







Wellness Champions Meeting

June 10, 2025





AGENDA

Welcome	
What's Coming Up?	
Reminders	
Quintunya's Quick Tips	
Show & Tell	





Welcome NEW Wellness Champions

- Charles Cranke ~ Fire-EMS Department
- Cheryl Morris ~ Office of Procurement



JOY











Wednesdays at Noon

- June 11 Summer of Wellness: Just Breathe
- July 16 Soak Up the Summer: Burnout Prevention
- July 23 Unlock Your Best Summer







- June 25 & July 9
- 1400 McCormick Drive, Conference Room 308
- Fun & Educational & Surprise Giveaways



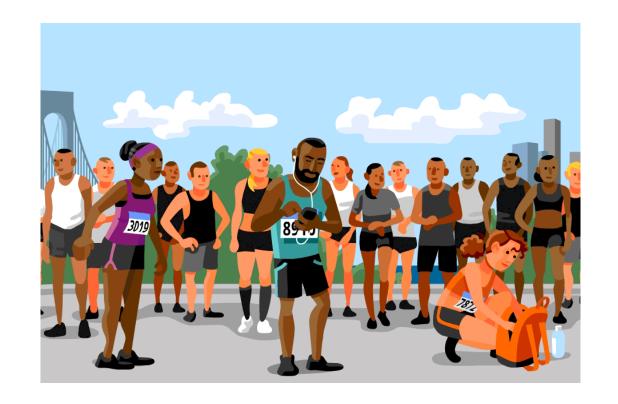








August 2 at Rosecroft Raceway









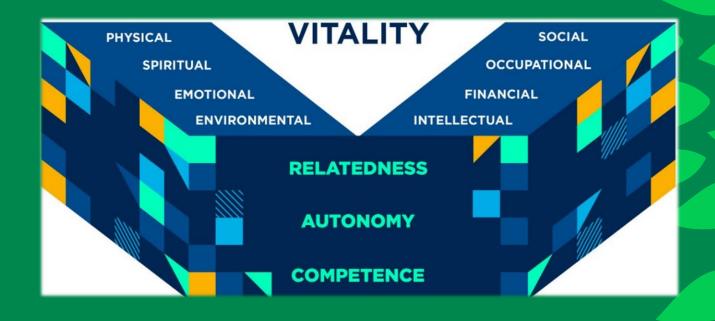
Quick Tips with Quintunya

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





Tip: "If you can change your mind, you can change your life." – William James





Q2 Wellbeing Strategist Activity

- Monthly Newsletters & Health Education Flyers
- Vendor Partnerships + Promotion
- Police Department National Police Week
- Fire/EMS National Firefighter Day and EMS Week
- Office of County Exec Mental Health Awareness & Dealing with Change/Transition
- OHRM Yoga Class & Financial Seminar
- **Department of Corrections** Biggest Loser Competition + Onsite Cooking Demonstrations
- State's Attorney's Office Eat the Rainbow Nutrition Campaign
- Office of Finance Team building luncheon
- Housing Authority In-Hale and Exhale and Awaken the Mind, Body and Soul
- Department of Housing Community Development Nature Walk
- **DPW&T** Public Works Week
- Office of Community Relations Wellness Week



Cigna Mental Health First Aid Classes

Q3 2025: 7 classes

- Thursday, July 24
- Thursday, July 31
- Thursday, August 7
- Tuesday, August 12*
- Tuesday, September 9*
- Thursday, September 11
- Wednesday, September 17*
- MHFA includes two hours of required pre-work
 + 6.5 on-camera WebEx training with certified instructors.
- First come, first serve

Q4 2025: 5 classes

- Tuesday, October 14
- Wednesday, October 29
- Wednesday, November 4*
- Tuesday, November 18
- Tuesday, December 2

- All classes will begin at 10:00 AM ET and end at approximately 4:30 PM ET.
- * Quintunya will be an instructor



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!

