. The goal is to create a supportive and encouraging work environment where small gestures can make a big difference in boosting morale and fostering stronger relationships among coworkers.

Since its implementation, the compliment station has had a positive impact on office culture. Colleagues have expressed how much they appreciate discovering heartfelt messages at their desks. These notes not only brighten their day but also serve as reminders of the value they bring to the team.

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ENV: Environment Dept

This celebration took place on 11/31 at 1155 Market St, 3rd floor.

Our Halloween celebration brought together all of the ENV. We organized a costume contest and cook-off to allow folks to show off their cooking and creative skills!

This festive celebration made space and time for colleagues to laugh and get to know one another better in a fun way.

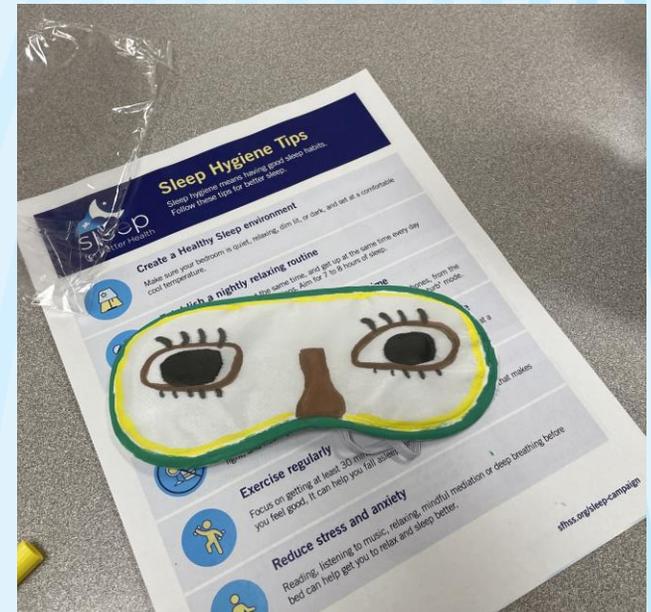


HSA: Sleep Mask Decorating Activity

When and where did the program take place? The activity took place at 1650 Mission and 170 Otis on 3/14/24 and 3/20/24

In honor of sleep awareness month, the wellness champions put together a sleep mask decorating activity. Sleep masks and healthy snacks were provided. Promotional flyers were handed out to all participants that highlighted good sleep hygiene. It impacted all employees at 1650 Mission and 170 Otis that participated. Participants decorated their sleep masks while they read up on important tips for good sleep.

The activity brought positive feedback from employees. They enjoyed themselves and enjoyed being able to socialize with other employees. They hope more activities will be implemented in the future. The information provided on sleep hygiene is important for all employees. Better sleep makes employees more productive and is important to live a long and healthy life.



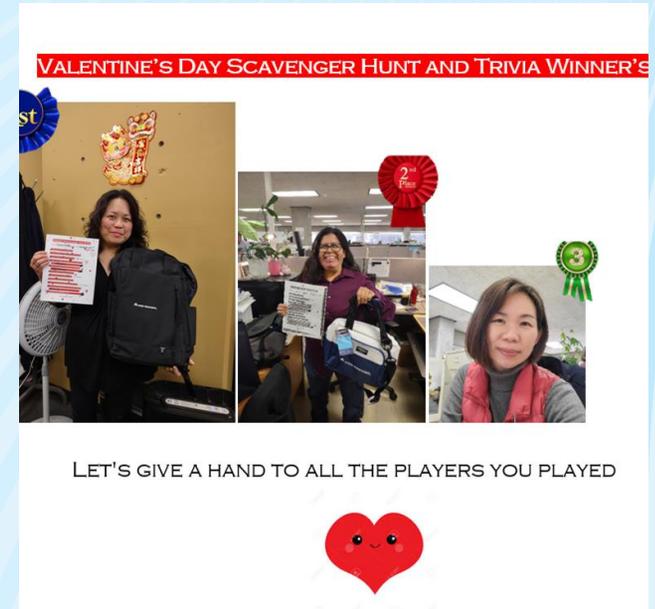
HSA: Valentine's Day Scavenger Hunt

The HSA Wellness Champions hosted a Valentine's Day Scavenger Hunt. The Scavenger Hunt Cards were posted on bulletin boards around each building and in breakrooms with a designated drop-off location. The activity took place at 1650 Mission, 3120 Mission, 170 Otis & 2 Gough from 2/6/24 to 2/20/24.

