

WFHTN Wellness Council Webinar Notes June 2, 2022

Welcome

- Hello everyone! Thank you for joining our June Wellness Council Webinar.
 - Please go ahead and type your agency in the chat to let us know who you're representing!
- Today's webinar agenda includes:
 - Meet Laura Demeri
 - Quarterly Activity List
 - Guest Speaker
 - What's New?!
 - Wellness Council Spotlight
 - Upcoming Schedule
 - Sharing
- **We're excited to announce a new teammate here at WFHTN! Laura Demeri is our new Wellness Coordinator**
 - Laura is a national board-certified health and wellness coach, American College of Lifestyle Medicine diplomate and American College of Sports Medicine fitness instructor. She received her Master of Science in nutrition and exercise science from Queens College in New York City. While in school, she wanted to deepen her understanding of nutrition to learn about food and received a professional chef's certificate in health-supportive cooking from the Natural Gourmet Institute. During this time, she learned how to nourish the body, mind and soul. Laura taught at Clark College in Vancouver, Washington and Portland Community College for more than a decade, where she honed her skills as an educator. She was also a health coach with Kaiser Permanente. This role taught her the craft of motivational interviewing and active listening as powerful ways to connect, engage, empower and inspire. Laura recently relocated to Nashville with her husband and two Labrador retriever puppies that keep them extremely busy and active.

WFHTN Quarterly Activity List

- Can you believe it? We're in the last month of our fiscal year!
- We have some last-minute suggestions to help you easily earn gold Achievement Level status by June 30.
- **June 2022 Suggestions**
 - As a reminder, our team strives to ensure we're hosting and providing challenges, activities, resources, etc. so all you need to do is promote and share them.
 - Your Wellness Council activities are, of course, up to you to complete.
 - So, here are some suggestions for June.
 - Share information related to:
 - [Great Outdoors Month](#)
 - [Men's Health Month](#)
 - [National Herbs & Spices Day](#) (Friday, June 10)
 - Activities that you can plug into...

- In honor of [National Fruits & Vegetables Month](#) (June), check out a local [Farmers Market](#) and send us a snapshot or selfie ([with permission](#)) to WFHT.TN@tn.gov. (*Healthy Eating, Engage*) Five participants chosen at random will win a prize!
 - Take a [lunch hour](#) with us for National Take Back the Lunch Break Day (Friday, June 17). Tell us what you enjoyed for lunch at WFHT.TN@tn.gov. (*Healthy Eating, Engage*) Five participants chosen at random will win a prize!
 - Challenges you can decide whether to participate in...
 - Promote our [Spring 5K Series](#) (*Physical Activity, Inspire Change*)
 - This is the last race in our series of 5Ks this spring. It's open to all agencies.
 - Participants can race when they want, where they want and how they want! Beginners, experienced runners and walkers are welcome.
 - In May, we had 45 submissions for 5K runners and walkers!
 - The name for the June 5K is June Bug Dash.
 - The last suggestion that you've hopefully already heard about is our all-agency Wellness Week Challenge that runs June 6-10. *Ten participants chosen at random will win a prize!*
- **WFHTN's 2022 Wellness Week Challenge**
 - Help your agency become Wellness Week Champions by participating in our 2022 WFHTN Wellness Week!
 - Throughout the week there will be daily challenges to complete. These will be Mental Health Monday, Tasty Tuesday, Workout Wednesday, Thoughtful Thursday and Financial Friday.
 - Note: The deadline to submit daily challenges will be 11:59 p.m. CT on EACH day. All submissions must be received via the provided submission form links.
 - If your agency would like to compete in this optional challenge, please review the participation requirements shared via email. You'll also want to consider how you'll communicate the challenge to your employees.
- **Nominate Now!**
 - Before we get to today's guest speaker, we wanted to give you one last reminder that you can nominate your Wellness Council (or another agency's) for one or more of our Wellness Awards. These awards include:
 - Communicator of the Year, Innovator Award, Most AWS-Friendly, Most Engaging, Most Improved, Most Inspiring, Most Well-Rounded, Thinking Outside the Desktop Award and the WFHTN All-Star
 - [Submit your nominations](#).
- **2022 Annual Awards Celebration**
 - Held Wednesday, July 20 from 9-10 a.m. CT
 - Our agenda includes a guest speaker, exciting awards, a fun activity and recap of fiscal year 2022.
 - You can easily register NOW with the QR code pictured on the screen.
 - Just open the camera on your phone and scan the QR code now.

