



Wellness Champions Meeting

March 25, 2025

AGENDA

Welcome

What's Coming Up?

Reminders

Quintunya's Quick Tips

Show & Tell

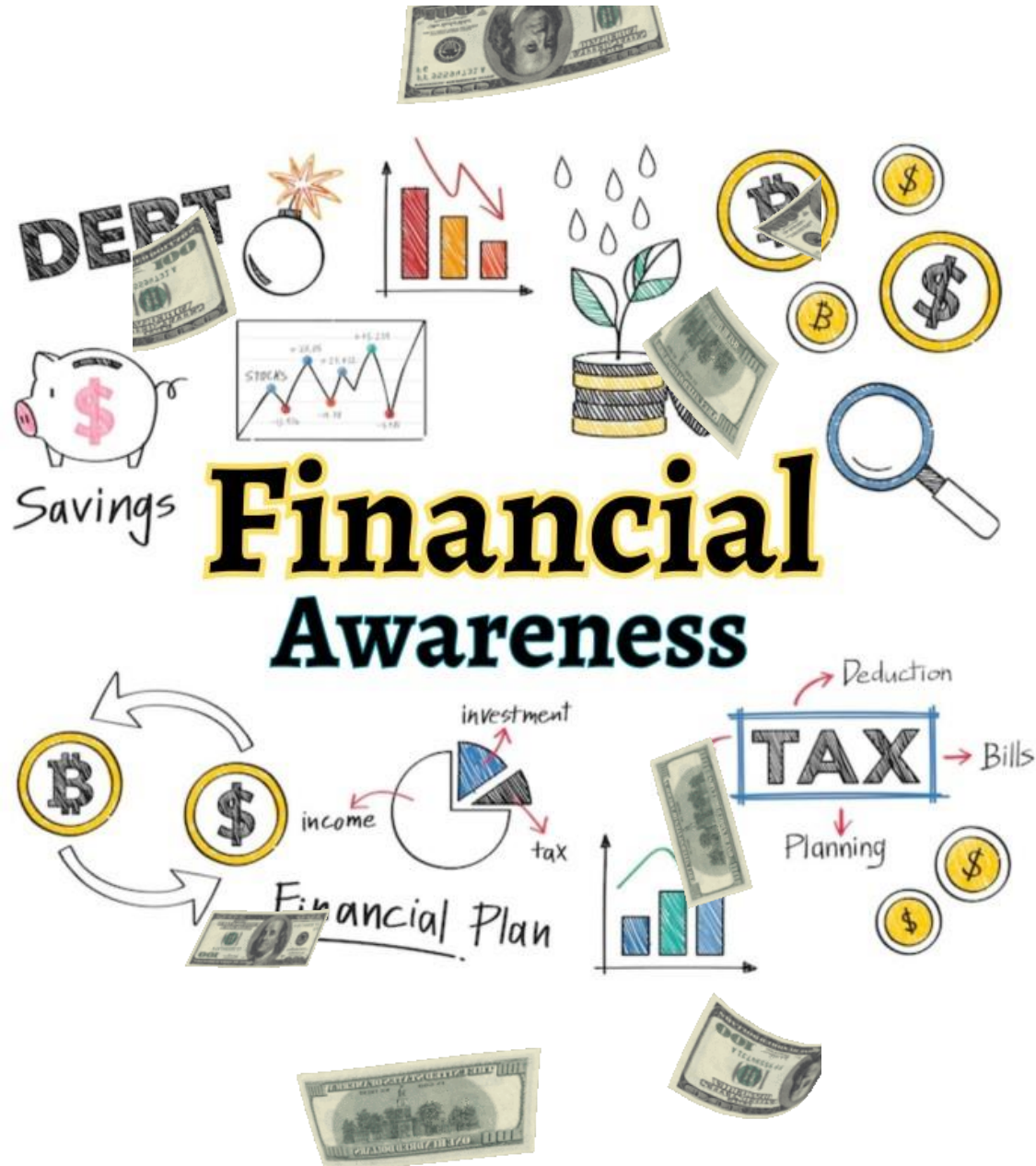
Welcome NEW Wellness Champions

- Antaja Gordon ~ OCS
- Camiya Redd ~ DPW&T
- Shannon Robinson ~ OCR

Welcome Back

- Levi Carson Jr. ~ Fire/EMS Department





Financial Awareness

**Financial
Wellness Week**

April 7 to April 11

**Webinars &
Giveaways**



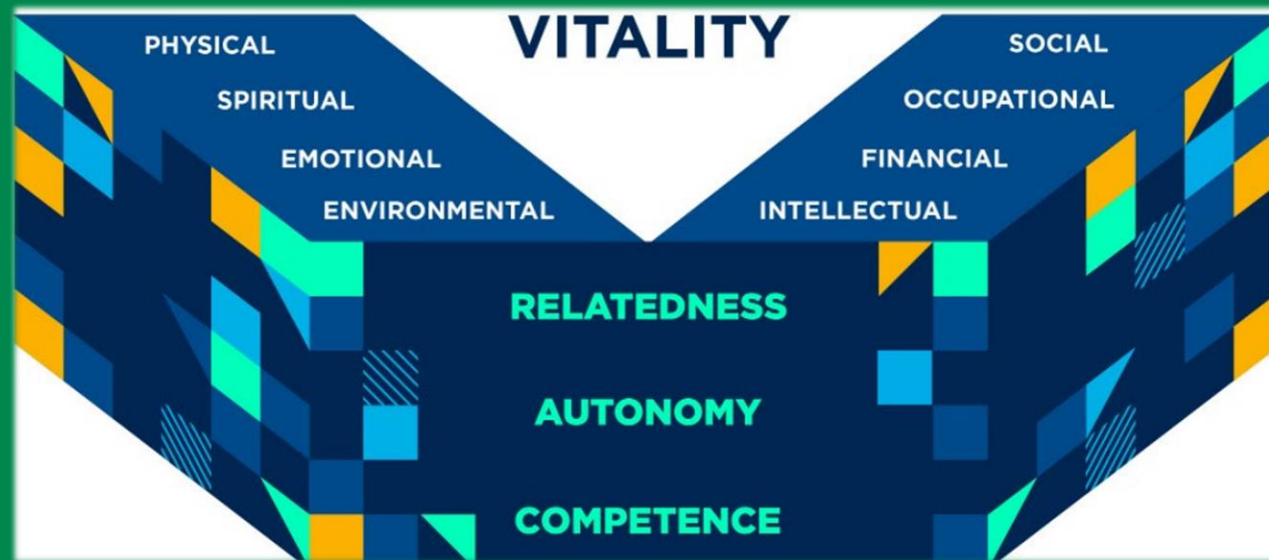
May is Mental Health Awareness Month

Quick Tips with Quintunya

Quintunya Chapman-Hamilton,
CHES, NASM-CPT
Cigna Well-Being Coordinator



Tip: “*People don’t care what you know until they know you care.*”



Wellness Program Agency Activity Application



Wellness Program Agency Activity Application

The Office of Human Resources Management is committed to providing Prince George's County Government employees with wellness resources, activities, and events that support their total well-being—physical, social, and financial.

The Wellness Program events engage targeted populations of employees (i.e., teams, shifts, divisions, or entire agencies) by educating them on the County's health plans and services and promoting wellness resources that are available to them through Prince George's County Government. The Wellness Program provides educational resources, wellness activities, and a fun atmosphere at no cost to your team, division, or agency. Choose a theme for your event or let us select a wellness topic that will have a positive impact on the well-being of your employees. The goal of a Level Up event is to engage, inspire, and motivate employees to maintain or improve their overall health and well-being.

