



Wellness Council Webinar Notes

October 5, 2023

Welcome

- Hello everyone! Thank you for joining our October 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:

- Celebrations
- Survey via Mentimeter
- Quarterly Activity List
- Reminders
- Wellness Council Spotlights
- Upcoming Schedule
- Your Updates

Celebrations

- Before we get into today's agenda, we want to celebrate you!
 - Please join me in wishing a very happy birthday to:
 - Our very own Morgan Blake! She celebrated her birthday on Oct. 2.
- If you'd like to share your birthday or other celebrations with us, please let us know at:
https://stateofennessee.formstack.com/forms/wellness_council_member_celebrations

Survey via Mentimeter

- We need your help! We are conducting all-employee and Wellness Council member surveys this month. During today's webinar, you will get a chance to answer our Wellness Council survey questions using Mentimeter.
- Thank you in advance for sharing your honest and helpful feedback. We will use this to continue to improve our communication, programs and resources.

Let's begin! To join in the fun, go to www.menti.com and enter code 5698 0296 or go to <https://www.menti.com/altdt8uzznhtt> We recommend using your phone, if possible. A computer browser works fine, too!

What's your role on your agency's Wellness Council?

- Chair or Co-chair
- Member



Our Wellness Council/Chair uses the weekly newsletter provided by Working for a Healthier Tennessee by (please select all that apply):

- Forwarding the weekly newsletters directly to all agency employees.
- Forwarding the weekly newsletters to Wellness Council members only.
- Pulling content from the weekly newsletters to use in our department's newsletter.
- Our Wellness Council does not use these weekly newsletters.
- I am not familiar with the WFHTN weekly newsletters.

What information and resources would you find most helpful in the Working for a Healthier Tennessee newsletter (please select all that apply):

- Upcoming health and wellness events
- Upcoming national health observances
- Handouts
- On-demand videos
- On-demand activities (word puzzles, challenges, team building)
- Healthy recipes
- Employee success stories

How could the weekly newsletters provided by Working for a Healthier Tennessee be improved?

Our Wellness Council/Chair uses the quarterly activity list provided by Working for a Healthier Tennessee to:

- Plan for the next month or quarter.
- Get ideas to help create our own wellness activities.
- We do not use the quarterly activity list.
- I am not familiar with the quarterly activity list.

How could the quarterly activity list provided by Working for a Healthier Tennessee be improved?

Our Wellness Council/Chair uses the mid-month reminder email sent by Working for a Healthier Tennessee to (please select all that apply):

- Plan for the remainder of the month or the next month.
- Get ideas to help create our own wellness activities.
- We do not use the mid-month reminders.
- I am not familiar with the mid-month reminders.

How could the mid-month reminder email sent by Working for a Healthier Tennessee be improved?



I think the following would be beneficial during a monthly Working for a Healthier Tennessee Wellness Council webinar (please select all that apply):

- Guest speakers on health topics.
- Guest speakers on employee benefits.
- Ice breakers/fun activities to get to know each other.
- Best practices for wellness councils.
- Time to discuss and share ideas.
- I am not familiar with the Wellness Council webinars.

Is the currently scheduled Wellness Council webinar, held on the first Thursday of each month at 9 a.m. CT, convenient for you to attend?

- Yes
- No

How could the monthly Wellness Council webinar hosted by Working for a Healthier Tennessee be improved?

In thinking about the monthly wellness calendar created by Working for a Healthier Tennessee, please select all that apply:

- I find the monthly wellness calendar useful.
- I like to share the monthly wellness calendar with others.
- I don't find the monthly wellness calendar useful.
- I am not familiar with the monthly wellness calendar.

How could the monthly wellness calendar created by Working for a Healthier Tennessee be improved?

In thinking about the wellness challenges hosted by Working for a Healthier Tennessee, the challenges (please select all that apply):

- Help our Wellness Council offer regular workplace wellness activities to our employees.
- Are a good way for our employees to get involved with workplace wellness activities.
- Are not always a good fit for our employees. We usually come up with our own wellness challenges/activities.
- I have never participated in a Working for a Healthier Tennessee challenge.
- I am not familiar with Working for a Healthier Tennessee challenges.

How could the wellness challenges hosted by Working for a Healthier Tennessee be improved?



