

WFHTN Wellness Council Webinar Notes
August 5, 2021

Welcome

- Hello everyone! Thank you for joining our August 2021 Wellness Council Webinar.
 - Please go ahead and type your department or agency in the chat box to let us know who you are representing!
- Today's webinar agenda includes:
 - Wellness Whiz Quiz
 - WFHTN Updates
 - WFHTN Quarterly Activity List
 - Wellness Council Spotlight
 - August Health Observances
 - Upcoming WFHTN Schedule
 - Sharing
 - (Optional) WFHTN "Team Talk"

Wellness Whiz Quiz

- Congratulations to our August Wellness Whiz, Denise Galben from the Department of Human Services!
 - Here's a refresher on how the Wellness Whiz Quiz works:
 - The first Wellness Council representative to get two out of the three answers correct using the chat feature will be crowned this month's Wellness Whiz.
 - In the event of a tie, a fourth question will be used as a tie breaker.
 - Please type out the complete answer.
 - Using the chat feature, let me know who's ready to play our August Wellness Whiz Quiz!
- 1. How much living expenses should you save for emergencies?**
- 1 to 3 months
 - **3 to 6 months**
 - 12 to 15 months

The right amount for you depends on your financial circumstances, but a good rule of thumb is to have enough to cover three to six months' worth of living expenses. Through Here4TN you can access a calculator to determine the right amount for you to save in an emergency fund.

- 2. A _____ is a plan you record to decide how you will spend your money each month.**
- **Grocery List**
 - **Wish List**
 - **Budget**

A budget is a plan you record to decide how you will spend your money each month. It helps you make sure you will have enough money for your expenses. Budgeting means you are giving every dollar a name before the new month even begins because it includes real income and planned expenses. Through Here4TN's financial wellness benefits you can access many articles about budgeting, and you can even talk to a money coach.

- 3. When is the best time to start planning for retirement?**

- **A few years before retiring**
- **As early as possible!**

The time to start saving for retirement is now because the longer you keep your retirement money invested, the more it can grow with the help of compound interest. Treat retirement investments as a marathon, not a sprint. Whether you just started working or you're nearly done, you can still potentially grow your nest egg. RetireReadyTN has advisors ready to help, whether you're just getting started or you're ready to retire. Call (800) 922-7772 to schedule a session.

TIE BREAKER: True or False? Through Here4TN you can access financial resources.

- **True**
- False

Think about your physical health. If you know you are allergic to something you wouldn't eat it. If you know you have an injured foot you wouldn't go for a jog. Just like with physical health, it is important to understand financial health to make smarter choices. Finances can be confusing and complicated. However, there are many free resources that can help you out. All benefits eligible state of Tennessee employees have access to Here4TN's financial resources and this includes access to financial calculators, tools, tips and a money coach.

Congratulations

- We held our Annual Celebration on July 22 and had a great time. Another congratulations to you all for the hard work you do year after year!

FY 2022 Awards

- We are always listening to your feedback and for fiscal year 2022 we want to add in even MORE ways we are recognizing your accomplishments. If you attended the Annual Celebration, you saw our question to you about ways we can recognize your wellness councils. Here are some ideas:
 - **Communicator of the Year**
 - **Most Engaging**
 - **Most Inspiring**
 - **Innovator Award**
 - **Most AWS-Friendly**
 - **Thinking Outside the Desktop Award**
 - **Most Improved**
 - **Most Well-Rounded Wellness Council**
 - **WFHTN All-Star**
- We will talk more about each during today's Team Talk. We also plan on having an open Google Form starting in September where YOU can go in and self-nominate as you do activities. Award winners will be determined based on the Google Form submissions and notes taken by each Regional Wellness Coordinator throughout the year.

WFHTN Quarterly Activity List

- First, some friendly reminders about the changes in fiscal year 2022, which started July 1 and runs through June 30, 2022.

