



Wellness Council Webinar Notes

July 6, 2023

Welcome

- Hello everyone! Thank you for joining our July Wellness Council Webinar.
 - Please go ahead and type your agency in the chat to let us know who you're representing!

Today's agenda includes:

- Quarterly Activity List
- What's New from Working for a Healthier Tennessee
- Wellness Council Spotlights
- Upcoming Schedule

Shoutouts

- Before we get into today's agenda, we want to celebrate you!
 - Please join me in wishing Tanika Arms from the Department of Human Resources a happy (early) birthday!
- If you'd like to share your birthday with us, please let us know at:
https://stateoftennessee.formstack.com/forms/wellness_council_member_birthdays

Quarterly Activity List

- We are beginning **Quarter 1** of **fiscal year 2024!**
- We have some suggestions to help you solidify gold [achievement level](#) status this fiscal year.
- As a reminder, our team strives to ensure we're hosting and leading a variety of challenges, activities and resources, so all you need to do is promote them. Your Wellness Council activities are up to you to complete.
- **Here are some suggestions for July:**
 - **Get Outdoors Challenge from Monday, July 10 - Sunday, Aug. 6.** This challenge includes weekly tasks designed to help you get outside and discover new ways to enjoy nature. You can join an optional Microsoft Teams chat to share your discoveries and get ideas from co-workers. Five participants chosen at random will win a prize.
 - **Summer Social on Thursday, July 13 from 1-1:15 p.m. Central.** Take a break with fellow Tennessee State Government employees to connect and celebrate the season.
 - **Meditation Break with Nat on Wednesday, July 19 from 11:30 a.m. - 12 p.m. Central.**
 - **Get Outdoors Trivia on Friday, July 21 from 10-10:30 a.m. Central.** Test your outdoors knowledge in this live trivia game led by Wellness Coordinator



Morgan Blake. A link to this quiz will be available on the [WFHTN Wellness Events webpage](#) after July 21 for those unable to join live.

What's New from WFHTN

- We need your help to capture all the wellness programming happening across the state. If your department is hosting a wellness activity, challenge or event, please let us know by completing our new [Wellness Council activity submission form](#). Our team captures participation in Working for a Healthier Tennessee hosted activities and those where we assist your Wellness Council, but struggles to capture metrics outside of our direct reach. If you know of a regional office, team or anyone making strides to improve well-being by using Working for a Healthier Tennessee tools and resources, please encourage them to submit their activity in Formstack. Examples include adding a stretch break to a meeting, hosting a challenge, scheduling a lunch 'n learn, team building, etc. We will reward two employees at random from the submissions each month. Thanks in advance for your assistance!
- **New Social Media**
 - The [Department of Revenue](#) captured photos for June's Get Outdoors Month!
 - National Running Day was June 7! To celebrate, the inspirational story of Department of Revenue employee, [Chip Andrews](#), was reshared. Chip went from learning how to run, to running marathons and more! So impressive!
 - We're incredibly grateful for these kind words from Assistant Commissioner Julie Hannah from the Department of General Services. "The Working for a Healthier Tennessee team is a pleasure to work with, and even though I'm passing the torch to another Department of General Services leader to serve as the wellness chair, I am here for you all if you need me. In addition to wellness being a personal priority, it makes a positive impact on workplace culture."
<https://www.linkedin.com/feed/update/urn:li:activity:7074366068592398337/>
 - Thanks to Kyle Jones at Labor and Workforce Development for taking us (and tagging us) to Disney World with him recently!
<https://www.instagram.com/p/Ct9PhKRLC0s/>
- **New Wellness Calendar & Events**
 - Grab our July daily wellness calendar and events flyer with details on our Wellness Events webpage at <https://www.tn.gov/wfhtn/challenges/wellness-events.html>
- **Fiscal Year 2024 Budget Requests**
 - Our Working for a Healthier Tennessee budget process and guidelines will be very similar to fiscal year 2023. Here are some things to note:
 - If you have a swag request from our bulk prize inventory, please reach out to your Wellness Coordinator, and she'll assist. Each quarter, we will ask you to complete a survey to help determine which prize items to order. Your input is appreciated so we can make sure to have what you want! You can access our prize item inventory list (accessible via



OneDrive), to see what we have and how many of each item are available.

- We still have a budget that can be used for special requests for specific activities and events, like we've done in the past, but we have lowered the amount due to lack of use last fiscal year. Each agency has access to \$70 this fiscal year. You can submit up to **one request per quarter**. Reach out directly to your Wellness Coordinator, and she'll assist you with completing your request. We ask that you use Amazon or 4imprint for your Wellness Council's special requests. If those vendors do not offer what you are requesting, your Wellness Coordinator will work with you to order from other state-approved vendors. When making requests, please plan in advance as it sometimes takes up to four weeks from the time you submit the request to the time you or the recipient receive the item(s).
- Finally, just a reminder that we cannot purchase gift cards, vouchers or memberships of any kind. You can review all the budget request guidelines on our website:
https://www.tn.gov/content/dam/tn/wfhtn/documents/wellness_council_budget_request_form.pdf
- If you have any questions on the budget process or don't currently have access to the inventory list, please email Kayla.Livesay@tn.gov.
- **2023 Annual Celebration**
 - We're getting very close to this year's Annual Celebration! We will be celebrating in person on Thursday, July 20 from 10 a.m. – 12 p.m. CT at the [Tennessee State Library & Archives](#) located in downtown Nashville.
 - All Wellness Council members, as well as your department leadership, are invited to join us for this celebration! If you haven't already, please be sure to register by the end of today:
https://stateoftennessee.formstack.com/forms/wfhtn_annual_celebration_registration