We created this activity to promote Valentine's Day by encouraging employees to interact with each other, as well as focus on self-care. The scavenger hunt included several tasks from writing themselves a letter of appreciation to giving a colleague a piece of candy.

The employees really enjoyed the activity and the prizes that were offered by HSS. We received a lot of great feedback from employees and appreciation for providing such activities. Employees look forward to more wellness activities in the future.

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HSA-DAS: V-Day Sweet Gram Sale

02/14/2024 – 02/15/2024

2 Gough Street

The DAS Hub Fun Committee held a “V-Day Sweet Gram Sale” offering a variety of cookies, pastries, and sweet treats to all staff. All programs were invited and many from other DAS and HSA buildings came to purchase the scrumptious goodies for a good cause. All proceeds made from the sale of the goods will be used for future DAS social events with the goal of increasing staff morale and comradery. This event was not just a successful fundraiser, it also brought together many DAS and HSA workers together in one place to meet, network, and have a “sweet” time.



LIB: Bay to Breakers 2024

When and where did the program take place? San Francisco, May 19, 2024

For the 2nd year in a row, the San Francisco Public Library gathered a team of runners to represent the Library in the Bay to Breakers run.

The experience helps library staff bond, promote the Public Library through good sportsmanship and visibility, and encourages physical activity through training and preparing for the run.



LIB: Let's Plays Fitness Jenga

Excelsior Branch, 4400 Mission street
SF, 94112

During their break Excelsior staff exercise with a customized Jenga. Each block has a different physical activity which staff completes when the block is removed successfully. This is a fun way to move and stretch during their workday.



PUC: Standard Park Debris Clean-Up

April 27th @ 2:30pm

HHWP employees showed their commitment to community service by volunteering with Love Tuolumne Co. on Saturday, April 27. The day began with a safety awareness activity focused on heat exhaustion, ensuring that all participants were prepared for the physical labor ahead. Over the course of two hours, the 5 employees & their families worked diligently to clean up debris along the park's fence line, demonstrating their dedication to improving the local environment. In addition to their hard work, the volunteers also received health awareness tips and had the opportunity to engage with both the community and their colleagues. The event was a success, showcasing the positive impact that can be made when individuals come together to support a common cause.



PUC: Healthy Harvest Corn Hole

October 4th – 26th, Moccasin Admin Bldg.

The teams sends out an email every Monday with 4 health related questions, every Wednesday and Thursday each participant walks to the Admin lawn, they receive one bean bag for each correctly answered question (which can be found on the Wellness site). The participants throw their bean bags on the corn hole board, 3 points in the hole, 1 point on the board. The coordinator tracks the score. At the end of the challenge, the total months highest score wins the grand prize of a Fitbit.

The program brought together people from all departments, with approximately 33 participants. Participants learned new health related tips, walked to and from the Admin building, and socialized with staff members from other depts.



SFPD: ACADEMY YOGA

5-Week Series

Tuesdays, April 2, 9, 16, 23 & 30, 2024 at 1:00pm
SFPD Police Academy (Mat Room or classroom 106)
350 Amber Drive
San Francisco, CA 94131



Well-Being Champion, Kristine “KK” Demafeliz, led a 5-week series in **“Mindfulness Moving Meditation Yoga Classes”** to the sworn and professional staff members at the San Francisco Police Academy, allowing staff an opportunity to re-center and decompress in the midst of a busy work week.

The benefits of yoga may help alleviate stress by connecting with one’s **breath** while focusing on movement that is **safe and comfortable for all levels**. Yoga can help with re-aligning and re-centering the mind, body and spirit allowing staff to re-enter their day with a stronger sense of **calmness, clarity, and a peaceful state of mind**.