To inquire about hosting an event for your agency/location, please complete this application and submit it to the Level Up Employee Wellness Program at LevelUp@co.pg.md.us.

Important Notes

- This application must be submitted at least 30 days prior to the scheduled date of your activity or event. Applications received within the 30-day window will not be accepted.
- Once submitted, you will receive a confirmation within three (3) business days from the Level Up team.

Wellness Champion Post Event Assessment



Wellness Champion Post Event Assessment

* 1. Contact Information

Name of the Wellness Champion	<input type="text"/>
Department/Agency	<input type="text"/>
Date of the Event	<input type="text"/>

* 2. The event met my expectations.

- | | |
|--|---|
| <input type="radio"/> Strongly agree | <input type="radio"/> Disagree |
| <input type="radio"/> Agree | <input type="radio"/> Strongly disagree |
| <input type="radio"/> Neither agree nor disagree | |

Communications and Engagement

- **Give people an opportunity to share**
 - > Recipes, pets, vacation photos, etc.
 - > Gets people in the door with raffles
- **Get support in your agency**
 - > Gather your own wellness team
 - > Leadership participation
- **Leverage Level Up & provider resources**
 - > Use other wellness champions for support
 - > Work smart, not hard
- **Make yourself visible**
 - > Share accomplishments within agency at meetings, etc.
 - > Branding in email signatures
 - > Welcome new staff to participate
- **Use technology**
 - > Website, intranet
 - > Teams channels
 - > Newsletters
 - > Internal messaging

Keep trying, even if nobody shows up!

