

WFHTN Wellness Council Webinar Notes July 9, 2020

Welcome

- Good morning everyone! Thank you for joining the July Wellness Council webinar.
- Today's agenda includes:
 - 2021 Updates
 - Wellness Council Spotlight
 - July Health Observances
 - Upcoming Schedule
 - Roll Call & Sharing

2021 Updates

- **Coming Fiscal Year 2021**
 - We've heard your response to the Monthly Activity Planners and want you to know that starting August 2020 we're excited to bring you a consolidated version of the Monthly Activity Planner. We look forward to hearing your feedback.
 - Just a friendly reminder that there isn't a formal Monthly Activity Planner for July, but any wellness-related activities you do in July can count on your Q1 August-September Activity Planner.
 - Also, we will continue sending the Activity Planners monthly. If you are a planner and need them further in advance, the Activity Planners will be available by quarter on our website for you to access at your convenience.
 - For example, the Q1 August AND September Activity Planners will be available on our website mid-July, but we send each month separately to minimize confusion.
- **Olympic-Themed August Activity Planner**
 - This year's Olympics may have been postponed, but we're going to use August to celebrate by incorporating Olympic-themed activities and information.
 - Be on the lookout next week for the August Activity Planner.
 - Let the games begin on August 1st!
- **Fiscal Year 2021 Overall Award**
 - The WFHTN team is continuously gathering your feedback and adjusting as needed; therefore, we have made changes based on employee feedback. The Overall Award is designed to recognize the agency with the highest efforts of increasing awareness and engagement for health and wellness across our state. Consistency is key in maintaining a successful wellness program.
 - We would like to take a moment to go over the new format for this year's Overall Award. There will be two components:
 - First, you will be given quarterly checklist requirements. Most, if not all, of the items will be activities listed on the monthly activity planners. You must complete all items on each quarterly checklist to be eligible to compete in the tournament for the Overall Award. There will be a checklist for quarter one (August-September), two (October-December) and three (January-March) which will lead us into the fourth quarter when the tournament will take place. The quarterly checklists were created to ensure wellness activities are offered consistently throughout the year.

- The second component of winning the Overall Award is the one-week tournament that will take place during the fourth quarter in May. All departments that complete all quarterly checklist requirements will be eligible to participate in the tournament. Tournament guidelines and challenges will be provided in advance to allow adequate time for planning and promotion.
- And finally, we will be changing the name of the Overall Award for 2021. We need your help! You'll see four options on the PowerPoint slide to choose from: WFHTN Wellness Warriors, WFHTN Wellness Champions, WFHTN Wellness Rockstars or WFHTN Top Banana. Please use the chat feature to let us know which award name you like best. Please type the award name as it's listed on the slide. If you don't like any of these, feel free to suggest another option.
- After today's webinar, we'll tally up the votes and let you all know the top pick! I'll give you all a minute to type your choice in the chat feature now.
- Thank you all for your help with selecting our new Overall Award name!
- The winning vote was... drumroll please... **WFHTN Wellness Warriors!**

Wellness Council Spotlight

- We would like to highlight some of the activities and challenges from different Wellness Councils during the past month.
- The **Department of Finance and Administration** is hosting live Virtual Stretch Breaks most Fridays. They are led by Certified Yoga Teacher and F&A employee, Marcie Stephens. All exercises are seated.
- The **Department of Health** is hosting live Virtual Stretch Breaks and Workouts. They are led by Certified Pilates and Group-Exercise Instructor and TDH employee, Lara Gill.
- Shout out to the **Revenue** employees in Jackson and Memphis who are dancing away their stress by participating in Friday afternoon Virtual Dance Breaks! The 15-minute Wellness Break doesn't require learning any choreography, and a webcam is totally optional.
- Keep up the great work and please continue to share your successes and photos with us – including tagging us on your department's social media!

July Health Observances

- Park and Recreation Month
- UV Safety Month

Upcoming WFHTN Schedule

- **2020 WFHTN Annual Awards Celebration**
 - Virtual
 - Wednesday, July 29th from 9 a.m. – 10 a.m. Central
- **August Wellness Council Webinar**
 - Thursday, August 6 from 9 a.m. – 10 a.m. Central
 - You'll notice our August webinar is a full hour because we will have a special guest. ActiveHealth will be presenting the ActiveHealth Index. After the State of TN overview is presented during the webinar, you'll be able to schedule a meeting with your Regional Wellness Coordinator to discuss the ActiveHealth Index specifically for your department.

Roll Call & Sharing

- Starting in August, we'll be asking you all to let us know you're here by typing your department name in the chat feature at the beginning of each Wellness Council webinar. We'll also remind everyone at the end of each webinar. But, for today...
- 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. Labor and Workforce
 17. Mental Health and Substance Abuse Services
 18. Military
 19. Revenue
 20. Safety and Homeland Security
 21. TBI
 22. TennCare
 23. TN Courts
 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 WFHTN Regional Wellness Coordinator if you have any questions.