Whether their duties took them back to the office or responding to a distress call in the City, yoga students are better able to incorporate the “in the moment tools” to support split-second decision-making while improving their overall physical and mental health & well-being. Namasté.

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SFPD: San Francisco Police Officers Association Basketball Championship Game

Thursday, March 14, 2024

St. Mary's Recreation Center/Gym
95 Justin Drive, San Francisco 94112



Our 2023-2024 SFPOA basketball league came to an end a couple weeks ago, with Investigations beating the Tenderloin Rats 57-43 in the championship game. Ronney Freeman sparked the Investigations squad, hitting timely shots which helped his team pull away. Declan Maher was a big factor in the game for Investigations, doing all the “little things” and “dirty work” such as setting screens and providing toughness to combat league MVP Paul Vainshtok’s strength. Tenderloin has a scary roster, but Investigations was able to quiet them down for at least one game. One of the players in the league that has recently established himself and developed a reputation around the league as the scrappiest player, usually coming out of no where for a key steal, timely rebound, or an unexpected score is The Rats Franco Ragusa. Keep up the scrappiness!

Congratulations to the Investigations squad for winning back-to-back championships. The players for Investigations are Ronney Freeman, Rodney Freeman, Brent Sullivan, Matt Sullivan, Erick Solares, Kevin Murray, Tim Brophy, Ryan Jones, Declan Maher, and Steve Coleman.

We want to thank Tracy McCray and the POA for their continued support for our league. We wouldn’t be able to have this league without their support. We’d like to acknowledge the coaches of their respective teams: Marvin Cabuntala, Mike Chicas, Derek Christiansen, Paul Vainshtok, and Brendan Williams.

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SFPD: Mission Station Wellness Fair and Health Screening Event

Wednesday, May 15, 2024
SFPD – Mission Station
630 Valencia Street, Community Room
San Francisco, CA 94110



The SFPD Wellness Team hosted another Officer Wellness Fair & Health Screening Event for the sworn (patrol) at Mission Station’s Community Room. It was a complete **SUCCESS** with 69 participants (with anticipation of 80) during the time frame of 2:00 to 10:00pm. Our main focus was to support the swing and midnight shift members.

The fair hosted Clinical Health Appraisals (CHA) healthcare staff along with San Francisco Health Service System (SFHSS), Lane Kennedy who gave brief presentations on meditation/nutrition, acupuncturist & Financial Capital Edge), BSU and a Champion Network table were all present at the event. We also offered FUN wellness swag and delicious fruits! This combination was a **DELIGHT!!** The biometric health screenings took about 15 minutes for CHA to evaluate members’ baseline numbers for cholesterol panel, glucose, blood pressure (BP), body fat %, and body mass index (BMI). Chief William Scott, DC Robert O’Sullivan and Mission Station Capt. Tom Harvey (command staff) all participated in getting a health screening! 😊

Everyone had a **GREAT** time – and best of all, our members received their numbers and advice on how to support and move forward on how to better care for their overall health and well-being. It’s always a joy partnering with the SFHSS team and our supporting vendors! Cheers to healthy living!



SFPD: Fresh Food Vending at Zero Cost via FullSkoop

Tuesday, April 2, 2024

SOB (Special Operations Bureau)

1700–17th Street, San Francisco 94103

Lt. Carmen Batan & KK were able to get SOB (Special Operations Bureau) to participate in a 90-day trial and had a healthy/gourmet vending machine installed at their location so that members (especially for swings/mids) can have access to healthier food options/drinks since many restaurants/stores are already closed during the late hours.

The Facilities Coordinator at SOB, Ofc. Giuseppe Festa is making himself available to help coordinate/manage and check in with the company FullSkoop (out at the Bayview) on restocking the vending machine; there is NO COST to us, which is amazing! Park, Mission, Homicide, and a few other stations are already doing this!



SFPD: “HOOP IT UP” Basketball Tournament at the Chase Center

Saturday, September 2, 2023

Chase Center, 1 Warriors Way, San Francisco 94158

Captain Amy Hurwitz currently oversees special events at the Chase Center and now oversees daily operations at the Ingleside Police Station.