Q2 Wellbeing Strategist Activity

- **Monthly Newsletters & Health Education Flyers**
- **Vendor Partnerships + Promotion**
- **Department of the Environment** – Vision Board Workshop
- **Office of Finance** – Wellness Retreat
- **OHRM** – Elevate 2025 Team Building
- **Department of Corrections** – Biggest Loser Competition + Onsite Cooking Demonstrations
- **State's Attorney Office** – Eat the Rainbow Nutrition Campaign
- **Housing Authority** - In-Hale and Exhale and Awaken the Mind, Body and Soul



Resources

➤ Vendor resources/ideas to plan your next health event:

- Your Wellbeing Strategist, Quintunya
- Your Employee Wellness Program, Level Up
- Wellness Concepts: [Welcome - Services Guide Winter Spring 25](#)
- VHC HealthWorks: [HealthWorks Lectures | Arlington, VA | Virginia Hospital Center \(vhchealth.org\)](#)
- Wheely Good Smoothies - [Home - Wheely Good Smoothies](#)
- Onsite Massage Therapy
- Onsite healthy snacks
- Gardening
- Health Education booths
- Healthy Bingo
- Onsite/Virtual Fitness Classes
- Webinars
- Health Trivia
- Cooking Demonstrations
- Book clubs, and so much more!

• **Additional Info:**

- > Complete Wellness Champion Profile
- > Level Up Wellness Resource Hub – bulletin board
- > Monthly newsletters
 - Key resources
 - Event dates

Quarterly All-Stars

Wellness Champions who met their goals for Quarter 2 (Jan-March):

- Dept. of Social Services – Na’Pre Anderson
- Dept. of Corrections – Tiffany Brown-Cook
- State’s Attorney’s Office – Alana Gayle & Jasmin Hill
- Office of Central Services – Antaja Gordon
- Soil Conservation – Terry Hampton
- Office of Finance– Tammie Milliner
- Dept. of the Environment – Lorraine Jones
- Office of HR Mgmt. – Crystal Jones & Christina Kirk
- Housing Authority – Alana Speed-Harris
- Office of Ethics & Accountability – Roslyn Walker

A \$250 Gift Card!



Wellness Champion Quarterly Goals:

- Host wellness activities
- Distribute/promote wellness resources & information
- Attend meetings

THANK YOU!



Prince George's County
Department of Social Services

Prince George's County Department of Social Services Quarterly Wellness Initiatives Report March 2025

Na'Pre D. Anderson,
Agency Wellness Coordinator

Monthly LUNCH Bunch – December -February

December Lunch Bunch

**Healthy Options in the Kitchen:
Better Health for a Better You**

Guest Speaker: Chef David

Wednesday, December 11, 2024

12:00 PM - 12:30 PM

425 Brightseat Rd

Landover, MD 20785

Room 251

Join us In-Person or Virtual



2025

Dream it. Plan it. See it. Live it.

JANUARY LUNCH BUNCH

DIGITAL VISION BOARD WORKSHOP

WEDNESDAY, JANUARY 15, 2025 | 12-12:30PM

Join us in-person or via Google Meet.
Refreshments will be provided to those attending in-person.

**425 BRIGHTSEAT ROAD
LANDOVER, MD 20785**

CREATE A DIGITAL VISION BOARD TO VISUALIZE AND ACHIEVE YOUR GOALS IN THE NEW YEAR!

THE STAFF WELLBEING COMMITTEE INVITES YOU TO:

February LUNCH BUNCH

Virtual chair stretching and mindfulness workshop

w/ Kyeana Oliver

FROM: THE STAFF WELLBEING COMMITTEE

X

Join us in celebrating **American Heart Month**, this February! Discover some quick & easy ways to get active and stay mindful.

**Wednesday, February 19, 2025
12:00 -12:30 PM via Google Meet**





WALK WEDNESDAY

EVERY WEDNESDAY, all staff will be allotted 30 minutes to walk whether you are in the office or teleworking. This time is in addition to your current lunch time and should be coordinated with your supervisor to ensure appropriate phone and in-office coverage.





PRINCE GEORGE'S COUNTY
DEPARTMENT OF SOCIAL SERVICES

SPIRIT WEEK



OCT 7-11TH

UNITED IN SERVICE, STRONG IN SPIRIT!

