

## **WFHTN Wellness Council Webinar Notes**

### **October 1, 2020**

#### **Welcome**

- Hello everyone! Thank you for joining WFHTN's October Wellness Council webinar.
  - We have been transitioning away from roll call at the end of this webinar, so please go ahead and type in your department in the chat box to let us know you are representing!
- Today's webinar agenda includes:
  - Fun Fact Challenge
  - What's New with WFHTN
  - Wellness Council Spotlight
  - October Health Observances
  - Upcoming WFHTN Schedule
  - Sharing

#### **Fun Fact Challenge**

- Congratulations to our October Fun Fact winner, Cris Pollard from the Department of Mental Health and Substance Abuse Services!

#### **What's New with WFHTN!?**

- We are in a NEW quarter of the fiscal year!
  - As a reminder, this 2021 fiscal year runs from July 2020 through June 2021. We are now in a brand-new quarter – Q2 – which includes the months of October, November and December.
- **Quarterly Checklist**
  - A new quarter means a new checklist!
  - Amazing job on your Q1 Quarterly Checklist activities, everyone!
  - Many of you are in the running to take home our 2021 Wellness Warriors Award for this fiscal year!
  - Let's take a quick look at the Q2 Checklist.
    - You can see the activities for Q2 include:
      - Sharing a post-challenge survey. (Your WFHTN Regional Wellness Coordinator can assist in making this virtual if desired.)
      - Share the WFHTN Monthly Poll Question for October, November or December.
      - Attending a monthly Wellness Council Webinar (including today's!) OR quarterly Water Cooler Talk.
      - Holding at least one meeting with your Wellness Council.
      - Hosting a WFHTN or Here4TN webinar (can be live or recorded)
      - Participating in our December (holiday-themed) All-Department Challenge OR be creative and host your own four-week challenge
      - \*\*You have from now until December 31<sup>st</sup> to complete these requirements.
    - Remember, these quarterly checklists are designed to showcase the agencies with consistent execution and effort 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 Award.

- Questions?

- **October Activity Planner**

- A new quarter also means new Monthly Activity Planners!
  - All are available on our website, but today I'll just highlight a few activities suggested on the October Activity Planner.
- Post Challenge Surveys
  - This activity is featured on both the October Monthly Planner AND the Q2 Checklist for that Wellness Warriors Award!
  - These surveys are valuable to help your agency better understand whether or not activities are supporting their healthy habits and what they really want to see in the future.
  - Post-Challenge Surveys are worth five points on your Activity Planner.
  - For assistance with online Post-Challenge Surveys, please reach out to your WFHTN Regional Wellness Coordinator.
- Lunch n' Learns
  - Lunch n' Learns are a great way to engage with your employees and educate them about health and wellness-related topics.
  - There are a variety of topics already available for you to choose from (via Here4TN and WFHTN) OR the WFHTN team is happy to develop a topic of interest for you!
  - For assistance with scheduling, please visit our WFHTN website OR reach out to your WFHTN RWC.
- Virtual Races – NEW
  - You may have seen these popping up throughout your community – VIRTUAL RACES. COVID-19 won't stop our competitive spirit!
  - Invite your employees to participate in one of our six virtual race options!
    - They pick their distance (1 mile, 5k, or 10k)
    - They pick how they race (walk or run)
    - And they time themselves and submit their final race time online to see if they can make top two!
  - Please visit the link in our October Activity Planner or our WFHTN website for all the details and how your Wellness Council can earn 15 points on your October Activity Planner.
- WFHTN Recipe Template
  - It's pumpkin season! Pumpkin is high in vitamin A and is a good source of vitamin K (which is important for healthy bones).
  - We want you to share how you enjoy pumpkin this time of year and help your Wellness Council earn 15 points on your October Activity Planner.
  - Use our WFHTN recipe template and send those pumpkin recipes to [WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov)
- NEW WFHTN Team Talks
  - The WFHTN Team is committed to meeting you where you are (even virtually) during this challenging time.
  - Starting with the next November Webinar, we're experimenting with a new, OPTIONAL opportunity we're calling "WFHTN Team Talks" which take place immediately after our scheduled Wellness Council Webinar.