POA members and SFPD officers rise above in the Chase Center’s “Hoop it Up” Tournament. Two teams from the POA played in the Chase Center’s annual 3 on 3 Tournament. Both teams put on exemplary displays of teamwork and almost won their divisions. These outstanding athletes will go all the way next year and bring home the winning titles!

SFPD is looking forward to having more members sign up next year and would love to have more teams, plus at least one women’s team, to compete. Please keep an eye out for the tournament next year!

Cheers to wellness!



SFPD: New BSU Mobile App for Personal & Department Phones (Lighthouse)

LAUNCH DATE: August 1, 2023
San Francisco Police Department
City and County of San Francisco

SFPD Behavioral Science Unit has a new confidential mobile wellness app for all department members and their families. The previous BSU Cordico mobile app will no longer be active as of August 1, 2023. The new BSU mobile app was developed by Lighthouse for Public Safety in partnership with the SF Health Service System. On department phones, the new Lighthouse app will automatically replace the Cordico app. For personal phones, members and their families will have to download the new BSU Lighthouse mobile app. The process is slightly different from the previous Cordico mobile app. The BSU Lighthouse app is not available on either app store like the previous Cordico app.

Wellness and resiliency practices are needed now more than ever, and phone applications have been recognized as a best practice for helping to push out the resources. One of our biggest goals at the BSU is to get the resources into the hands of our families, by having the wellness app available for a member's personal phone. The ultimate goal of the app is suicide prevention, and members have access to 24/7 live crisis help through the app in the "Get Help Now" module. Please encourage your fellow department members and families to download the app and explore the resources. The Wellness App has been an invaluable tool for our department members, civilian and sworn, and their families during these stressful times.

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LIGHTHOUSE



Get Help Now



SFPD BSU



Therapist Finder

SFPD: Pilot Opportunity – Mental Health First Aid (MHFA) for Public Safety

Monday, December 11, 2023 from 0900-1530

SFPD Academy, 350 Amber Drive, Classroom 102, SF 94131

The [National Council for Mental Well-Being](#) currently offers [Mental Health First Aid \(MHFA\)](#) training an evidence-based course, which is geared towards a general workforce. SFHSS was recently approached by Kaiser Permanente (KP) informing us that MHFA has expanded their training curriculum to include three different versions geared toward Public Safety, Fire/EMS, and Corrections.

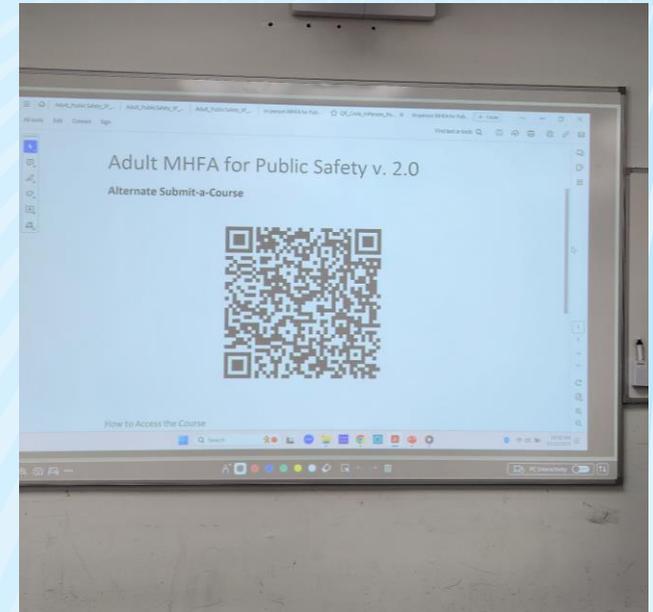
KP has found the general MHFA workforce training to be a valuable tool for their employer groups and are interested in expanding to include the first responder population, however they wanted to pilot it first and had asked SFHSS to participate in the pilot. KP's goal of the pilot would be to understand the "fitness" of the instructors and the value of the curriculum for each of these audiences. If the pilot is successful, then SFHSS would be able to offer it to the entire SFPD workforce.