- “Monthly Activity Planners” are now “Quarterly Activity Lists.” These are still suggestions from the WFHTN team. They are just delivered in three-month segments instead of month-to-month.
- You will no longer see “Tobacco Cessation” called out as a Focus Area. Instead, you will see Physical Activity, Healthy Eating, Well-Being and Wellness Council. We will still have Tobacco Cessation activities and challenges under Well-Being.
- Remember that our previous Focus Area Awards are gone. For example, we’ll no longer have a Healthy Eating Award for Division B. We’ve moved to WFHTN Achievement Levels.
- **August 2021 Suggestions**
 - Now I’m going to take you through some suggested workplace wellness activities for August using ideas from our Quarterly Activity List. As always, these are suggestions, and you are more than welcome to be creative. If you aren’t sure where your activity would fit (i.e., engage vs. communicate vs. inspire change) ask your regional wellness coordinator.
 - Let’s start with the WELLNESS COUNCIL Focus Area row
 - Sharing a WFHTN monthly handout can help you complete a COMMUNICATE activity. (Be sure to cc/bcc your WFHTN Regional Wellness Coordinator.)
 - Participating in a WFHTN Monthly Wellness Council Webinar can count toward an ENGAGE activity.
 - And holding a wellness council meeting can help you complete an INSPIRE activity. Woo hoo! Your requirements for the WELLNESS COUNCIL Focus Area are technically complete to achieve GOLD Level Status. As always, feel free to complete more as able.
 - Moving on to the PHYSICAL ACTIVITY Focus Area:
 - I’m highlighting the COMMUNICATE activity which involves you sharing the resource: How to Properly Squat and Lunge.
 - In the ENGAGE column you can share the “Barriers to Being Active” quiz.
 - I’m also highlighting the Move More Challenge in the INSPIRE CHANGE column. Speaking of the Move More Challenge, let’s talk about that.
 - **Move More Challenge**
 - This year we are hosting a “Move More Challenge” that will take place September 13-October 10.
 - On Monday, August 23 you will receive a promotional email with registration and information.
 - This challenge will have participants moving MORE! This will not be a department vs. department challenge. Instead, as part of registration, participants will take a fitness level quiz. This quiz will sort participants into one of three groups: newbie, experienced or skilled. Each fitness group will have weekly goals and as long as participants meet two out of three goals each week, they will be in a drawing at the end for a Bluetooth speaker (each fitness group will have one prize winner).
 - The goals will be the same each week and will include cardio, strength training and stretching goals. Each fitness group’s goals are custom to the corresponding fitness level. Participants will get weekly emails with tips and inspiration. There will also be an optional Microsoft Teams chat group where participants will be able to motivate one another.

- Let's see who's up for the challenge!
- Let's continue making our way through some suggested workplace wellness activities for August using ideas from our Quarterly Activity List.
- For an INSPIRE CHANGE activity you can encourage your co-workers to visit a farmers market in honor of ...
- **National Farmers Market Week (August 1-7).**
 - This could be a great option for a team building event. If people are comfortable, this could be an option to gather as a team AND support local farms. Of course, people can also go individually and/or with families, friends, etc. Encourage your co-workers to take fun pictures and share. You can even challenge them to try to find the most unique product at the market!
 - By the way, you are not required to 'honor or celebrate' these National Health Observances on the *exact* day or week. Make it work for your agency!
- Finally let's look at the WELL-BEING Focus Area.
- You see in the COMMUNICATE column that there's an opportunity to share info from Here4TN about socializing in recognition of National Friendship Day.
- You can also try to ENGAGE employees by inviting them to share their favorite way or place to relax in honor of National Relaxation Day.
- August 14 is National Financial Awareness Day so you can help your co-workers learn more about their Here4TN Financial Wellness Benefits.
- **ActiveHealth Index Meeting**
 - As we wrap up this part of our agenda, we wanted to give you a quick update on this activity on the Quarterly Activity List: "Schedule an ActiveHealth Index meeting with your WFHTN Regional Wellness Coordinator."
 - We'll plan for this in September, so that will be coming up soon.

August Health Observances

- National Eye Exam Month
- [National Immunization Awareness Month](#)
- [National Farmers Market Week](#) (August 1-7)
- National Financial Awareness Day (August 14)
- National Relaxation Day (August 15)
- You can always access our National Health Observances Calendar on our website at: <https://www.tn.gov/wfhtn/achievement-levels.html>

Wellness Council Spotlight

- We would like to highlight some of the activities and challenges from different Wellness Councils during the past month.
- Department of Transportation: Pet Contest
 - TDOT held a pet photo contest and had employees submit pictures for 4 categories: Best in Show, Best Dressed, Best Pack and Best Action Shot. There were more than 150 photo entries and more than 300 hundred votes, so TDOT employees truly love their pets! Because there were so many entries, each category had a top 3.
 - Let's take a look at the winners!
 - Best in Show
 - 1st place: Hammer
 - Tied for 2nd: Riley & Sam
 - Best Dressed

- 1st place: Storm
 - 2nd place: Banks
 - 3rd place: Rosie
 - Best Pack
 - 1st place: Dixie, Shelby, & Lexie
 - 2nd place: Maddy & Gracie
 - 3rd place: Yogi & friends
 - Best Action Shot
 - 1st place: Moxxi
 - 2nd place: Sora
 - 3rd place: Mackey
- Department of Transportation: New Baby!
 - Kera Davis, the TDOT Wellness Chair, welcomed Evan McKechnie Davis in May! Evan is her husband's mom's maiden name and McKechnie is Kera's mom's maiden name. Welcome to the world, Evan, and congratulations Kera!
- Department of Labor & Workforce Development: Office Olympics
 - The Jackson office of the Bureau of Workers Compensation had fun with Office Olympic Challenges. They participated in pencil javelin, rubber band archery, paper ball basketball, and speed finger skating. They even had a closing ceremony and played some Olympic-themed trivia.
- Department of Health: Change Your Mind About Exercise
 - The Dept of Health's Wellness Council hosted a virtual gathering titled "Change Your Mind About Exercise" where Wellness Council member, Ben Yarnell, shared his personal journey with fitness. Attendees left inspired, re-energized, and the Council welcomed two new members after the event!
- Department of Children's Services: Can YOUR Team Walk Across TN Challenge
 - The Children's Services' Wellness Council hosted a month-long walking team-based challenge in July. Final results are still being calculated. Check out some of the fun team names employees came up with: ***Sole Steppers, Beasts from the East, Walker Knoxville Rangers, Scrambled Legs, Un-de-feet-ed***, and the ***Legal Eagles***.
- Department of Human Services
 - A group of employees incorporated some Deskercises into their staff meeting. What a great way to add activity to the workday!
- Keep up the great work and please continue to share all your successes and photos with us – including tagging us on your department's social media!

