

EMPLOYEE WELLNESS SERVICES

MAY 2022 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.

GET OUT AND ENJOY THE GREAT OUTDOORS

Keep outdoor spaces, clean, safe, and kind by
7 Principles of Leave No Trace:

1. Plan ahead and prepare
2. Travel & camp on durable surfaces
3. Dispose of waste properly
4. Minimize campfire impacts
5. Leave what you find
6. Respect wildlife
7. Be considerate of other visitors



It's time to get outside and join mother nature for the **TAKE A HIKE CHALLENGE!** After all, no matter where you're headed, the journey begins with a single step. Sign up for the TAKE A HIKE CHALLENGE, complete it anytime and anywhere, and help give back to a great cause! Every entry gets you a custom high-quality shirt that is sure to be your new favorite, a cool finisher medal, along with a donation to Feeding America. **FIND YOUR ADVENTURE. TAKE A HIKE.**

[Click here TO JOIN](#)

- Register for the **TAKE A HIKE CHALLENGE** before May 31, 2022.
- Complete a 5K (3.1 miles) or 10K (6.2 miles) at your convenience any time anywhere (no deadline)!
- Celebrate your accomplishment by sharing on social media! **#TakeAHikeChallenge #IRun4Movement**

May is National Mental Health Month



How to Observe Mental Health Awareness Month

1. Take care of yourself
2. Take care of your loved ones
3. Talk about mental health

Remember to take care of yourself. You can't pour from an empty cup.

Employee Assistance Program (EAP) Information:

- The monthly article that outlines ways to enhance your well-being by addressing your physical and social needs, appreciating the simple things in life, finding your purpose, and focusing on gratitude and positivity.
- EAP Featured Benefit: [Work-Life Services](#).
- New EAP Benefit: NeuroFlow.
- 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 www.eap.calhr.ca.gov . Under "Explore Services," click the right arrow four times.
- Upcoming live webinars:
 - Wednesday, May 11, the employee webinar - *Self-Care Enhancement and Enrichment*.

***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. 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. ***

Don't forget to check out LifeMart !!

Life is expensive. With LifeMart, an online, members-only discount center, you can save big on major purchases like cars, tickets and vacations, or on day-to-day essentials like groceries and childcare. And best of all, access is free! [CLICK HERE](#) for more information to download and create app.



Community FIT - Senior Session
Wednesdays in May

You're invited to a movement class designed to boost confidence in both body and mind. The best part is that each class is simple and fully customizable to you! Join our community of likeminded wellness seekers and together we'll find inspiration through our innovative MoveLab Class - a fun and creative exercise experience designed to help you stress less while feeling & moving better one step at a time. All levels are welcome as this class meets you where you are. Click the button to find dates and times.

[9:00 - 9:30 Registration Link \(Western Health Advantage\)](#)

Retirement
May 5, July 21

Workshop

Kaiser Permanente is offering an online workshop for employees & retirees to learn:

- How Medicare works: Parts A, B, C, and D
- Who is eligible
- When to enroll in Medicare or switch plans
- How health coverage can change in retirement
- What to do if you plan to keep working after 65

This workshop is open to employees/retirees with any CalPERS health carrier.

[11:00 a.m. - 12:00 p.m. Registration Link](#)

Self-Care Enhancement and Enrichment
May 11

Learn techniques on how to achieve an improved mindset and mood.

[11:00 a.m. - 11:45 a.m. Registration Link \(Magellan Health\)](#)

Adjusting to the New Normal: Resilience, Endurance, and Whole Person Self-Care
May 18

From lockdowns to masks and social distancing, to mass vaccinations and an ever-changing landscape of guidelines, the concept of "normal" has become fluid and elusive. We've been in a continual state of flux which creates imbalance and requires us to continually re-calibrate – whether it be daily or weekly, or sometimes even moment-to-moment. The goal of this presentation is to give some concrete ways to build resilience and endurance with a focus on our whole self so we can create a greater sense of homeostasis.

[12:00 p.m. - 12:45 p.m. Registration Link \(Health Net\)](#)

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.

**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). 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 Website](#)
- [CDFW's EAP Intranet](#)

EWS Contact Information

Employee Last Name	Analyst
A-L	Pamela Grant
M-Z	Jennie Lee

EWS Manager: [Laura Hammitt](#)

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