17 sworn and professional staff attended the pilot opportunity which consisted of members from the SFPD Wellness Team, a dispatcher from DEM along with sworn members from throughout the district stations.

So far, everyone enjoyed the training and thought the content was beneficial and informative, but still needs fine tuning which can help support craft the course geared more towards first responders for their mental health support. 😊

SAN FRANCISCO
HEALTH SERVICE SYSTEM

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SFPD: MISSION STATION

Wellness Board



October 3, 2023

Mission Station, 630 Valencia Street
San Francisco, CA 94110

Ofc. Laura Presley is one of our active and dedicated Well-Being Champions located at Mission Station. She has been extremely supportive with officer health and wellness and has been instrumental with providing support for the sworn/civilian staff members (PSA/cadet) at her station. Ofc. Presley takes care of the members by providing wellness resources and tools that are beneficial to them.

She recently created a “wellness board” that displays SFPD and HSS wellness information. She also provides colleagues with healthy tips on how to stay active and de-stress. The SFPD Wellness Team appreciates Ofc. Laura’s efforts to bring healthy activities and resources to Mission Station.

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SFPD: 2024 POLAR PLUNGE *Special Olympics Northern CA*

Saturday, February 24, 2024 at 9:00am
Aquatic Park, 890-900 Beach Street, SF

The San Francisco Police Department (SFPD) participated again this year in the “**2024 Polar Plunge**” event! Members had a choice to run either a 5K, 10K, and/or **PLUNGE** to raise money for Special Olympics Northern California. The Department has participated in this event for over 10 years!

SFPD raised **\$1,245+** this year in support of our efforts! Donations of \$20 or more received a cool SFPD lanyard to represent the Department at the event!

More importantly, the Department feels good knowing they are helping to change the lives of children and adults with intellectual disabilities.

JUMP IN WITH US AND MAKE A SPLASH NEXT YEAR!!



SFPD: RUNNING CHALLENGE AT SOB (Special Operations Bureau) TAC (Tactical) / Honda Unit

August to September 2023 from 1200-1230
TAC/Honda Unit, 1700–17th Street, SF 94103

Lieutenant Batan, along with Officer Kevin Chin at the SFPD’s Honda Unit led a “Running Challenge” at the Tactical Building.

This challenge was part of their monthly fitness goal and to assist the team in maintaining a fit status while patrolling the city on their assigned dual sport motorcycles.

Moving forward, their hope is to support their members with a healthy work-life environment.

This will enable the Honda Unit to be in top shape while performing their duties as *Guardians of the City*.

“Mens sana in corpore sano.”
(Healthy mind in healthy body)



SFPD: Walk MS Event - WALKING THE BEAT

Sunday, April 28, 2024 from 8:00am to 11:30am
Embarcadero Plaza, Market & Steuart Streets
San Francisco, CA 94105



TOGETHER WE ARE STRONGER

The San Francisco Police Department participated in the 2024 Walk MS Event in San Francisco at the Embarcadero Plaza. The department's team is called "**SFPD Walking the Beat**" and it was their 8th year doing the walk in support of their very own Well-Being Champion Kristine "KK" Demafeliz. This year, the team comprised of about 45 members of sworn and civilian staff.

Walk MS brings together passionate people for a powerful purpose: **to end MS forever**. Feeling the support that can only come from a community whose steps fuel breakthroughs, solutions and a cure. SFPD Walking the Beat wants to help create a world free of MS! The department along with family and friends' goal is to spread MS awareness and raise valuable funds to support those living with MS.

**SAN FRANCISCO
HEALTH SERVICE SYSTEM**

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SFPD: SOB – Honda Unit (Special Ops Bureau) Wednesday Workouts

2023 October/November Series
SOB – Tactical Building
1700–17th Street, San Francisco, CA 94110

New Well-Being Champions Lt. Carmen Batan and Ofc. Kevin Chin of Special Operations have implemented and launched the **“Wednesday Workouts”** led by Ofc. Chin within the Honda Unit.