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: <u>HealthWorks Lectures | Arlington, VA |</u>
 <u>Virginia Hospital Center (vhchealth.org)</u>
- Wheely Good Smoothies <u>Home Wheely Good Smoothies</u>
- 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 3 (April-June):

- **Dept. of Social Services** Na'Pre Anderson
- Police Dept. Victoria Blackwell & Laura Perret
- **Dept. of Corrections** Tiffany Brown-Cook
- Office of the County Executive Ayeshah Chisam & Shannon Thornton
- Fire-EMS Dept. Scott Bibbins, Charles Cranke, Levi Carson Jr., & Jordan Oglesby
- Dept. of Public Works & Transportation Susie El-Tayef & Camiya Redd
- State's Attorney's Office Alana Gayle & Jasmin Hill
- Office of Finance Tammie Milliner
- Dept. of the Environment Lorraine Jones
- Office of HR Mgmt. Crystal Jones & Christina Kirk & Jalene Smith
- Dept. of Housing & Community Development Cynthia Simms & Kiara Jones
- Office of Community Relations Shannon Robinson
- Office of Ethics & Accountability Roslyn Walker
- Office of Homeland Security Lisa White

A \$250 Gift Card!



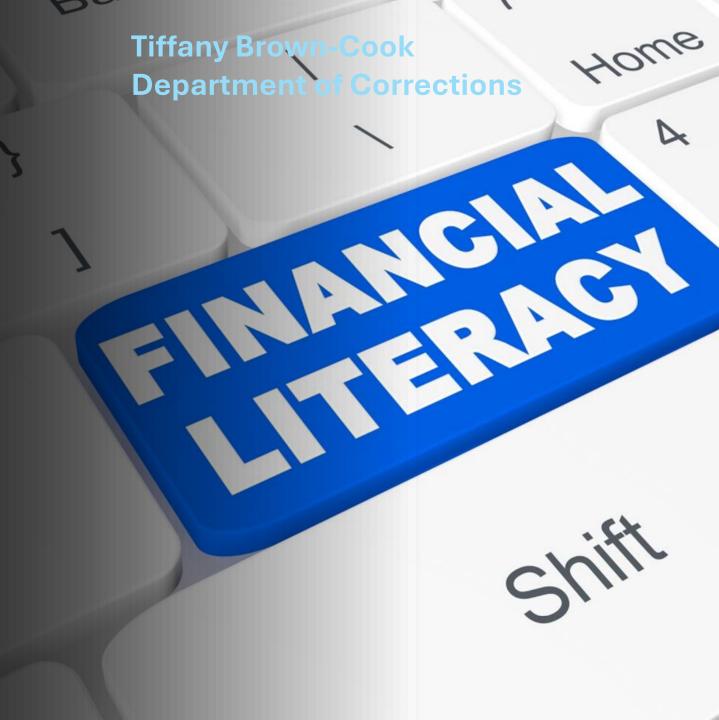
Wellness Champion Quarterly Goals:

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

SMART MONEY WORKSHOPS

with FORBES FINANCIAL

Tuesday, April 29, 2025 All 3 Shifts in the ODR During break times (Shift I at 5am)



STATE'S ATTORNEY'S OFFICE SPRING 2025 WELLNESS ACTIVITIES

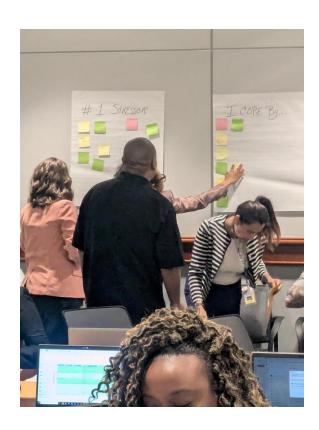
Alana P. Gayle
Jasmin Hill

SAO April Wellness Event

- Morning presentation by EAP.
- Participants engaged in an exercise about stress, both work and life related.
- Participants learned more about the services provided by EAP.
- About 50 employees participated.
- Behavioral health dimension.

