

WFHTN Wellness Council Webinar Notes
February 4, 2021

Welcome

- Hello everyone! Thank you for joining WFHTN's February Wellness Council webinar.
 - We have been transitioning away from roll call at the end of our webinars, so 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:
 - Fun Fact Challenge
 - What's New with WFHTN
 - Wellness Council Spotlight
 - February Health Observances
 - Upcoming WFHTN Schedule
 - Sharing
 - Optional WFHTN "Team Talk"

Fun Fact Challenge

- Congratulations to our February Fun Fact Challenge winner, Amber Jackson from Department of Health!
- First, here's a reminder on how our Fun Fact Challenge 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 Fun Fact Champion.
 - In the event of a tie, a fourth question will be used as a tie breaker.
 - Please type out the complete answer -- A, B, C, etc. will not count.
 - Using the chat feature, let me know who's ready to play our February Fun Fact Challenge!?
- 1. **What candy was originally used as a medical lozenge?**
 - Peppermint sticks
 - **Candy hearts**
 - Lifesavers

Note: In 1847, Boston pharmacist Oliver Chase invented a machine that [simplified the lozenge production process](#), resulting in the first candy-making machine, according to *The Oxford Encyclopedia of Food and Drink in America*.
- 2. **According to the National Confectioners Association, _____ are the most popular flavor in chocolate boxes**
 - **Caramels**
 - Cream-filled
 - Coconut

Note: According to the National Confectioners Association, [caramels are the most popular](#) flavor in chocolate boxes, followed by chocolate-covered nuts, chocolate-filled, cream-filled, and coconut.
- 3. **TRUE or FALSE: February is the only month where it's possible to go the entire time without have a full moon.**
 - **TRUE**
 - FALSE

Note: February 1865 is the only month in recorded history not to have a full moon.
- 4. **TIE BREAKER: _____ is the state with the largest number of chocolate makers.**

- Pennsylvania
- Maine
- California

Note: California has [137 chocolate makers](#), according to the U.S. census. Pennsylvania comes in second, with 119 chocolate artisans.

What's New with WFHTN!?

- **Quarterly Checklist (Q3 – January to March)**

- As a reminder, let's take a look at the Quarter 3 Checklist for the 2021 Wellness Warriors Award.
 - A friendly reminder about the first item on the checklist to complete the WFHTN Wellness Council Survey, which is a Google Form for you, Wellness Chairs and Wellness Council members. Several of you have completed this but we still would appreciate more feedback. Plus, it keeps you eligible for the tournament!
 - We also wanted to highlight a change on the Activity Planner when we are suggesting webinar topics. If there is no asterisk, that is a WFHTN-provided webinar. If there is one asterisk it is presented by Here4TN and two asterisks means it is presented by ActiveHealth. Your Wellness Coordinator can help you with setting up any of these!
- Many of you are in the running to win our 2021 Wellness Warriors Award for this fiscal year! Remember, there will be a Wellness Warriors Award for EACH division. Let's take a look to see who is in the running...
 - **Division A**
 - Children's Services
 - Correction
 - Environment & Conservation
 - Finance & Administration
 - Health
 - Human Services
 - Mental Health & Substance Abuse Services
 - Transportation
 - **Division B**
 - Agriculture
 - Intellectual & Developmental Disabilities
 - Labor & Workforce
 - Revenue
 - **Division C**
 - General Services
 - Human Resources
- Remember, these quarterly checklists are designed to showcase the agencies with consistent implementation and efforts throughout the year.
 - By the end of the third quarter (January-March), all departments that have completed their checklists will be placed in a tournament for the 2021 Wellness Warriors Awards.
 - You will NOT be able to make up this quarter (Q3) since the Wellness Warriors Award Challenge will take place during Quarter 4. Please let your WFHTN Regional Wellness

Coordinator know if you need help completing any of the requirements!

- As always, there will be other awards at the end of this fiscal year for high performance in each of our focus areas and some special superlatives.
- **February 2021 Activity Planner**
 - Today I'll highlight a few activities suggested on the February Activity Planner.
 - **Wear Red for American Heart Month -- 5 points**
 - Let's all join in the celebration of American Heart Month by wearing red tomorrow!
 - Here are pictures from last year; while we might not be able to gather for group pictures, we can take individual pictures and then create collages! You also could gather virtually in a Microsoft Teams meeting and then go to different views such as "large gallery" or "together mode" and take a screenshot. Your wellness coordinator can help with this.
 - Be sure to send your pictures to WFHT.TN@tn.gov and/or tag us on social media!
 - **Chocolate IQ Quiz -- 15 points**
 - If you're like me, you might kind of love chocolate. Let's see how much we really know about chocolate! Share the link to this fun chocolate IQ quiz with your co-workers. This is a Google Form that WFHTN created so we will be able to capture which departments take the quiz.
 - **[TN Quit Week](#) (February 21st-26th)**
 - There are several activities on the activity planner in honor of TN Quit Month.
 - You can share free [Tobacco Quit Aids](#) for Members of the State's Health Insurance Plan (5 points)
 - You can see how much you know about smoking/vaping by sharing a [quiz](#) we created. (15 points)
 - You can offer a live or recorded webinar about tobacco cessation. WFHTN has a recorded webinar about e-cigarettes, Here4TN has a webinar: "Quitting Smoking", and ActiveHealth has a webinar: "Tobacco free living". (30 points)
 - State employees can also access telephonic and online group coaching at no cost for tobacco cessation from ActiveHealth. To enroll, call ActiveHealth at 888-741-3390.
 - **LIVE Workouts with WFHTN – 5 points**
 - The first three live workouts were so popular, we have decided to offer these weekly in February!
 - February dates scheduled:
 - Yesterday we had another live workout with Kayla. Over 70 state of Tennessee employees joined and so far, the feedback is great!
 - Thursday, February 11th at 1 p.m. Central (Mindfulness break with Morgan)
 - Tuesday, February 16th at 9:30 a.m. Central (Live workout with Kayla)