Guest Speaker: Debbie Ball

- Hopefully you've heard of Pick Tennessee Products before, but if not, you're in for a treat today! Please welcome our guest speaker, Debbie Ball from the Department of Agriculture.
- Debbie joined the staff at the Department of Agriculture in 2008 as statewide outreach coordinator for the Tennessee Agricultural Enhancement Program. In her current role, Debbie manages the Pick Tennessee Products Program, providing assistance to new and existing businesses as well as overseeing the Specialty Crop Block Grant Program. Before joining the staff at the department, Debbie held both marketing and advertising positions in the private sector. She also served as communications coordinator for the Tennessee Pork Producers Association. Debbie grew up in Coffee County on her family's purebred hog farm.

What's New?!

- ***Reminder*** [WFHTN Wellness Events Page](#)
 - This is where you'll find our *June Wellness Calendar* and *June Virtual Events*.
- **WFHTN YouTube Videos**
 - Our team has been busy making some new, informative and fun YouTube videos you can share and enjoy!
 - For example, Lindsey helps you learn how to participate in a virtual 5K, Kayla created videos demonstrating the correct form for a hamstring stretch and squat, and Morgan made some delicious [Peanut Butter Banana Bars](#), which is a recipe straight from our website! There are more videos on the way!
 - Be sure to check them out and share them with your employees. Make sure you subscribe to our YouTube Channel at youtube.com/tnsitechampions so you never miss a new video!

Wellness Council Spotlight

- **WFHTN SPRING 5K SERIES: May the Course be With You**
 - Pictured: [LEFT] The communications team from Benefits Administration in the Tennessee Department of Finance and Administration met up at Bicentennial Capitol Mall State Park to walk our May the Course Be With You 5K during a recent lunch break.
 - Pictured: [RIGHT] Employees at the Tennessee Department of Agriculture. They recently kicked off a running club. Five participants joined the first run!
- **Department of Correction** hosted a flower photo contest. They had 72 entries and 573 votes for best in show, best color(s), best grouping and best wildflowers.
- **The Department of Transportation: Earth Day Activities**
 - TDOT'S Wellness Chair Kera Davis and three others from the environmental department organized a full week of Earth Day events, which included handing out more than 3,000 trees, seeds and hosting a river clean-up at the end of the week. The trees came from the [Department of Agriculture](#). TDOT's environmental department reached out to the Department of Agriculture to donate tree saplings for TDOT's Earth Day week events. This partnership led to great turnout and success! The Department of Agriculture has an East Tennessee nursery near Delano which offers Tennessee residents a variety of tree and shrub seedlings for reforestation, wildlife habitat enhancement and erosion control, as well as other conservation-oriented purposes. The mission of the reforestation unit is to provide quality, affordable seedlings (genetically improved where feasible) to Tennessee landowners and to optimize genetic improvements to increase the productivity of the state's forest resource. More details are on the website PlantTNTrees.org for anyone interested in partnering with the nursery or online sales next season.

- For Earth Day, Region 2 employees participated in a cleanup of the shorelines of Chickamauga Lake located along the Tennessee River. They picked up 4,000 pounds of trash in a matter of hours. The event was a partnership with [Keep the Tennessee River Beautiful](#) and TDOT's Nobody Trashes Tennessee Campaign!
- They also played some Pollinator BINGO!
- Pollinators are a diverse group of species which includes birds, bees, butterflies, bats and beetles. They're critically important to life and their numbers are in steady decline as a result of loss of habitat, pests and pathogens, exposure to pesticides, and other stressors. In response, pollinator-friendly language has been included in the nation's transportation funding law, (the Fixing America's Surface Transportation (FAST) Act (Pub. L. 114-94)). Tennessee Department of Transportation is following this important legislation and taking the lead in establishing pollinator policies and practices! TDOT has a Pollinator Habitat Program with the Highway Beautification Office. For more information, you can go to tnpollinators.org.
- The TDOT Pollinator Bingo card is to help engage people to learn more about pollinators in their own backyard or when you are out in nature! (Game rules are on the back of the bingo card).

Upcoming Schedule

- **July Wellness Council Webinar**
 - Thursday, July 7 from 9-9:45 a.m. CT
- **WFHTN Annual Awards Celebration**
 - Wednesday, July 20 from 9-10 a.m. CT
- **Quarter 4 Activity List**
 - Due on Thursday, June 30
- *For our full event list, please visit tn.gov/wfhtn/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!