Wellness Council Spotlights

- **Welcome New Wellness Chairs!**
 - Denise M. Woods (Agriculture) – *Pictured*
 - Elaura Guttormson (Agriculture) – *Pictured*
 - Nicole Hussey (Children's Services) – *Pictured*
 - Angela Cross (General Services) – *Pictured*
- **Happiness Challenge**
 - We had a total of 217 participants from 24 agencies.
 - Pictured:
 - [LEFT] Brittany N. Gibson, Environmental Scientist II with the Department of Environment & Conservation sharing an activity that



makes her happy – swimming! She said, “I love swimming because it makes me more aware of my body and my breath. Floating forces me to relax and allow the water to take over.”

- [RIGHT] One of many “Bounce Back Day Affirmations” shared by challenge participant Carolyn E. Johnson at DIDD.

- **Department of Transportation**

- The Department of Transportation’s Region 2 had their 2nd annual Earth Day week events! During this time, TDOT environmental handed out more than 2,900 native trees (provided by the Benton Tennessee Nursery along with the Department of Agriculture), wildflower pollinator seeds (provided by the TDOT Highway Beautification office) and vegetable seeds and ice cream (provided by Region 2). Fun was had by all!
- Between Regions 1 and 2 within TDOT, they collected 14,846 pounds of litter! This was sponsored by the Nobody Trashes Tennessee Campaign (an initiative within TDOT) and Keep the Tennessee River Beautiful.
- If any agency wants to do this with their department, please reach out to Kera Davis (kera.davis@tn.gov) and she can connect you with Keep the Tennessee River Beautiful.

- **Department of Environment & Conservation**

- The Department of Environment & Conservation’s Office of Legal Counsel held an in-person meeting and strived to have healthier food options. Wellness Council member April Dominick made these blueberry oat flour muffins with blueberry cream cheese icing. They also had a vegetable tray and a yogurt bar with different flavors of yogurt plus granola and fresh fruit.

- **TRICOR**

- TRICOR hosted their first ever agency challenge! They held a Healthy Weight Challenge in which they encouraged their colleagues to learn what it means to be at a healthy weight. During the challenge, their Wellness Coordinator Morgan Blake hosted a Healthy Weight at Work webinar, and resources were sent to the entire agency to educate them on the different ways to think about what a healthy weight is.
- Pictured is Wellness Council member and challenge winner Brij Desai. On the left is a photo from March, the middle is a photo of the rowing machine, a new activity he started. On the right is a photo from June. He said his first step was with the Partners for Health incentive program through ActiveHealth. He completed his health assessment and a biometric screening which earned him \$200. Since March, he has started new activities, such as hot yoga and rowing. He also enjoys occasionally hiking the trails at Radnor Lake or Percy Warner Park. He has cut out sodas and started replacing chocolates and candies with fresh fruit. Over the course of the challenge, he lost 12.6 pounds! He also recently had his lifestyle coaching session to earn the last \$50 of the \$250 wellness incentive and looks forward to staying on



track to maintain his healthy lifestyle. He also says, "I've got my best friend's wedding to attend later this month, so that was one of the motivational factors as well to wear a suit/tux in 90+ degree weather in Kansas!" Way to go Brij!!

- **Department of Health**

- Nurse Consultant Jason Sheehan is a member of a national free men's workout group, and he is the founder of a local chapter of this men's group in Marshall County. Here he is after earning a badge for his second fastest 5K. He and four other men joined together on this morning run before work.
- Pictured on the right are Wellness Coordinator Lindsey Joe, Senior Associate General Counsel Lara Gill and General Counsel Mary Katherine Bratton during a Working for a Healthier Tennessee presentation at the Department of Health's Office of General Counsel quarterly meeting. Lindsey and Kristina Giard-Bradford talked about the Working for a Healthier Tennessee mission and related resources. Keep in mind, presentations like this are available for your teams as well!

- **Department of Correction**

- Let's share healthy habits! Pictured is Probation and Parole Officer Belinda White. She shared this photo as part of the activity. Belinda participates in a cross-training class, five to six days a week and has done so for eight years. She said her gym family is amazing and they inspire each other at 5:15 a.m.

- **Department of Military**

- Employees at the Department of Military's Nashville office are enjoying a "grow an herb garden" activity and are looking forward to eating their results!

- **Department of Children's Services**

- Employees at Children's Services were invited to wear blue to raise awareness about the importance of Men's Health. Pictured: Some of the photo submissions they received.

- **Department of Human Services**

- Shout out to Joseph Simon and Lauren Vaden for creating wellness-related media content! Joseph created a Men's Health Month video which included resources from Here4TN. Lauren is working on a series of wellness podcasts.

Upcoming Schedule

- **August Wellness Council Webinar**

- Thursday, Aug. 3 from 9-9:45 a.m. CT
- We'll have a guest speaker from ActiveHealth Management to discuss the aggregate data from the ActiveHealth Index.

- **Quarter 1 Activity List (July-September)**

- We encourage you to use us to help you meet your desired [achievement level](#) this quarter. Your Wellness Coordinator can track your Wellness



Council's efforts and provide suggested strategies through the end of this calendar year. Please don't hesitate to reach out any time.

- For our full event list, please visit <https://www.tn.gov/wfhtn/challenges/wellness-events.html>

Your Updates

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

Questions

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

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