EAP PRESENTATION







SAO APRIL Wellness Event

- The SAO wellness team gave away free fresh rosemary to employees.
- 25 30 employees received one or two sprigs of fresh rosemary.
- Many of the employees talked about how they would use the rosemary.
- There were some great recipe ideas.
- Healthy eating dimension.

Are you going to Scarborough Fair? Parsley, Sage, Rosemary, and Thyme





Rosemary give away

- There's rosemary, that's for remembrance."
- William Shakespeare





Kiara Jones

EMPOWER Retirement's Planning Meeting

24 APRIL 2025 10:00 AM

https://mypgc.zoom.us/j/88016748003

This virtual session will provide a general overview of the 457(b) Plan from enrollment to investment

JOSEPH WALSH Retirement Plan Advisor 443-972-3230

joseph.walsh@emplower.com



Lorraine Jones Department of the **Environment** Paint & Sip Workshop May 14, 2025







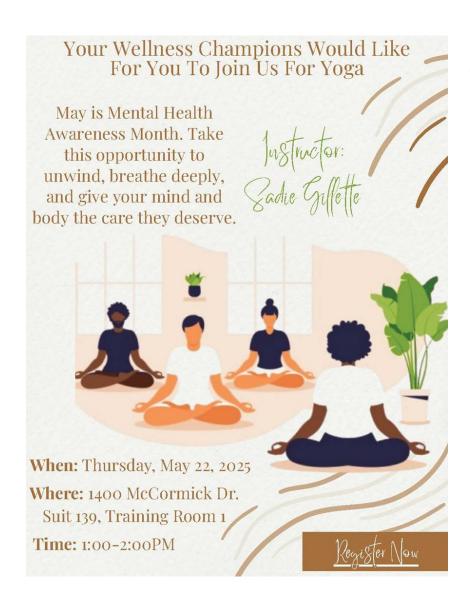




Christina Kirk

Mental Health Awareness Month

YOGAWITH SADIE GILLETTE
OHRM



Yoga @ OHR.M

- May is Mental Health Awareness Month
- Partnered with FX Well
- 15-16 participants
- Incentives-yoga mats



Photo Op!





Laura Perret

PGPD HEALTH FAIR MAY 14, 2025





GOALS



- Health screenings First responders are at much greater risk for hypertension, heart disease, stroke, diabetes, and suicide
- Tips for managing stress, sleep routine, and good nutrition as we have recently transitioned to 12-hour shifts



FAIR BOOTHS

- Mobile Health Van
- Level Up
- PGPD Psychological Services Division
- Cigna, Kaiser, Aetna, EAP, Empower
- Food on the Stove
- CPAAA Smoothie Bar
- DJ
- Wellness Wheel Trivia
- Breathwork Demos
- Massage Therapy

ATTENDANCE



- Chief of Police, Assistant Chief, and many other supervisors
- Patrol Officers
- Investigators
- Crime Scene Technicians
- Civilian Support Staff

Over 150 employees attended!



FEEDBACK



- Much needed break from desk
- Stress relieving
- Mini reunion of coworkers that are usually on different shifts/work locations
- Lots of useful information
- Delicious smoothies and salads
- When is the next one?/Can this be an annual event?

Office of Community Relations

Presents

Wellness Week

June 2-6, 2025



Shannon Robinson

05/14/2025 Staff Meeting

AGENDA



01 — Program Objective

02 — Goals

03 — Brain Break

04 — Daily Breakdown

05 ———— Brain Break

06 — Expenses

07 — Summary

08 — Thank You

ProgramObjective

As the Wellness Champion of the Office of Community Relations (OCR),
I believe a Wellness Week Initiative will foster a supportive environment that
encourages our team to adopt and maintain better mental and physical habits. This
week-long program will consist of various activities, and resources aimed at promoting a
healthy overall well-being.



Goals



RAISE AWARENESS

Increase awareness of the importance of mental and physical health.

ENCOURAGE PARTCIPATION

Engage all team members in wellness activities to promote community and support.

PROVIDE RESOURCES

Offer tools and resources for employees to improve their well-being and develop healthier habits.