7 Monday	JERSEY DAY Show your Team Spirit (Football, Basketball, Soccer, Hockey...)	
8 Tuesday	SCHOOL DAZE Any School or Frat/Sorority (College, High School, Elem)	
9 Wednesday	BREAST CANCER AWARENESS Wear Pink	
10 Thursday	WHERE'D YOU GET THAT HAT? Hat Day, the crazier the better	
11 Friday	GORGEOUS PRINCE GEORGE'S DSS Logo day-t-shirt, pins, polos, mugs, water bottles	

PLEASE SEND ALL PICTURES BY 2PM ON EACH DAY TO
PGCDSS.COMMUNICATIONS@MARYLAND.GOV

ISLAND FETE FITNESS PRESENTS



**ISLAND FETE
FITNESS**



**WEDNESDAYS
5:15PM**

**BELLY-DANCEHALL
&
iSADCIE FITNESS**

WITH NAPRE

**WHY JUST GET FIT
WHEN YOU CAN FETE**

**PRINCE GEORGE'S COUNTY
DEPARTMENT OF SOCIAL SERVICES**

805 BRIGHTSEAT RD

LANDOVER MD

CALL 202-903-7254

FOR ENTRY INSTRUCTIONS

more info: islandfetefitness@gmail.com





EAT THE RAINBOW!

The Nutrition Rainbow



Tips: The more naturally colorful your meal is, the more likely it is to have an abundance of cancer-fighting nutrients. Pigments that give fruits and vegetables their bright colors represent a variety of protective compounds. The chart below shows the cancer-fighting and immune-boosting power of different-hued foods.

Colors	Foods	Colorful Protective Substances and Possible Actions
Red	Tomatoes and tomato products, watermelon, guava	Lycopene: antioxidant; cuts prostate cancer risk
Orange	Carrots, yams, sweet potatoes, mangos, pumpkins	Beta-carotene: supports immune system; powerful antioxidant
Yellow-orange	Oranges, lemons, grapefruits, papayas, peaches	Vitamin C, flavonoids: inhibit tumor cell growth, detoxify harmful substances
Green	Spinach, kale, collards, and other greens	Folate: builds healthy cells and genetic material
Green-white	Broccoli, Brussels sprouts, cabbage, cauliflower	Indoles, lutein: eliminate excess estrogen and carcinogens
White-green	Garlic, onions, chives, asparagus	Alliyl sulfides: destroy cancer cells, reduce cell division, support immune systems
Blue	Blueberries, purple grapes, plums	Anthocyanins: destroy free radicals
Red-purple	Grapes, berries, plums	Resveratrol: may suppress estrogen activity
Brown	Whole grains, legumes	Fiber: removes carcinogens

PhysiciansCommittee
for Responsible Medicine www.PhysiciansCommittee.org • 202-686-2210

- Our theme is “Eat the Rainbow”
- We chose this theme because it’s fun, we are competitive and we like to eat.
- We are anticipating that 50-75 employees will participate.
- The activity concludes at the end of March with a cook-off, photos and a recipe book.

Alana Gayle & Jasmin Hill
State’s Attorney’s Office



March Madness & Nutrition Challenge

Antaja Gordon, HR Analyst IV

The logo features the words "MARCH MADNESS" in a bold, stylized, 3D font. The letters are primarily yellow with blue outlines and a slight shadow effect. Above the text is a basketball, and the entire graphic is set against a background of white brackets on an orange field, reminiscent of a tournament bracket.

MARCH MADNESS

CHALLENGE COMING SOON

Prince
George's
county

The logo consists of three concentric circles with a stylized 'C' shape in the center, all in white.

Office of Central
Services

We make government operations operate better for the government

Nutrition Quiz

MARCH MADNESS

Nutrition True or False Quiz

1. Carbohydrates are the body's primary source of energy. _____
2. Eating fat will make you gain weight no matter what. _____
3. All sugars are unhealthy and should be avoided completely. _____
4. Protein is only important for bodybuilders and athletes. _____
5. Vitamins and minerals are only necessary when you are sick. _____
6. A high-protein diet can help with weight loss. _____
7. Drinking lots of water can help with weight control. _____
8. All processed foods are unhealthy. _____
9. Eating breakfast can kick-start your metabolism. _____
10. You can get all the nutrients you need from a well-balanced diet without supplements. _____

Why we chose this activity?

We chose to embrace sports and nutrition in our male-dominated workforce, believing that making healthy choices fosters a stronger, more empowered team.