In thinking about the Annual Celebration hosted by Working for a Healthier Tennessee, I would like (please select all that apply):

- Guest speakers on wellness topics and/or available resources.
- More interaction among attendees.
- More interaction with my Wellness Coordinator.
- To hear more about programming from other Wellness Councils.

How can Working for a Healthier Tennessee better support your Wellness Council?

How can Working for a Healthier Tennessee better support your agency's employees?

If offered, I would be interested in attending in-person Wellness Council meetings with Working for a Healthier Tennessee Wellness Coordinator(s):

- Monthly
- Quarterly
- Biannually
- Annually

Quarterly Activity List

- We are entering quarter 2 of fiscal year 2024!
- The [quarter 2 activity list](#) is now available online to assist you with your planning.
- 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 October:**
 - **Communicate:**
 - [How to Understand and Use the Nutrition Facts Label](#) in honor of Health Literacy Month.
 - How co-workers can enjoy the fall foliage by getting active on one of the more than 1,000 [greenways and trails](#) across the state.
 - **Engage:**
 - **Meditation Break with Nat on Wednesday, Oct. 18 from 11:30 a.m. – 12 p.m. CT.** Give your mind a break with live, virtual meditation. [Download calendar invite.](#)
 - **Well-being Check-in on Tuesday, Oct. 24 from 12-12:30 p.m. CT.** Join our Well-being Check-in and practice guided imagery! You'll have the opportunity to refresh your self-care practice, share your well-



being tips and try different ways to stay well. [Download calendar invite](#).

- **Inspire Change:**
 - Participate in our [Pick Tennessee Products Photo Contest](#). Photo submissions are due by Tuesday, Oct. 10: https://stateofennessee.formstack.com/forms/wfhtn_pick_tennessee_products_photo_contest. Voting will take place Oct. 16-19.
 - Host a recipe swap for healthier options in honor of National Cookbook Month. Recipes can be collected via [this Formstack submission](#). Your Wellness Coordinator can assist with sharing.
 - Coming in November: Participate in our [Planksgiving Challenge](#) from Nov. 1-30.
- Go to <https://www.tn.gov/wfhtn/challenges/wellness-events.html> to grab the calendar invites for all these events with details!

Reminders

- **Liability Waivers**
 - Who is responsible? We all are!
 - For events hosted by Working for a Healthier Tennessee, we use our own digital liability waiver developed by Finance & Administration legal counsel (https://stateofennessee.formstack.com/forms/wfhtn_liability_waiver) for all participants regardless of the participant's department.
 - For physical activities and events hosted by your department's Wellness Council, a department-specific liability waiver is required.
 - We have provided sample language (<https://www.tn.gov/content/dam/tn/wfhtn/documents/waiver%20and%20release%20of%20liability.pdf>) to use as a reference; however, each department is responsible for developing their own liability waiver. If you don't currently have a department-specific liability waiver, you should ask your department legal counsel to develop the waiver.
 - Your department-specific liability waiver should be reviewed annually by your legal department.
 - Not sure where to start? Here's some insight from other departments:
 - Some state departments have a liability waiver for physical activities and events specific to each offering while others choose to have one form that covers the employee on all events over the fiscal or calendar year.
 - If you have any questions or need assistance with this process, please let us know.
- **New Wellness Calendar**



- Grab our October daily wellness calendar with details on our Wellness Events webpage at <https://www.tn.gov/wfhtn/challenges/wellness-events.html>
- **Wellness Council Activity Submission Form**
 - We need your help to capture all the workplace wellness programming happening across the state!
 - If you know of a regional office, team or anyone making strides to improve workplace well-being by using Working for a Healthier Tennessee tools and resources, please encourage them to submit their activity in Formstack: https://stateofennessee.formstack.com/forms/wfhtn_wc_activity_submission_fy2024
 - 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!
 - Congrats to:
 - Eddie Brewer with the Department of Commerce and Insurance for submitting their Deskercise Relay, which involved team members completing seven physical exercises and emailing a coworker to let them know it's their turn.
 - Christine Garcia with the Department of Intellectual and Developmental Disabilities for submitting the onsite biometric screening they coordinated, which supported 31 Tennessee State Government employees with their annual health screening.