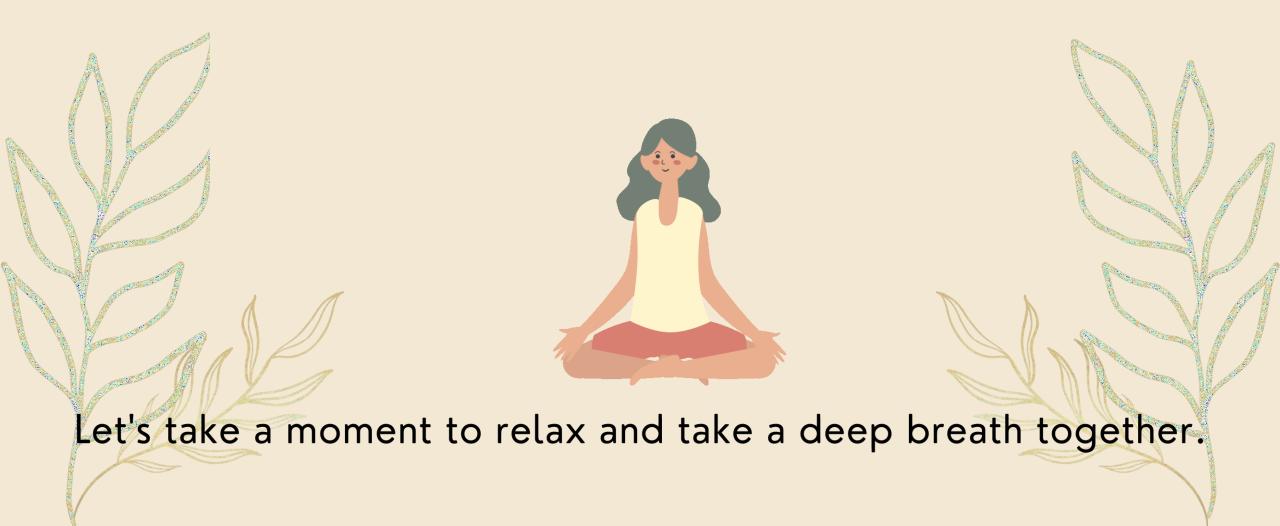
FOSTER CONNECTION

Build stronger interpersonal relationships among team members through group activities and shared experiences.

SUSTAIN THE MOMENTUM

Create an ongoing culture of wellness that continues beyond the week-long event.

BRAIN BREAK



Monday "Inside Out Day"

Wear the colors of the Inside Out characters.

Each character represents a different emotion.

You will represent how you feel, been feeling, or how you want to feel.



Tuesday"The Power of You"

From my experience here thus far, I believe everyone serves a purpose here. I know for a fact that everyone had a moment of "why am I doing this". I want you to share YOUR purpose. What motivates you? It doesn't have to be job base, it can be on what interest you, your goals, or even family. But it has to be honest and authentic. I will purchase frames to have at your desk as a motivational reminder.

Wednesday "Walk it out"

Upon approval, all staff will be allotted 30 minutes to walk, whether in office or teleworking. This time will be in addition to lunch, or the last 30mins of work. The time frame will be coordinated with your manager to ensure appropriate phone and in-office coverage.

Thursday" "Tasty Thursday"

Bring you lunch to workday. We will vote for the best lunch combo.

The Nutrition Rainbow



Tips from Food for Life: 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 Lycopene: antioxidant; cuts prostate	
Red	Tomatoes and tomato products, watermelon, guava		
Orange	Carrots, yams, sweet potatoes, mangos, pumpkins	cancer risk	
Yellow-orange		Beta-carotene: supports immune system; powerful antioxidant	
	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	Allyl sulfides: destroy cancer cells, reduc	
Blue	Blueberries, purple grapes, plums	cell division, support immune systems	
Red-purple	Grapes, berries, plums	Anthocyanins: destroy free radicals Resveratrol: may decrease estrogen production	
Brown	Whole grains, legumes		
		Fiber: carcinogen removal	

Friday"Forever Fit Staff Edition"

OCR's very own Forever Fit hosted by Greg Amobi. This staple event will help us work towards taking steps to meet our physical goals. We have 4 options to vote on from line dancing, cardio, weight training, or field day.





