

# EMPLOYEE WELLNESS SERVICES

APRIL 2021 EDITION

The Employee Wellness Services (EWS) administers work, family, and leave programs for the department, including Family Medical Leave, Workers Compensation, EAP, Wellness, Reasonable Accommodation, and more. Please visit our page for updates at: [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.

## Enjoy the weather and get out and plant!!

This year, when planting your next planned harvest or flowers around your home, try using the below charts to get the most out of your gardening! California has a wonderful climate for growing vegetables and flowers, with a whopping 270 days between the last and first frost dates in the season. The city is even considered to be a part of the USDA Hardiness Zone 9, which explains exactly that. What this means for keeping an annual garden is that your fruits and vegetable plants must be able to withstand hot temperatures and plenty of direct sunlight.

Sacramento Flower Seed Planting Schedule

Plant	Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sep	Oct	Nov	Dec
Alyssum												
Aster												
Baby's breath												
Calendula												
California poppy												
Celosia												
Cleome												
Coleus												
Cornflower												
Echinacea												
Cosmos												
Forget-me-not												
Four o'clocks												
Foxglove												
Gomphrena												
Hollyhock												
Larkspur												
Manifold												
Plant	Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sep	Oct	Nov	Dec
Morning glory												
Nasturtium												
Nicotiana												
Nigella												
Periwinkle												
Poppy												
Portulaca												
Rudbeckia												
Salvia												
Scabiosa												
Snapdragon												
Stock												
Sunflower												
Sweet pea												
Verbena												
Viola												
Zinnia												

Start indoors—



Direct seed in the garden—



# WINTER/SPRING Vegetables for the Sacramento Area

	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
cauliflower & broccoli													
onion													
cabbage													
lettuce													
lettuce													
lettuce													
shallots & garlic													
tomato													
carrots													
carrots													
potato													
chard													
beets													
pepper & eggplant													
cucumber													
cucumber													
corn													
corn													
corn													
corn													
green bean													
green bean													
melon													
melon													
squash													
lima bean													

\*\*\*If you have never planted a garden here are some helpful tips for beginners \*\*\*

## EAP April Update



During difficult times, we may feel stuck in a cycle of negative thinking and feel overwhelmed by life's challenges. After all the disruptions that people have endured throughout the pandemic, it is no wonder many are struggling with feelings of stress, burnout, isolation, and loneliness. Social support, healthy habits, and self-care are more important now than ever. Look this month for practical tips on overcoming stress and burnout and letting go of painful emotions at [eap.calhr.ca.gov](http://eap.calhr.ca.gov).

### Inside this month's issue you will find information on:

Social support, healthy habits, and self-care are more important now than ever.

Inside this month's issue you will find information on:

- The monthly article that outlines tips and strategies to manage stressors and improve your quality of life.
- EAP Featured Benefit: Living Healthy – Mind and Body.
- April is [National Stress Awareness](#) Month.
- Mind Your Mental Health: A campaign focusing on increasing awareness around mental health issues. A new program tile is now **LIVE** on the EAP website; go to <https://soceap.magellanascend.com/>. Under "Explore Services," click the right arrow four times.
- The upcoming [live webinars](#):
  - Wednesday, April 14, the employee webinar - *Overcoming Stress and Burnout*
  - Wednesday, May 12, the employee webinar - *Helping Your Teen Learn Emotional Regulation*

**\*\*These webinars are free and supervisor approval is required to participate. Webinars are recorded and are available on the website approximately two to three weeks after a live event. To view past webinars, go to [eap.calhr.ca.gov](http://eap.calhr.ca.gov). Click on the "Learning Center" header, scroll down on the Learning Center page, on the left side of the page, click on "Webinars", click on "View more" to select the individual webinar recording and access the slideshow and any handouts shared during the webinar. \*\***

# Employee Wellness Update and Tips



## Upcoming wellness webinars and wellness resources available:

- **Healthier U Connections - Path to Better Nutrition Challenge**

The statewide Path to Better Nutrition challenge has kicked off! The goal of this challenge is to consume 5 servings of fruits or vegetables per day through April 30 and features your very own virtual garden. For every 10 servings of fruits or vegetables you track, you can watch your garden grow! Login to [Healthier U Connections](#) (Registration Code: Wellness2021) year-round to access additional wellness articles, healthy recipes, a fitness library, and more!

- **Community Fit Winter Session  
Tuesday and Thursdays through April 29**

For more information about these lunch time fitness classes, see the [Community Fit Flyer](#).

- Watch this [short video](#) to learn about key features of this wellness platform.

### To register:

- Register at [www.calhrwellness.com](http://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.

\*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.

## 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](mailto: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!



[Please visit the CDFW EAP intranet page for monthly updates and resources.](#)

### Additional Resources and Contacts

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

### *EWS Contact Information*

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