Upcoming WFHTN Schedule

- **September Wellness Council Webinar**
 - Thursday, September 2 from 9-9:30 a.m. Central
WFHTN Team Talk! from 9:30-9:45 a.m. Central
- **Quarter 1 Activity List**
 - Due Monday, October 4

Your Updates

- If you haven't already, please let us know in the chat which department you're representing.
- Let's take some time to share what's going on in your department. What wellness activities, challenges or programs would you like to share?

- Agriculture
- Children's Services
- Commerce and Insurance
- Commission on Aging and Disability
- Correction
- Economic and Community Development
- Education
- Environment and Conservation
- Finance and Administration
- Financial Institutions
- General Services
- Health
- Human Resources
- Human Services
- Intellectual and Developmental Disabilities
- Labor and Workforce
- Mental Health and Substance Abuse Services
- Military
- Revenue
- Safety and Homeland Security
- TBI
- TennCare
- TN Courts
- Tourist Development
- Transportation
- Tricor
- TWRA
- Veterans Services

Questions

If you have any questions, we'd be happy to answer those now.

Remember, stick around for our "Team Talk" if you'd like! If you need to leave this meeting, thank you for attending today's webinar!

Team Talk

- Welcome to our Working for a Healthier TN Team Talk!
- Again, this opportunity is optional, but can be a different way to connect with fellow Wellness Council members across agencies and brainstorm with one another.
- As you can see, we already have some topics thanks to your outreach to us. I will help facilitate the discussion and the WFHTN Team will chime in, of course. However, if you have other topics you'd like to bring up, please do! This is an open forum and we are here to help.
- Let's start with...
- RECOGNITION
 - We just had our Annual Awards Celebration in July. Thinking ahead for the next celebration, how do YOU think you should be recognized?
 - Here is a list of what our team has come up with...

- **Communicator of the Year**
 - *Jim Rohn says, “If you just communicate, you can get by. But if you communicate skillfully, you can work miracles.” WFHTN’s Communicator of the Year award recognizes the Wellness Council that excels at reaching all of their employees and keeping them in-the-know on workplace wellness events, activities and resources.*
 - **Based on the number of completed activities from quarterly list, Wellness Council nominations, regular “proof” of communications to ALL employees.**
- **Most Engaging**
 - *The Most Engaging award recognizes the Wellness Council that “moves the masses” – providing their employees with activities that they want to join so they keep coming back for more.*
 - **Based on the number of completed activities from quarterly list, Wellness Council nominations, participation numbers.**
- **Most Inspiring**
 - *The Most Inspiring award recognizes the Wellness Council that acts as a true agent of healthy change. Employees are practicing healthier habits and have stories to share about their progress!*
 - **Based on the number of completed activities from quarterly list, Wellness Council nominations, survey results for “this activity has influenced me to make healthy choices”, participation numbers.**
- **Innovator Award**
 - *This Wellness Council goes beyond WFHTN’s Quarterly Activity Lists and comes up with out-of-the-box ideas to engage co-workers in health and wellness activities.*
- **Most AWS-Friendly**
 - *This Wellness Council is intentional about including and engaging their staff who observe Alternative Workplace Solutions (AWS). These workplace wellness activities can always be completed from home.*
- **Thinking Outside the Desktop Award**
 - *This Wellness Council is intentional about including and engaging their staff who you won’t often find working at a traditional desk.*
- **Most Improved**
 - *This Wellness Council has shown improvement in their efforts over the last fiscal year to organize and promote workplace wellness activities that meet the needs of their employees. These efforts might also include strengthening their agency’s Wellness Council, improving Wellness Council communications and/or trying different options to engage and inspire their workforce.*
- **Most Well-Rounded Wellness Council**
 - *This Wellness Council consistently offers a variety of activities, challenges, etc. that address all aspects of health (physical, emotional, financial, social, etc.).*
- **WFHTN All-Star**
 - *This is a Wellness Council member who always has a positive attitude and is constantly encouraging their co-workers to engage in health and wellness activities to take better care of themselves.*

Thank you for sticking around for our WFHTN Team Talk! We hope this was a good opportunity to bounce ideas off each other. As always, please reach out to your WFHTN Regional Wellness

Coordinator if you have any follow-up questions or suggested discussion items. Have a great rest of your day!