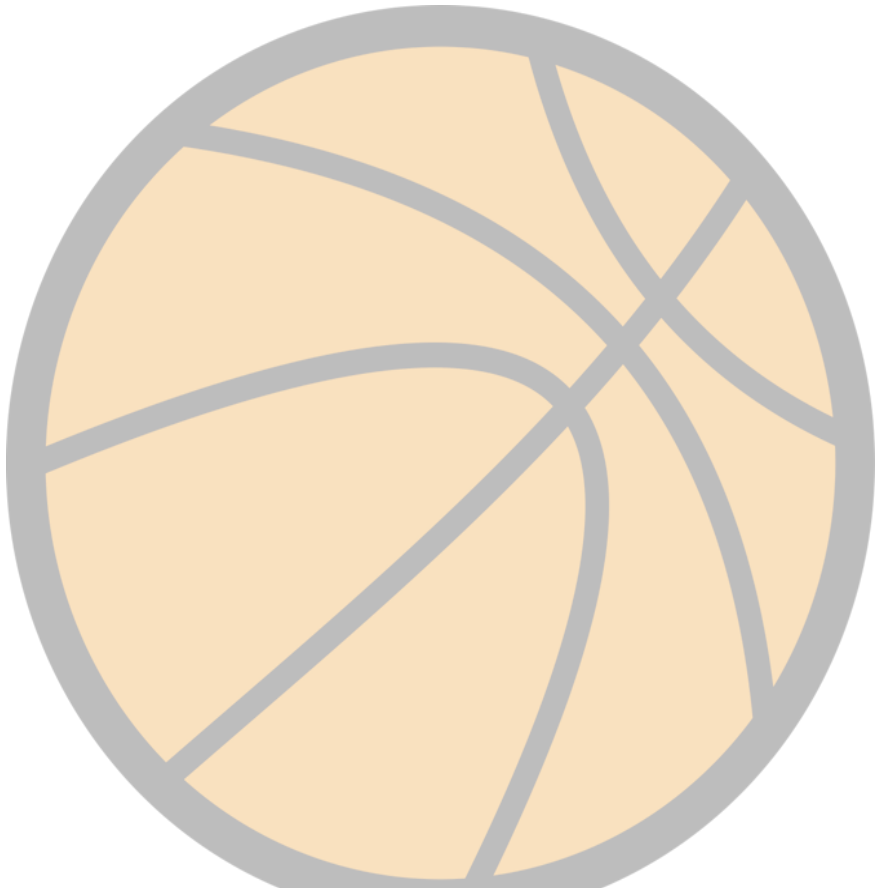
Feedback and Outcomes



Our challenge will take place from March 17 to April 7, with activities running until March 20.



Participants will be kept informed through our employee engagement app, Assembly, which will provide details about our Nutrition Challenge, level-up activities, and information regarding the March Madness Challenge.



If you have any questions or want to hear more about our employee engagement ideas. Please feel free to reach out to me.

- Thank you



Antaja Gordon, HR Analyst IV
Office of Central Services
AMGordon@co.pg.md.us

Elevate 2025: Building Connections-Driving Success ~ Crystal Jones

Elevate 2025: An OHRM Team-Building Event



Start the year on a high note with **Elevate 2025**. Join us for an **inspiring event** to bring our team together and set the foundation for a successful year ahead!

Dynamic Guest Speakers
Gain valuable insights on **collaboration, leadership, and innovation** to drive success in 2025.

Interactive Team-Building Activities
Strengthen relationships, improve communication, and spark creative solutions.

Networking Lunch*
Enjoy a delicious meal while connecting with colleagues in a relaxed atmosphere.
** - Lunch will be served after speakers.*

Special Gift for All Attendees
As a token of appreciation, each participant will receive a gift to kick off the year!

Date: Wednesday, February 26, 2025
Time: 11:00 a.m. to 12:00 p.m.
Location: RMS Building
1400 McCormick Drive
Conference Room 308
Largo, MD 20774



OHRM Office of Human
Resources Management

Don't miss this
exciting opportunity
to inspire, connect,
and energize for the
year ahead!



Key Highlights: Opening remarks: Acting Director set the stage with a motivating welcome

Guest Speakers: Two experts shared valuable insights on leadership, collaboration and innovation

Interactive Engagement: Attendees participated in discussions and mini activities focused on teamwork and problem solving

Takeaways & Impact

- Strengthened team relationships and communication
- Inspired fresh ideas and collaborative efforts for 2025
- Reinforced a culture of innovation and support



Lorraine Jones

DEPARTMENT OF THE ENVIRONMENT



VISION BOARD WORKSHOP

MARCH 5, 2025



WHY I CHOSE THIS TOPIC?

REQUEST FROM CO-WORKERS,
CONTINUATION OF PREVIOUS VISION
BOARD





on at **kp.org**

UNT FOR PERSONALIZED CARE

Access to many services on **kp.org**:

- Order prescriptions
- View test results
- Browse health and wellness resources

Explore Kaiser Permanente at **kp.org/allthatsyou**

ENTER TODAY! IT'S QUICK AND EASY.

KAISER PERMANENTE.

EXWELL

"I believe in myself"

THE BEST VIEW COMES AFTER THE HARDEST CLIMB

THE SECRET OF GETTING AHEAD IS GETTING STARTED.