Wellness Council Spotlights

- **Find Your Flow Yoga Challenge**
 - Thank you to all 222 employees from 27 agencies who participated in our Find Your Flow Yoga Challenge!
- **Tennessee Courts**
 - The Tennessee Courts Sunshine Club organized an unofficial kickoff to the college and professional football seasons with a tailgate party. Employees showed their team spirit by wearing their favorite team gear!
- **Department of Human Services**
 - The Department of Human Services West Tennessee employee engagement quarterly meeting was held with employees on the Child Care Certificate of Greater Memphis team. Their supervisor, LaRosa Parks, planned a fun music-themed day which included a "Stretching it Out with Kristina" activity.
- **Departments of Human Services and Agriculture**
 - The Department of Human Services and the Department of Agriculture collaborated on a Food Safety Webinar on Sept. 15. Twenty-seven employees were in attendance. A big thanks to William Peppers from the Department of



Agriculture's Division of Consumer and Industry Services. You can watch the recording at <https://youtu.be/XHrdS6Qp2EY?si=npzmdntCKQAC8ezx>.

- **Department of Transportation**

- The Department of Transportation held a Summer Fun Photo Contest! Categories were getting active, water shot and nature shot. The contest winners are pictured here.

- **Department of Health**

- Keep us in mind for conferences big or small! Kristina assisted with leading a stretch break and a networking activity at the annual Health Promotion conference, which provides networking and professional development for the Department of Health's public health educators.
- We would like to give an update on the weekly livestreamed meditation on Thursdays from 11:15-11:30 CT, previously hosted by the Department of Education's Wellness Council. We are grateful to share that members of the Department of Health's Wellness Council have agreed to continue providing this event for all Tennessee State Government employees. Thank you to Wellness Warriors, Amy Daughtry and Carly Crownover, who will be co-hosting this event.

Download the new calendar series:

https://mcusercontent.com/f73b049c8fe9ec5311e8a2b7c/files/ce1231ff-f68c-7c9c-7f6b-8ccd396e7623/Meditation_Break_hosted_by_TN_Dept._of_Health.ics

- **Department of Commerce and Insurance**

- The TDCI Wellness Council got creative with their October efforts and highlighted Velociraptor Awareness Month as way to share healthy beef recipes from the National Heart, Lung, and Blood Institute, spotlight the benefits of walking weekly, and even included a kid-friendly workout for "little dinos"!
- Pictured on the Right: A funny flyer a TDCI Director caught while at the Fields Museum in Chicago.

- **Department of Revenue**

- Department of Revenue's Special Investigations team got together at [Fall Creek Falls State Park](#) for their annual Tactical Training and invited Working for a Healthier Tennessee to come and speak about eating healthier and moving more. The talk was followed by a ranger-led hike to the falls!
- Link to video on right: <https://fb.watch/n33W5o8QZy/>
- The Revenue Wellness Council also filmed an Audit team member's success story. Jimmy Setser had a scary diagnosis that led to a major lifestyle change! And in just a few short months he's turned things around!
- Link to video on left: <https://www.facebook.com/watch/?v=348936454139384&ref=sharing>



- Lastly, TDOR's directors and assistant directors got together for some in-person training at the Tennessee Tower and Morgan facilitated a mindfulness break for attendees.
- Link to Facebook post:
<https://www.facebook.com/photo/?fbid=698239329008659&set=a.224262189739711>
- **Commission on Aging & Disability**
 - To celebrate 60 years of TCAD, their Wellness Council challenged employees to walk 60 miles from July to September. They had nine staff members participate and set a goal of 540 miles. After completing one month, they realized their team had already exceeded their goal, so they set a second goal of walking 1,620 miles! As of September 14, TCAD has completed 1,780.75 miles of walking! Their very own Wellness Council member, Sylvester Baines, came in first place with 640 miles, staff member Gayle Wilson came in second with 374.5 miles, and Sidney Schuttrow came in third place with 215.5 miles. They are super proud of their staff and all their hard work in this challenge!
 - Pictured: Participants walking, walking, walking - on lunch breaks, at home, and at the zoo!

Upcoming Schedule

- **November Wellness Council Webinar**
 - Thursday, Nov. 2 from 9-9:45 a.m. CT
- **Quarter 2 Activity List (Oct.-Dec.)**
 - We're here to help you work toward 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.

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!