

WFHTN Wellness Council Webinar Notes February 3, 2022

Welcome

- Hello everyone! Thank you for joining our February 2022 Wellness Council Webinar.
 - Please go ahead and type your department or agency in the chat box to let us know who you are representing!
 - Just a quick update about staffing for WFHTN. JJ has left state government. While we are sad to see him go, we wish him nothing but the best in this next chapter of his career. I am pleased to announce that Kayla Livesay has been promoted to Assistant Director Population Health. In addition to overseeing WFHTN she will support me in the program and contract oversight for the PartNers for Health Wellness Program.
 - As you may remember, we conducted a poll during last month's webinar, and we truly appreciate your feedback. That's why today's webinar will flow a bit differently!
- Today's webinar agenda includes:
 - Recipe Demo from the Department of General Services
 - WFHTN Quarterly Activity List
 - Reminders/Coming Soon
 - Team Building
 - Discussion
 - The discussion question for today is, "How do you reach a diverse audience with health and wellness activities"? We will talk about this toward the end of the webinar, but this gives you time to think about the question.
 - Upcoming WFHTN Schedule
 - Sharing

Recipe Demo (DGS)

- To start off today's webinar we have a special guest from the Department of General Services.
- Today we have Elisabeth Tankersley, the Parking Services Program Manager with General Services. She has worked in the parking and transportation industry for 23 years. She has been with the state for the last seven years identifying opportunities to improve the parking experience for our state employees in Nashville, Jackson, Memphis and Knoxville. She joined the Wellness Council as a way to keep in touch with her teammates across DGS when the pandemic began. She said she really didn't enjoy cooking until the pandemic hit but needed to find a way to take her mind off of being at the house all the time. She also joined DGSCares because she likes boosting people up. She says, "There is something about the group that makes me SMILE. I feel like I can make a difference in not just my own life but others. It adds a bit of humanity back to the daily grind."
- She will be making a spanakopita artichoke dip which would be a great dish for a Super Bowl party! Take it away Elisabeth!
- **Spanakopita Recipe**
Ingredients
 - 1 tbs olive oil
 - 6 scallions, chopped
 - 1 clove garlic, minced
 - 5 oz baby spinach, rough chop
 - 1/4 cup dill, chopped

- 14 oz artichoke hearts, rough chop, drained
- 6 oz cream cheese, room temperature
- 1/4 cup mayonnaise
- 1/4 cup sour cream
- 7 oz feta cheese, crumbled (divided)
- 1 cup mozzarella (divided)
- Sriracha hot sauce to taste
- salt and pepper to taste

Instructions

- Preheat your oven to 425°F. Lightly spray a medium baking dish with olive oil.
- Heat your oil in a pan on medium. Add the scallion and sauté for 3 minutes. Add the spinach and stir until mostly wilted. Add in the garlic and stir around for 30 seconds. Transfer the mixture to a colander and press out as much liquid as you can with paper towels.
- Pat your artichoke pieces with a paper towel until mostly dry.
- In a large bowl, combine the spinach, artichokes, dill, cream cheese, mayo, sour cream, HALF of the feta, 2/3 of the shredded mozzarella, Sriracha, salt and pepper to taste. I ended up using my hands to get everything fully incorporated. Transfer the mixture to your baking dish and spread out evenly. Top with the remaining feta and mozzarella and bake for 20-25 minutes. Top should be mostly golden brown.
- Serve with warm pita, tortilla chips or crostini bread.

Notes

- You can use frozen spinach, just thaw and drain of all liquids. You can also replace cream cheese with plain Greek yogurt!

WFHTN Quarterly Activity List

- We are in the middle of quarter three of the fiscal year! As a reminder, quarter three includes January, February and March 2022.
- **February 2022 Suggestions**
 - Here are some February activity suggestions:
 - These Quarterly Activity Lists, which contain ideas from the WFHTN team, can always be found on our website under our Achievement Levels tab.
 - In the Wellness Council row, you can check off the “Communicate” box by sending a post activity survey. Your Wellness Coordinator can help you with creating, sending, collecting data, etc. In the Wellness Council row and in the “Engage” column is “recruit a new wellness council member” ...
 - RECRUITMENT
 - As we talk more about recruitment efforts, please feel free to share additional ideas if you have them.
 - Wellness Councils naturally change over time as people change positions, leave, etc. Something to consider is asking if employees are interested in helping on a consistent basis. Maybe you could reach out on a quarterly or biannual basis.
 - Some resources to help with your recruitment efforts are the [WFHTN Recruitment flyer](#). We also have one that’s specifically for finding a new [Wellness Chair](#). You can share the “WFHTN Overview” which is a ~7-minute pre-recorded presentation. Consider hosting a “What is WFHTN?” webinar and have your Wellness Coordinator present. Ask if you could present this during an all-staff meeting. There are many ways to recruit for your Wellness Council.