WORK HARD STAY HUMBLE

Don't Stop Believing

Don't Stop Believing

TOP 10 REASONS TO CHOOSE I

For nearly 80 years, Kaiser Permanente has provided... We welcome the opportunity to be your...

Rated the #1 health insurance company in the nation

In the survey Best Health Insurance Companies of 2024 by **Insure.com**, Kaiser Permanente was named the top health insurer among 70+ competitors for the fourth year in a row.

Health care and plan coverage together

Our integrated system means that your health plan works with doctors, nurses, pharmacists, and our 35+ medical centers to make getting care seamless—and your life easier.

Top doctors

1,800+ doctors throughout the region, with hundreds honored as Top Docs annually by local publications. They're all linked to your digital health record so they can access your health history—which means better outcomes.

Preventive care

You'll get regular reminders about needed preventive care. If you have a chronic condition, we support you with innovative care for diabetes, heart disease, and more.

Mental wellness support

We know how important mental well-being is—stay on top of it, such as self-care apps Calm and Headspace Care.

Scan the QR code to learn more about Kaiser Permanente or visit **kp.org/choosekp**

KAISER PERMANENTE.

How heart healthy is your diet?

	1	2	3	4	5	6	7	8	9	10
How often do you eat...										
• Fruits and vegetables										
• Whole grains										
• Low-fat dairy										
• Lean meats										
• Nuts and seeds										
• Fish										
• Beans										
• Eggs										
• Potatoes										
• Sugar-sweetened beverages										
• Fried foods										
• Red meat										
• Added sugars										
• Sodium										

KAISER PERMANENTE.



Support for emotional wellness

Try our new emotional wellness app today at **kp.org/emotionalwellness**

Emotional wellness is a key part of overall health. It's about feeling good, managing stress, and taking care of your mental health. Our new app provides tools and resources to help you stay on top of your emotional wellness.

KAISER PERMANENTE.

Nutrition keynotes

DIETARY APPROACHES TO STOP HYPERTENSION (THE DASH DIET)

HOW TO PREVENT AND TREAT HIGH BLOOD PRESSURE THROUGH HEALTHY FOOD CHOICES

Be and be healthy. Drink your blood pressure.

Key messages of the DASH Diet:

- Eat more fruits, vegetables, and whole grains.
- Eat less sodium.
- Eat less saturated fat.
- Eat less added sugar.
- Eat less red meat.
- Eat less processed food.
- Eat less alcohol.

Additional guidelines:

- Limit sodium to no more than 2,300 mg per day.
- Limit saturated fat to no more than 7% of total calories.
- Limit added sugar to no more than 10% of total calories.
- Limit alcohol to no more than 1 drink per day for women and 2 drinks per day for men.

Sample menu:

- Breakfast:** 1 cup of oatmeal, 1/2 cup of blueberries, 1/2 cup of low-fat milk.
- Lunch:** 1 cup of cooked quinoa, 1/2 cup of chickpeas, 1/2 cup of cherry tomatoes, 1/2 cup of cucumber, 1/2 cup of lemon juice.
- Dinner:** 1 cup of cooked salmon, 1/2 cup of brown rice, 1/2 cup of green beans, 1/2 cup of broccoli, 1/2 cup of cauliflower.

KAISER PERMANENTE.



Explore health and wellness resources

You deserve support for your health—mind, body, and spirit. These resources can help you reach your health goals and improve your overall well-being. It's time to take control of your health.

For your mental wellness

Members can get help with depression, anxiety, addiction, and mental of emotional health—without a referral for mental health care within Kaiser Permanente.

Access resources to help you:

- Feel your best
- Share your concerns with people on your team at any time, and that can connect you to support you need, including:
- A professional or group therapy
- Medication
- Self-care resources
- Mental wellness app: kp.org/mentalwellness

KAISER PERMANENTE.

Understanding preventive care

At Kaiser Permanente, we believe in the power of prevention.

Preventive care is the key to staying healthy and avoiding illness. It's about taking steps to prevent health problems before they start. Our preventive care services are designed to help you stay on top of your health.

KAISER PERMANENTE.