- The goal of the WFHTN Team Talks is to allow for more idea sharing and discussion among ALL state agencies as we aim to keep connected. Think of it as your turn to really take the wheel and chat with others in your position.
- Please note this format may change as we pinpoint together whatever works best for YOU all.
- One way you could help us kick off this new offering is to tell us, “What TOPICS would you most want to talk about in more detail?”

### **Wellness Council Spotlight**

- We would like to highlight some of the activities and challenges from different Wellness Councils during the past month.
  - Children’s Services: Submitted and shared a Weight Loss Success Story
    - From DCS Lead Investigator Julie Johnson from the Tennessee Valley region.
    - Julie’s ADVICE FOR OTHERS – Plan and assess your meals! It literally just takes a few minutes each day. Once you get into the habit, it becomes second nature to think through choices you make.
  - General Services:
    - (Left) During the Department of General Service’s September Wellness Council meeting, Wellness Council member Randy Dean shared tips on making a healthier breakfast. You can see he even dressed up as a waiter to share his tips!
    - (Right) General Services also held a stretch break led by members of the Wellness Council. Once again Randy dressed for the occasion but this time his role was to DJ the stretch break. Music selections ranged from Aretha Franklin to rock hits to the old favorite “Wheels on the Bus”.
  - Mental Health & Substance Abuse Services
    - (Left) Some employees in the Memphis region took part in the Great Cycle Challenge in September. Their goal was to ride 200 miles and they raised money for the Children’s Cancer Research Fund “to allow them to continue their work to develop lifesaving treatments and find a cure for childhood cancer.” RQ rode nearly 250 miles and raised right at \$2000!
    - (Right) Mental Health & Substance Abuse Services has also been having fun playing trivia during lunch breaks. Last time their trivia was Tennessee-themed!
  - Agriculture: The Department of Agriculture hosted a virtual nutrition Jeopardy webinar.
  - Human Services: The Department of Human Services hosted a COVID-19: Healthy Eating for Less webinar with Optum.
- Keep up the great work and please continue to share all of your successes and photos with us – including tagging us on your department’s social media!

### **October Health Observances**

- You can always access this NHO Calendar on our website at: <https://www.tn.gov/wfhtn/activity-planner-progress.html>
- [Eat Better, Eat Together Month](#)
- [National Breast Cancer Awareness Month](#)
- [National Physical Therapy Month](#)
- [Mental Illness Awareness Week](#) (October 4-10)
- [Bone and Joint Health Action Week](#) (October 12-20)
- [National Health Education Week](#) (October 19-23, 2020)

- [Walk to School Day](#) (1<sup>st</sup> Wednesday in October)
- [National Depression Screening Day](#) (October 8, 2020)

### **Upcoming WFHTN Schedule**

- **November Wellness Council Webinar**
  - Thursday, November 5<sup>th</sup> 9-9:30 a.m. Central
  - 9:30-9:45 a.m. Central – first WFHTN Team Talk!
- **WFHTN Holiday Challenge**
  - WFHTN’s Holiday All-Department Challenge is coming December 2020!

### **Updates**

- If you haven’t already, please let us know in the chat box what 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, etc. would you like to share?

### **Questions**

If you have any questions, we’d be happy to answer those now. *Thank you all for attending today’s webinar! If you’re curious about our new “Team Talks” – please stay on to sample what we’ll be doing.*

### **Team Talk Sample**

- Welcome to our WFHTN Team Talk demo! This is just a “taste” of how we hope to conduct these events.
- Again, this opportunity is optional, but can be a different way to connect with fellow Wellness Council members across agencies and pick each other’s brains.
- As you can see, we already have some topics on deck thanks to your outreach to us (the WFHTN Team). I will help facilitate discussion and the WFHTN Team will chime in, of course.
  - Let’s start with a question from our September Wellness Council Webinar from the Department of Health’s Wellness Chair, Amber Jackson – “What can I do get more department engagement?”
  - **\*\*Continue discussion as time allows.**

*Thank you for sticking around for our WFHTN Team Talk demo. We hope you’ll stay on November Webinar for our first official WFHTN Team Talk meet-up. As always, please reach out to your WFHTN Regional Wellness Coordinator if you have any follow-up questions or suggested discussion items.*