

## Wellness Council Webinar Notes December 5, 2019

**Welcome** Good morning everyone! Thank you for joining the December Wellness Council webinar.

- Today's agenda includes:
  - Fun Fact Challenge
  - WFHTN Team Update
  - Here4TN Scavenger Hunt
  - All-Department Physical Activity & Top 6 Challenges
  - Wellness Council Spotlight
  - Upcoming Monthly Handout Topics
  - October Health Observances
  - Upcoming Schedule
  - Roll Call & New Program Ideas

### **Fun Fact Challenge**

- Congratulations to our December Fun Fact winner, the team from the **Department of Human Services**.

### **WFHTN Team Update**

- Our West TN Regional Wellness Coordinator, Allison Nance, has left state government. We are very sad that she's gone, but we're excited for her new adventure. She has been accepted into an Occupational Therapy Program at the University of Tennessee Health Science Center. We will miss Alli and wish her all the best in this new chapter.
- We are pleased to announce the newest member of the WFHT team, Courtney Shake! Courtney has a Bachelor's degree from Lipscomb University in Exercise Science and Nutrition. She's been working in health and wellness for 15 years. Her passion for this field stems from watching her grandmother deal with diabetes. She was intrigued with how her grandmother managed it so well for almost 40 years with keeping up her diet and consistently checking her blood sugar. Courtney's eager to get started working with her assigned Wellness Councils and our team. She says that she's ready to grow and learn with everyone. In the upcoming weeks, she will be reaching out to set up individual meetings with her Wellness Councils.

### **Here4TN Scavenger Hunt**

- Our next Here4TN Scavenger Hunt will take place from December 6-20.
- The scavenger hunt will include eight multiple choice questions. If an incorrect answer is selected, the member will be shown the correct answer.
- The link to the Here4TN Scavenger Hunt will be sent to Wellness Council Chairs on Friday, December 6<sup>th</sup> at 8 a.m. Central.
- The first 50 employees to complete the Scavenger Hunt will win a Here4TN Journal.

### **All-Department Physical Activity Challenge**

- During spring 2020, all departments can compete in the All-Department Physical Activity Challenge!
- The department to reach the highest average physical activity miles will be the challenge winner.
- There's no set minimum or maximum number of team members.
- Each department represents ONE team.

- Each participant sets their own personal physical activity goal.
- Challenge dates: March 23-April 19

### **Top 6 Tournament**

- The top two departments from each division will be placed in this year's **Top 6 Tournament** for the Overall Award!
- Top six departments determined after Q3 (January-March)
- Challenge dates: April 27-May 22

### **Wellness Council Spotlight**

- We would like to highlight some of the activities and challenges from different Wellness Councils during the past quarter.
- The **Get Fit Bit by Bit Challenge** had 62 participants.
  - Participating departments included Agriculture, Correction, DIDD, Human Services and Safety & Homeland Security
- The **Department of Human Services** fits fitness into their workday with activities such as:
  - Wednesday WebEx 10-minute fitness videos
  - Line dancing classes
  - Thriller dance break for Halloween
  - Participated in kickball tournament
  - Participated in tug-of-war event
- The **Children's Services Wellness Council** hosted a Step-Up to Health Challenge in September.
  - They had 718 registrants.
  - >53,908 points for healthy habits over the four weeks were accrued across the State.
  - *"I plan on continuing to strive to be healthier because I feel so much better being healthier. It just really helps to have all the support and understanding. I have truly enjoyed and would definitely do other challenges to become a healthier me."*
- **Finance and Administration Mindfulness RENEW Challenge**
  - They had 64 registrants.
  - A week-long challenge to practice becoming more present in the moment
  - *"Having a reason to make time for mindfulness. I seldom make the time for it."*
- **Labor and Workforce Development**
  - Every Friday in October, Labor & Workforce Development employees had a Pink Out—wearing pink to raise awareness in recognition of Breast Cancer Awareness Month. Employees from Dyersburg, Chattanooga, Memphis, Johnson City, Jackson and Nashville participated!
- **Mental Health and Substance Abuse Services**
  - On November 18<sup>th</sup>, the TDMHSAS Wellness Council hosted their annual Healthy Chili Cook-Off. This year's theme was "Chili for Charity" as a few charities who participate in the Tennessee Employee Charitable Campaign (ECC) were available to answer questions about their organizations. Department leadership was in attendance to award the winners of the cook-off. Winners were chosen by a panel of five judges who tasted each chili prior to the event. First place (for the second year in a row) was Donathan Knowles. Second place was Dwan Grey. Third place was Don Walker.
- Keep up the great work and please continue to share all of your successes and photos with us!

### **Upcoming Monthly Handout Topics**

- Healthy Holidays
- Working for a Healthier TN 101
- American Heart Month
- These are perfect to share with your department to earn an easy five points on the Point Tracker!
- Reminder that these can always be found on our website at <https://www.tn.gov/wfhtn/resources/monthly-handout.html>

### **December Health Observances**

- [National Influenza Vaccination Week](#) (December 1-7)
- [National Handwashing Awareness Week](#) (December 1-7)

### **Upcoming Schedule**

- January Wellness Council Webinar
  - Thursday, January 9<sup>th</sup> at 9 a.m. Central
- Q2 (Oct-Dec) Point Tracker
  - Due December 30<sup>th</sup>
- You can access all WFHTN Monthly Webinar Archives at <https://www.tn.gov/wfhtn/archives.html>

### **Roll Call**

- Let us know you are representing your Wellness Council by giving us a shout out in the chat box! (You'll have an opportunity to share your Wellness Council successes and ask questions once roll call is complete.)
  1. Agriculture
  2. Children's Services
  3. Commerce and Insurance
  4. Commission on Aging and Disability
  5. Correction
  6. Economic and Community Development
  7. Education
  8. Environment and Conservation
  9. Finance and Administration
  10. Financial Institutions
  11. General Services
  12. Health
  13. Human Resources
  14. Human Services
  15. Intellectual and Developmental Disabilities
  16. Judicial Branch
  17. Labor and Workforce
  18. Mental Health and Substance Abuse Services
  19. Military
  20. Revenue
  21. Safety and Homeland Security

22. TBI
  23. TennCare
  24. Tourist Development
  25. Transportation
  26. Tricor
  27. TWRA
  28. Veterans Services
- ...Thank you. Now, would anyone like to share?

Thank you all for attending today's webinar. Please reach out to your Regional Wellness Coordinator if you have any questions or would like to share ideas.