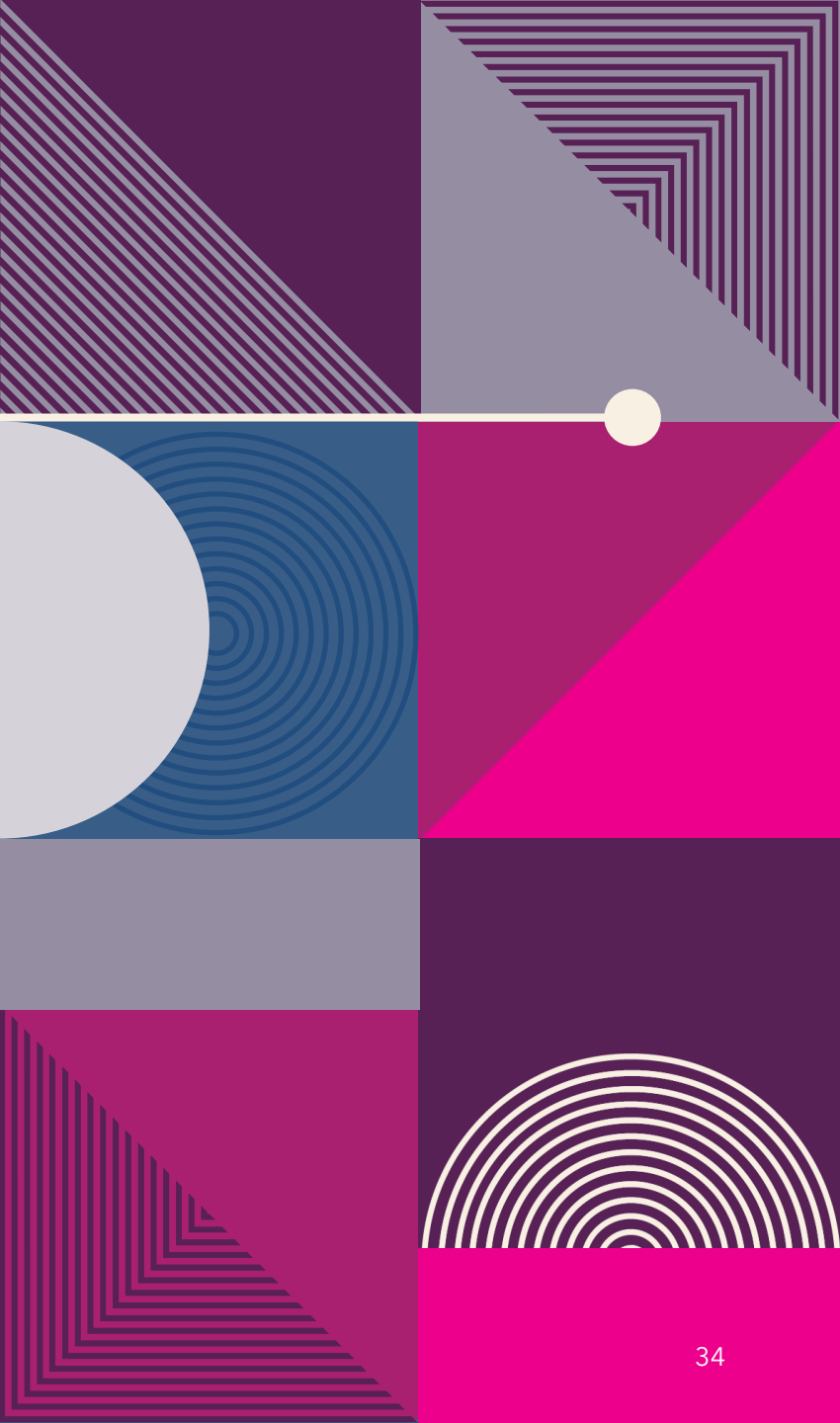




NUMBER OF PARTICIPANTS? 16













FEEDBACK/OUTCOME

- It was great, this workshop allowed me time to take a mental inventory of myself. Cannot wait for the next one!
- Thank you for bringing this workshop to us! I enjoyed myself!
- This was my first time creating a Vision Board and I loved it!
- Thank you for letting me be me! When I read the notes I was so excited! I love how everyone was engaging! Your group today was amazing just like you!

An abstract geometric design on the left side of the slide. It features a dark blue background with various geometric shapes and patterns. A white circle is positioned near the top left. Below it, a light blue semi-circle is visible. To the right of the semi-circle, there is a pink triangle with diagonal lines. Further down, there is a pink square with a pattern of concentric lines. At the bottom, there is a pink triangle with a pattern of concentric lines. The overall design is modern and minimalist.

THANK YOU



Keeping a Healthy Heart

Office of Human Resources Management

Christina Kirk

Heart Health Month Webinar

- February is Heart Health Month.
- Partnered with Kaiser
- Discussed heart conditions and how to prevent them
- 28 attendees
- Random winner chosen to receive a gift card.

Keeping a Healthy Heart Webinar

February is National Heart Health Month.

You're invited to this webinar to learn how to keep your heart healthy.

You'll learn about different heart conditions and how to prevent them.

There will also be a chance win a prize!

Date: Wednesday, February 19, 2025

Time: 11:30-12:30pm

Registration Link:

<https://event.on24.com/wcc/r/4831299/D717A8F585A2F77A81F28B2152BBE8D8>





Spa Treatment for You

Join Me and Mobile Oasis for.....