WELLNESS AND FIELD DAY EVENT THURSDAY, MAY 29, 2025

Cynthia Simms

- Jump Rope Contest
- Much Much More

Please confirm your attendance and meal selection with Cynthia by Friday, May 16th, 2025







Thursday, May 29, 2025

WATKINS PARK- PAVILION 8 9:45 AM - 3:30 PM



Agenda

- FXWell Zumba Class

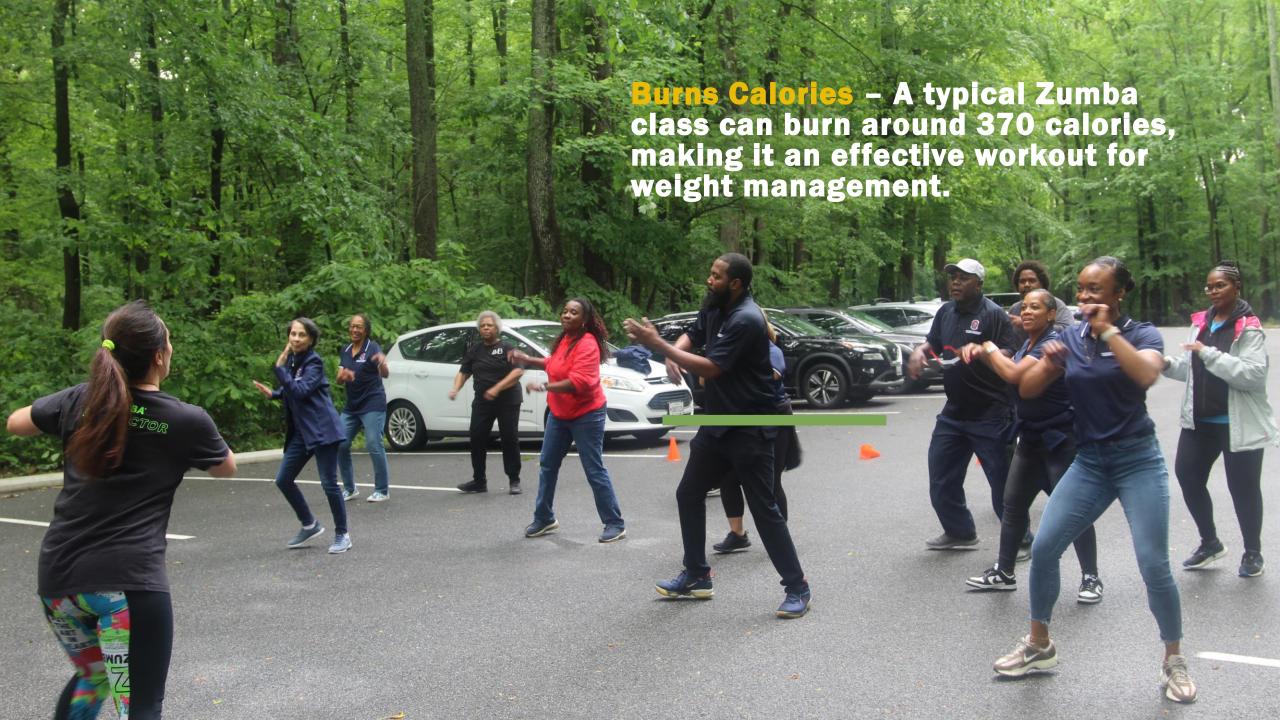
 Presented by Donna Alfajora FXWell
- FXWell Nature Walk/Mindful Practices

 Presented by Rachel Wakefield FXWell
- Wheely Good Smoothies

 Presented by Sonja Lopez FXWell
- Lunch
- Field Day Activities
- S'mores
- Employee Recognition