They lead monthly challenges which consists of exercising 4 days a week (walking, running, biking, etc.) and this month's challenge is to exercise every day for a minimum of 15 minutes. They strongly promote and encourage members to focus on their overall health and well-being and have also recruited new Well-Being Champions.

They know the importance of maintaining a healthy fitness regimen by supporting members mental/emotional and physical health. These workouts are intended to keep the officers’ *“bodies moving”* and to help them stay engaged and in tune with their mindbody health and to encourage one another to focus more on healthy nutritional eating as well

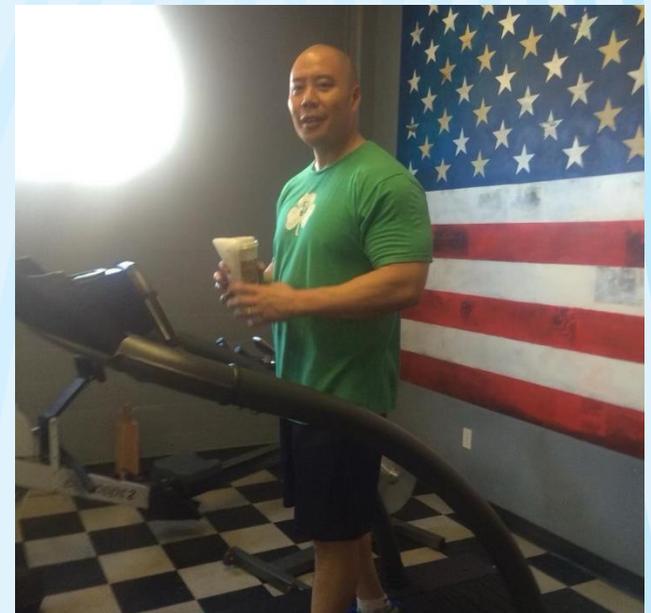
GO TEAM HONDA!!



**SAN FRANCISCO
HEALTH SERVICE SYSTEM**



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SFPD: Northern Station Wellness Fair and Health Screening

Wednesday, February 28, 2024

SFPD – Northern Station

1125 Fillmore Street, Community Room

San Francisco, CA 94115



“Patrol for Patrol. A fresh start forward.”

The SFPD Wellness Team hosted an Officer Wellness Fair & Health Screening Event for the sworn (patrol) at Northern Station’s Community Room. It was a complete **SUCCESS** with 59 participants (with anticipation of 60) during the time frame of 12:00 to 6:00pm.

The fair hosted Clinical Health Appraisals (CHA) healthcare staff along with the Canopy Care team, a Dietitian & Health Coach from Kaiser, supporting partners from San Francisco Health Service System (SFHSS) along with delicious fruits, there was a Champion Network Table & BSU hand-in-hand to promote and try to recruit new Well-Being Champions, we also had 5 therapy dogs that day and had a visiting chiropractor & acupuncturist to speak to the general benefits of their practice (NO actual services were provided). This entire combination was a **DELIGHT!!** The biometric health screenings took about 15 minutes for CHA to evaluate members’ baseline numbers for cholesterol panel, glucose, blood pressure (BP), body fat %, and body mass index (BMI)..

Everyone had a **GREAT** time – and best of all, our members received their numbers and advice on how to support and move forward on how to better care for their overall health and well-being. It’s always a joy partnering with the SFHSS team and our supporting vendors! Cheers to healthy living!

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SFPD: SFRPD Wellness Kayaking (Academy Staff)



Wednesday, May 22, 2024 from 11:00am to 12:00pm
Lake Merced Boathouse
1 Harding Road, San Francisco 94132

Members of the Police Training Division participated in the Wellness Kayaking event on May 22, 2024. What a wonderful time we had! SFPRD's staff showed us how to get in/out of a kayak, paddle and what to do if your boat capsizes. Their dedication to the work they do and concern for our safety prepared us well as we enjoyed our self-guided tour of Lake Merced. It was the first time kayaking for many and a wonderful way to take a moment from the busy-ness of our daily routine to appreciate a small piece of what makes San Francisco unique.

SFPD is grateful for the opportunity to kayak on Lake Merced while learning more about SFPRD, connecting with nature, and cultivating team bonds.

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