- Thursday, February 25th at 1 p.m. Central (Live streamed video stretch break)
 - These are all just 15 minutes and scheduled on WebEx.
 - We will be sharing the calendar invites and fliers for these.
 - **Physical Activity BINGO – 30 points**
 - Let’s play BINGO! Encourage your co-workers to participate in a game of “Physical Activity BINGO”. You could challenge them to get a BINGO horizontally, vertically or diagonally within one week and/or do all within a month. Remember, only count one activity per day towards your BINGO!
- **A Look Ahead**
 - Just a friendly reminder that ALL the Q3 Monthly Activity Planners (January, February and March) are available on our website for ideas to spark your future planning.
 - **Happiness Fest** for two weeks in honor of International Day of Happiness
 - **Scavenger Hunt**
 - The next HERE4TN Scavenger Hunt will be on Wednesday, March 3rd.
 - Be on the lookout for the link! In the past we have given a prize to the first 50 participants. In order to keep it fair for those employees who work night shift, all employees who complete the Here4TN Scavenger Hunt will be eligible to win a prize. A prize will be given to 50 random participants. Those who win a prize will be notified by the Working for a Healthier Tennessee team.
 - **Wellness Warriors Award**
 - In May, we will host the “Wellness Warriors Award” tournament. Eligible departments will be notified and given more information about the tournament on April 12th. The tournament is May 10th-14th.
 - **Challenge Ideas from YOU!**
 - The WFHTN Team would like to start featuring more ideas on the monthly activity planners that are inspired by YOU.
 - Your WFHTN Regional Wellness Coordinator would love to hear from you and remember, WE will do the work to turn your ideas into reality!

Wellness Council Spotlight

- We would like to highlight some of the activities and challenges from different Wellness Councils during the past month.
- **Labor & Workforce Development**
 - The Department of Labor and Workforce held a “Vision Board Event” led by (me), Morgan, their Regional Wellness Coordinator. The idea for this event came from one of their own Wellness Council members. Fifteen co-workers gathered and discussed tips for making vision boards and some even shared theirs! They also discussed making S.M.A.R.T. goals during this event.
 - Here is some feedback from employees:
 - “I would like to see more meetings like this. Very encouraging!”
 - “It inspired me to make a vision board and to set a S.M.A.R.T. goal”
- **Department of Revenue**
 - TDOR hosted the **Small Steps to Healthier Eating** challenge and asked participants to share their recipes and/or pictures so they can help inspire others! Here’s what Robyn shared...

- (LEFT) “Hi all. I’m a salad lover. I enjoy the Spring Mix (it has all the leafy veggies from spinach to arugula) topped with any color bell pepper (I love red and yellow bell peppers), red onions, carrots and olives. I normally have cucumbers, so refreshing! Time for a mid-week store run.”
- (RIGHT) “If you are eating out during this time you can still eat healthy. I enjoyed a tasty kale salad from Party Fowl, yesterday. Don’t worry it was much bigger than this! It was simple, so you can try it at home- kale, tomato, cucumber, dried sweet corn and red onion tossed in roasted garlic-citrus vinaigrette. The kale was sautéed just a bit.”
- **Department of General Services**
 - In January, the department of General Services held a mindfulness break led by (me), Morgan, their Regional Wellness Coordinator.
 - 22 coworkers gathered to take a mental break and practice some mindfulness techniques including self-compassion, a gratitude meditation and mindful breathing.
 - Here is what some of the DGS employees said they enjoyed about this break:
 - Enjoyed: “Being able to center myself for a few minutes in a hectic week is absolutely wonderful”
 - Enjoyed “learning a new calming technique to practice when work has me stressed.”
 - Enjoyed: “The techniques for calming down and breathing”
 - “It was positive and filled with good information, all in 15 minutes.”
 - These types of breaks are a great way to gather virtually and offer up different ways to take a healthier break such as exercise breaks, relaxation breaks, stretch breaks, mindfulness breaks, and more!
- **Department of Intellectual and Developmental Disabilities** has new Wellness Council Co-Chairs. Please help us welcome Alicia Taylor and Anna Bolin!
- 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!

February Health Observances

- [American Heart Month](#)
- [National Cancer Prevention Month](#)
- [National Canned Food Month](#)
- **National Snack Food Month**
- [America Saves Week](#) (February 22-26, 2021)
- [National Wear Red Day](#) (February 5, 2021)
- [World Cancer Day](#) (February 4, 2021)
- You can always access this National Health Observances Calendar on our website at: <https://www.tn.gov/wfhtn/activity-planner-progress.html>

Upcoming WFHTN Schedule

- **February Activity Planner**
 - Due February 26th
- **Q3 (Jan-Mar) Checklist**
 - Due March 30th
- **March Wellness Council Webinar**
 - Thursday, March 4th 9-9:30 a.m. Central
 - 9:30-9:45 a.m. Central – WFHTN Team Talk!

Updates

- If you haven't already, please let us know in the chat box which department you're representing. This is how we will be taking attendance moving forward so that we don't take up your time with the roll call.
- 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...
 - ***Continue discussion as time allows.*
 - **Participation:** Why do some events, departments, etc. get more participation than others?
 - **Motivation:** Did you watch the TED Talk? Where does the motivation to participate come from?

Thank you for sticking around for our WFHTN Team Talk! We hope this was a good opportunity to bounce ideas off one another. 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!