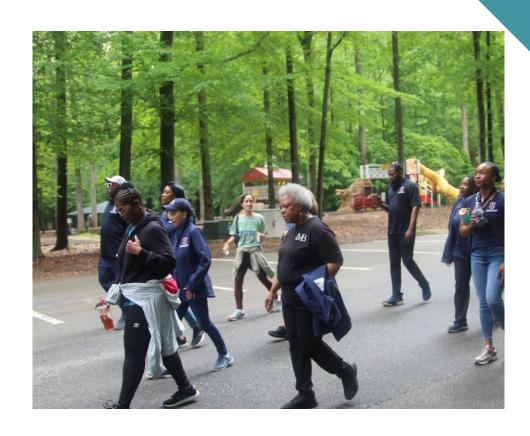






FXWell Nature Walk/Mindful Practices









Wheely Smoothies





FIELD DAY ACTIVITIES

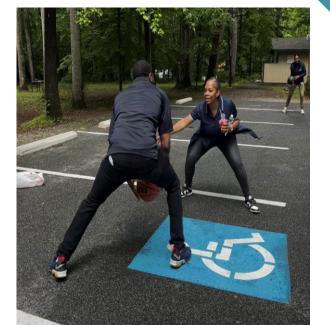




Tug of War







Basketball







Employee Recognitions



We shined a spotlight on employees by recognizing May - Work Anniversaries and Birthdays.



This was a fantastic opportunity to enhance team building, provide stress relief, promote inclusivity, improve communication, recognize employees, boost morale, and increase engagement.



Effectiveness of the Event

Thank You OHRM's Wellness Team!



FINANCIAL LITERACY

Jalene Smith



LUNCH WILL BE PROVIDED







APRIL 2025

FINANCIAL LITERACY MONTH

Meet your presenter

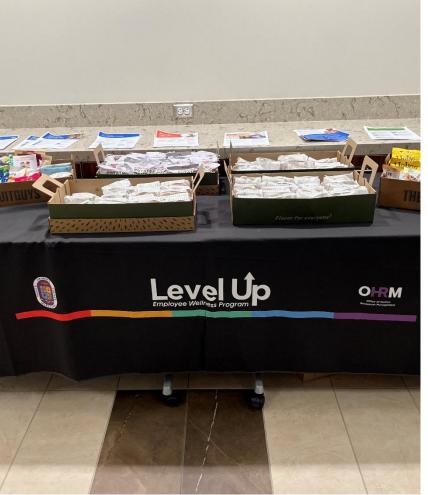


Brandon Massie MS,SHRM-CP Director, Workforce Health Consulting

Brandon leads the Workforce Health team in the Mid-Atlantic region for Kaiser Permanente. Brandon has over 20 years of overall Workplace Wellness including multiple years dedicated to helping employers strategize their financial wellness programs. He thrives by spending time with his family and chasing around his kids.









CEX MENTAL HEALTH AWARENESS EVENT

WEDNESDAY, MAY 21, 2025

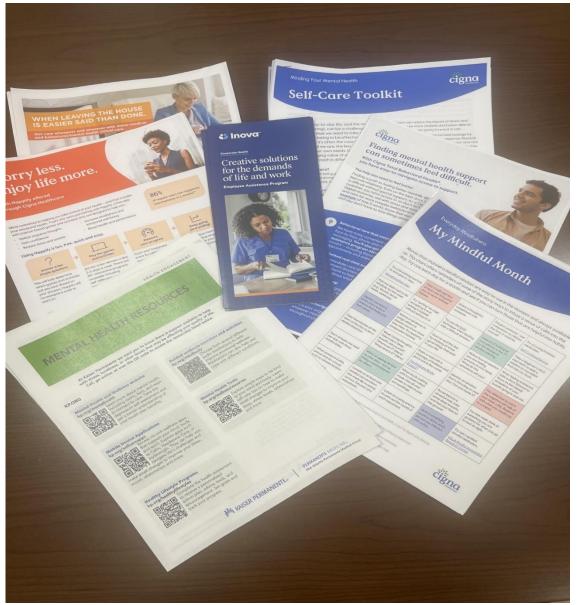
Shannon Thornton

OUR WELLNESS HOSTS









The wellness event was an excellent opportunity to connect with my coworkers and decompress in the middle of the week. It was also a unique opportunity to be creative and share hidden talents amongst the larger group. – Joshua W.