- What are some ways you all recruit council members? Feel free to unmute!
- Now let's move to the "Physical Activity" row. There are always plenty of pre-made handouts, links to articles, and more provided by the WFHTN team that you can share. This month, in recognition "American Heart Month", you can share "[Daily Tips to Stay Active](#)". This checks the "Communicate" box for this row.
- Also, this month (or any month) consider a [Mix Up Your Moves Challenge](#) as an "Inspire Change" activity.
 - The Mix Up Your Moves Challenge is a 28-day challenge that involves links to daily workouts. The workouts are varied including a 10-minute low impact cardio workout, a 5-minute meditation video, a 5-minute standing barre workout, a 15-minute dance party and more.
 - Today I invite everyone to join in or watch a [6 Minute Yoga at Your Desk](#).
 - Just like we are doing today, you could consider incorporating short videos into your meetings. You could also gather some co-workers virtually via WebEx or Teams during a lunch break and stream the videos together. This might help encourage people to participate in the challenge. It allows them to complete the challenge videos with others.
 - When doing these sorts of challenges keep in mind they can be tailored. You can ask your Wellness Coordinator to change up the days, add in some other content, extend or shorten the length of time and more.
 - The WFHTN team also has pre-made weekly emails for nearly every challenge available on our website. You can request those emails from your coordinator.
 - Consider having a sign-up process for the challenge and then allow your Wellness Coordinator to "host" the challenge using the WFHTN email.
 - We are here and happy to help you!
- Now let's move to the "Healthy Eating" row and the "Engage" column.
 - Valentine's Day is coming up, which means chocolate! Encourage your co-workers to take the WFHTN "[Chocolate IQ Quiz](#)". Our team will provide five prizes to participants drawn at random.
 - You could also "Inspire Change" by encouraging your co-workers to plan a one-week heart-healthy menu using these [recipes](#). They can email their menu to WFHT.TN@tn.gov by the end of the month. Our team will provide five prizes to participants drawn at random for this activity as well!
- Tomorrow is Wear Red Day. As a "Communicate" activity in the "Well-Being" row, have your co-workers wear red and take pictures!
 - Today the WFHTN team is celebrating one day early and wearing red. We took our pictures and made a team collage in honor of the national health observance, which we'll share on social media tomorrow with facts about heart disease.
 - A different way to celebrate this day might be to turn it into a competition and see how creative people get with wearing red from head to toe. People love their pets and any reason to show pictures of them. Consider hosting a "Wear Red Pet Contest". There are plenty of ways to celebrate this day and "Wear Red for Heart Health"!

Now Available from WFHTN

- REMINDER: WELLNESS COUNCIL AWARDS (for FY 2022)
 - We have included this in the last few webinars but please remember that you can nominate your Wellness Council (or another agency's) for one or more of WFHTN's Wellness Awards this fiscal year. These awards include:
 - Communicator of the Year, Innovator Award, Most AWS-Friendly, Most Engaging, Most Improved, Most Inspiring, Most Well-Rounded Wellness Council, Thinking Outside the Desktop Award and the WFHTN All-Star
 - This is so you have more input and a say in the awards during the Annual Awards Celebration, so please go ahead and let us know why you think your Wellness Council (or another agency's) deserves one (or more) of these awards.
 - Submit your nominations using the WFHTN Google Form ([HERE](#)).
- Fun Facts & Facebook Series
 - When we've shared fun facts about ourselves in past Wellness Whiz Quizzes, you've responded positively.
 - Based on that, we want to start a new series this year!
 - In this monthly series, a member from the WFHTN team will share some interesting, unknown and random facts about themselves on our website.
 - While only one person will be featured on the website monthly, we'll also post some fun questions on our Facebook page that everyone can answer! We hope you'll join us!
 - The first team member we'll be featuring on the website for February is Morgan! Stay tuned later this month.
- WFHTN Survey
 - The WFHTN team sent out an Employee Interest Survey on Jan. 18 and we are excited to share the feedback! We had 1584 responses, and this was sent to approximately 42,000 state employees which is a response rate of about 4%.
 - We will share more feedback from the survey in March but here are some things we wanted to go ahead and address:
 - There was a question about incentives and several employees mentioned cash/gift cards. As a friendly reminder, per our Legal department the wellness council budget cannot be used for cash or gift cards.
 - Also, another reminder is that the WFHTN team recommends prizes to not exceed \$75. This is due to the "De Minimis" fringe benefits exception and having to report prizes as wages to the IRS.
 - Finally, another reminder is to keep in mind the Service Delivery policy. Per our "[Service Delivery & Liability Waiver](#)": *No person or business entity will be allowed to perform services in connection with WFHTN unless it is within the scope of a pre-existing contract between the State and the person/entity.*
 - We are also excited that we had more than 300 state employees express interest in promoting wellness activities within their agency.
 - Many of you all have already received a list of interested employees from your Wellness Coordinator. We also are reaching out directly to the employees to let them know we saw their response.
 - We also had feedback from employees who do NOT have active wellness councils at this time. Let us know, (either today or take time to think about it), how would you feel about an email going out to all state employees with WFHTN updates? This would be something like a monthly newsletter to remind employees about upcoming events available to them. Any thoughts?
- S.M.A.R.T. Goal Update

- Our first all-agency challenge of 2022 is about to end on Saturday, Feb. 5. We wanted to thank everyone who participated. We had more than 140 employees sign-up for our challenge communications and look forward to awarding 10 for their dedication this last month.