Massage and Hand Wax Therapy

Wednesday, February 26th

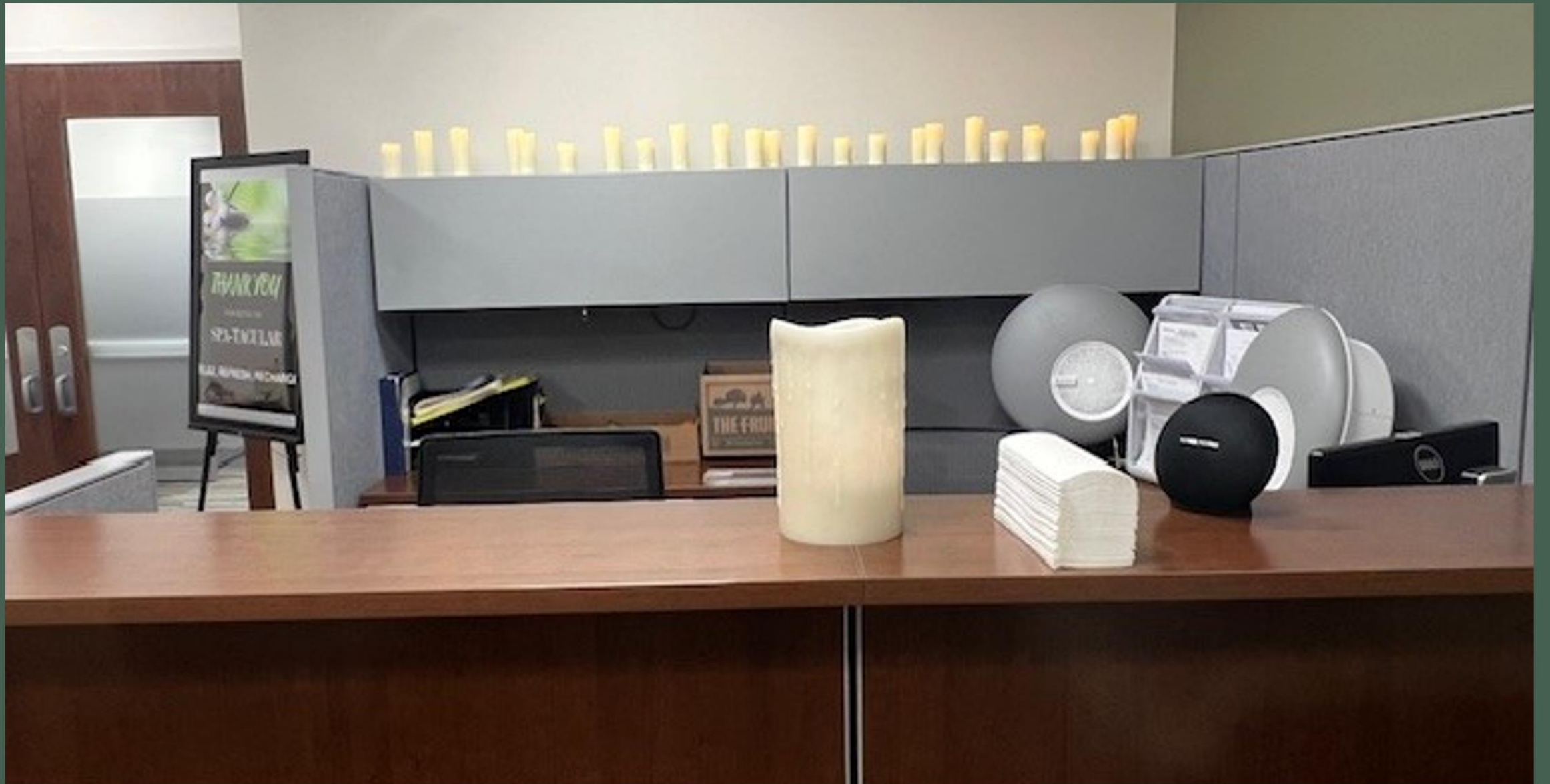
**Office of Finance, Ste 1100 - Reception Area
12PM - 3PM**

LIGHT REFRESHMENTS AND GIVEAWAYS WILL BE PROVIDED

Tammie Milliner















Each of you
are Wellness
MVPs!

Cheers to
elevating the
total well-
being in the
County



THANK YOU

TEAM

YOU ALL ARE



AWESOME

Thank You!

We appreciate each of you! Stay tuned for the next Wellness Champions meeting.

A meeting invitation will be sent for June 2025.

Be the
BEST
VERSION of
YOU!