



EWS JANUARY NEWSLETTER

Monday, January 4, 2021

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INTRODUCTION

NEW! The MDSU is now the Employee Wellness Services (EWS)! EWS administers work, family, and leave programs for the department, including Family Medical Leave, Workers Compensation, EAP, Wellness, Reasonable Accommodation, and more. Want to learn more about the EWS? Please see [HRB Memo 20-037](#) and visit our [Employee Wellness Services Page](#).

Every month, the EWS would like to share new and present resources with all staff that range from promoting a work and family balance, program services for mental health, and general well-being and health.

EMPLOYEE ASSISTANCE PROGRAM (EAP) JANUARY UPDATE



Coping with Change

We've all heard the sayings "Better the devil you know than the devil you don't" and "if it ain't broke, don't fix it." The fact is, most people don't like change, whether it's in their personal lives or at work. We're creatures of habit and routine. Change can jolt us in uncomfortable ways, even if the change is a positive one. However, there are ways to successfully manage change and turn it into an opportunity for growth. Please take a look at EAP's January Featured Article, "[Coping with Change](#)".

Featured Service: Telehealth

Have you ever felt that you'd like help working through an issue, but you're stretched for time or just don't feel comfortable meeting in-person with a counselor? The EAP's Telehealth services offer confidential and convenient access to an EAP provider via video teleconference, all at no cost to you. All you need is a smartphone or computer with a webcam, and high-speed Internet access. Telehealth offers fast and private access to mental health services, and flexible appointment times. Please visit [EAP](#) to learn more about Telehealth services and get expert help.

Upcoming Online EAP Webinars

January – Challenges of a Post-Quarantine Workplace: Adapting to the “Next Normal”

Wednesday, January 13, 2021 | 11:00 – 12:00 p.m.

Description: In this webinar, you will gain an understanding of where we've been and its effect on us as well as discuss practical coping and adaptation practices. You will receive information on helpful skills and practices for successful transitions.

Please make sure to request supervisory approval through [LEARN](#) prior to registering for the webinars.

[The CDFW EAP intranet page has been updated! Please visit the page for monthly updates and resources.](#)

COVID-19 Leave Support

The EWS would like to remind all CDFW employees that the Families First Coronavirus Response Act has expired, effective January 1, 2021. The benefits provided under the Families First Coronavirus Response Act (FFCRA) – Emergency Paid Sick Leave Act (EPSLA) and the Emergency Family & Medical Leave Act (E-FMLA) – are no longer available. Alternative leave options are available for employees impacted due to COVID-19 and all supervisors and managers are encouraged to be flexible. Please visit the [COVID-19 Leave Support Intranet Page](#) for more information or contact COVID-19LeaveSupport@wildlife.ca.gov to schedule a Leave Options discussion with the EWS and Medical Unit.

What's for Dinner? Introducing the CDFW Cookbook!

The EWS would like your help in building a [CDFW Cookbook](#)! If you are interested in contributing a recipe, please send your recipe and pictures to [Jennie Lee](mailto:Jennie.Lee@wildlife.ca.gov) (Jennie.Lee@wildlife.ca.gov). You can send us anything - appetizers, salads, soups, main dishes, side dishes, desserts, or your favorite mixed drink recipes. You can include pictures of the finished dish or a link to your YouTube cooking tutorial.



Our current [cookbook](#) has several recipes for you to try! If you make a dish shared by your fellow-CDFW, let us know how it turned!

HEALTHIER U CONNECTIONS – REGISTER NOW!

Wellness Platform Available to All State Employees



Join other state employees on the new Healthier U Connections wellness platform! This innovative, online wellness service brings a world of wellness resources to your computer, tablet or smartphone. All state employees are invited to register for Healthier U Connections at www.calhrwellness.com using their work email address.

Key features include:

- Virtual kitchen that includes healthy recipes and cooking videos.
- Propel fitness library that includes exercise videos.
- Device integration that connects directly to popular activity tracking devices like Apple Watch, Fitbit and Garmin.
- Manually track over 100 fitness, wellness, and nutrition activities!
- Create an unlimited number of competitions individually or with your co-workers.
- Propel is built in the latest responsive design, meaning you can access the entire platform on all your devices
- Watch this [short video](#) to learn about key features of this wellness platform.

To register:

- Register at www.calhrwellness.com using your work e-mail address.
- Registration Code: Wellness2021
- You will need to register even if you already had an account in Healthier U Connections prior to 2021.

To learn more, register for a 15- minute demo below:

Jan 5 – [11:00 AM Registration Link](#), [2:00 PM Registration Link](#)

Jan 7 – [10:00 AM Registration Link](#), [2:00 PM Registration Link](#)

Jan 12 – [10:00 AM Registration Link](#), [2:00 PM Registration Link](#)

*If prompted with a registration password, use “wellness”

Note: Healthier U Connections is a voluntary, confidential wellness program for state active employees, and only aggregate data is provided to departments.

Additional Resources and Contacts

- [EAP Self-Care APPs](#)
- [EAP Website](#)
- [CDFW's EAP Intranet](#)

EWS Contact Information

Employee Last Name	Analyst
A-G	Wonwyne Hale
H-O	Pamela Grant
P-Z	Jennie Lee

EWS Manager: Vacant

EWS Specialist: [Michael Newbert](#)

Assistant Branch Chief: [Padma Linker](#)

If you have any questions or suggestions on how EWS can better service you, please let us know!