PICTURED:

- Here's a healthy dish shared by Crystal Mallery from the Department of Finance & Administration. Crystal shared with the group in our Microsoft Teams chat, "I just made broccoli slaw with mandarin orange slices for lunch. If it were not for this challenge, I'm not sure I would have made this choice! I use a bag of broccoli slaw mix. I add a few raw, slivered almonds and mandarin orange segments from a can that is packed in water. For the dressing, I follow the traditional route, except I sub plain Greek yogurt for mayo. To the yogurt I add a little apple cider vinegar and the smallest amount of sugar. Salt and pepper. Go!"
- Also pictured is a motivational quote shared by participant Candice Dunlap.

Team Building

- While we are not doing a "Wellness Whiz Quiz" this month, we want to shout out a congratulations to our January 2022 Wellness Whiz, Kirby Fye from the Department of Mental Health and Substance Abuse Services! Here she is pictured with her daughter, Dylan Amelia.
- Today we are going to tell a story.

Let's Tell a Story!

- I have the list of "Words Needed" and the story.
- The first person to chat the word needed is the word we'll go with! (It might also be the first word seen.)
- Once we've collected all the "Words Needed" we'll read the story aloud.
 - While you probably don't need the reminder, we have examples on the screen in case it would be helpful.
 - For example: If I say I need an ADJECTIVE.
 - You might say: "Silly"
- **A February Tale**
 - Can you believe it's already February?! February is filled with National 1. NOUN Observances! For example, tomorrow is "National Wear 2. ADJECTIVE Day!" Tomorrow we will all wear 2. ADJECTIVE to promote a healthy heart. Speaking of a healthy heart, February is "American Heart Month"! There are many ways to take care of your heart! You can 3. VERB, 4. VERB, and/or 5. VERB to get the heart pumping. The key to physical activity is to 6. VERB what you're doing. You can consider playing some 7. ADJECTIVE music to get in the mood to move! Another way to take care of your heart is to use less salt when cooking. You can season your foods with 8. NOUN and/or 9. NOUN for flavor. Also, strive to choose heart healthier cooking oils! Instead of using 10. NOUN, go for olive oil, canola oil, etc. Another way to take care of your heart is to relax. What are some ways you relax? Do you enjoy a(n) 11. ADJECTIVE bath or maybe a(n) 12. VERB ENDING IN ING massage? Perhaps you like to visit the 13. PLACE and look at nature. You can easily just take 14. NUMBER minutes and simply be still to slow down and relax. Taking care of your heart is a way to show yourself some love. February is also a month of love and remember that self-love is important! Some tips for self-love include 15. VERB ENDING IN ING to yourself like you would a friend (i.e., being kind to yourself), setting 16. ADJECTIVE boundaries (it's okay to say no), and 17. VERB ENDING IN ING to

your body. Loving yourself is NOT selfish, it's good for your health and those around you. So, this month let's show ourselves some love and take care of our 18. PLURAL NOUN!

- Thank you for participating in this fun team building activity! You have access to more stories like this on the WFHTN website. You can even "build a story" virtually! Ask your Wellness Coordinator for more information.

Discussion

- At the beginning, I asked the question "How do you reach a diverse audience with your health and wellness activities?" Feel free to share if you'd like (remember, you can unmute).
 - "Reaching a diverse audience" can mean different things.
 - Are you considering people with different abilities when hosting physical activity challenges? For example, some might not be able to do certain moves so giving alternatives could be helpful.
 - Are you considering different cultures when promoting holidays, recipes, etc.? Our team has been striving to post recipes on our website that come from different cultures. When we do holiday trivia, we try to include multiple holidays, too.
 - Are you considering different socioeconomic statuses?
 - When creating content are you considering differing visual abilities and reading levels?
 - Are you thinking about the varied work schedules/roles/etc.?
- Thinking about how to reach a diverse audience can make us look at our health and wellness activities in ways we might not have thought about before.

Upcoming WFHTN Schedule

- **March Wellness Council Webinar**
 - Thursday, March 3 from 9-9:45 a.m. Central
- **Quarter 3 Activity List**
 - Due Thursday, March 31
- *For our full virtual event list, please visit tn.gov/wfhtn and scroll down to 'Activities, Workouts & Webinars'.*

Your Updates

- If you haven't already, please let us know in the chat box 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 Development
- 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.

Thank you for joining our WFHTN Wellness Council Webinar! As always, please reach out to your WFHTN Wellness Coordinator if you have any follow-up questions or suggested discussion items. Have a great rest of your day!