Mental Health Resources & Self Care Tools

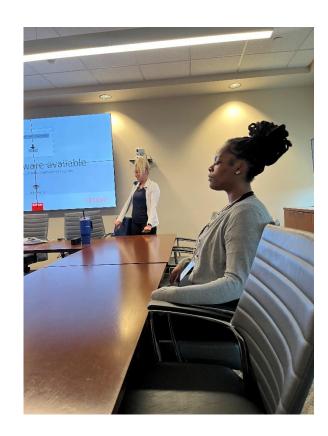
I really enjoyed it because it was engaging and created a relaxed space where participants could have meaningful conversations and bond with one another. It felt like a great opportunity to connect with my colleagues in a creative and fun environment! - A'lana L.

MINDFUL MEDITATION

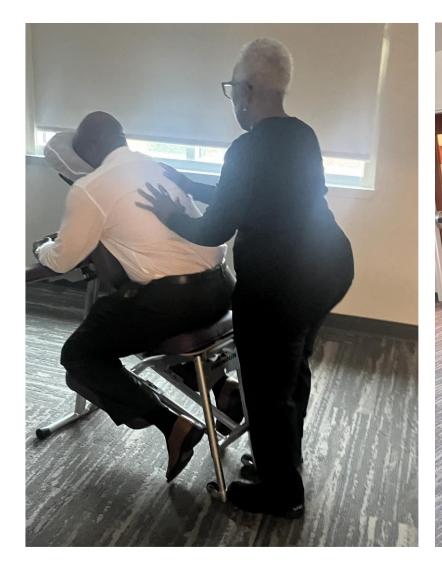


If I had to pick one [event] it would be the meditation event. I liked this one because it was nice to close my eyes and kind of let go of any stress that I was having. I also liked the mint hand towels that the host gave us.

– Micaela F.



MAGNIFICENT MASSAGES





The massage was on point considering it was at the end of the day which allowed me to have my thoughts of the day, massaged away. – Sheila T.

I ALWAYS, ALWAYS LOVE the chair massages!!!

- Stacey B.

The event exceeded my expectations. I enjoyed the selection of healthy snacks and food options during lunch. I especially liked the massage services, which allowed me to decompress and make me more productive for the rest of the workday.

- Anthony F.

PAINT & SIP PARTY

The wellness event was a success! The sip and paint event helped the office unwind and decompress. I loved seeing everyone's different artistic styles come to life! The "boots on the ground" line dance tutorial pushed colleagues out of their comfort zone and created a sense of community. — Alishia T.



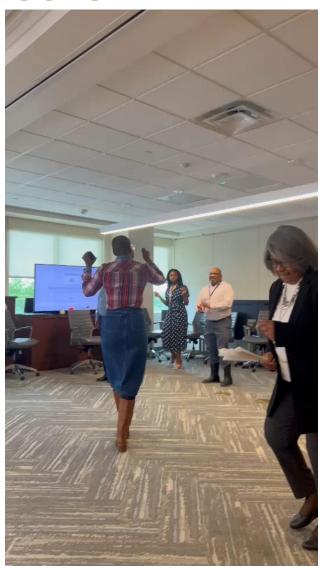






BOOTS ON THE GROUND TUTORIAL DANCE SESSION

I had an amazing time at the Wellness Event. Every activity we did was very intentional and relaxing. We were able to calm our minds with the meditation and massages while also tapping into our creativity with the "Paint & Sip". I enjoyed watching my colleagues practice "Boots on the Ground" while eating the delicious Panera that was provided. I wish there could be a Wellness Event every Wednesday! - Alyse S.





From Your Wellness Champions

Ayeshah Chisam and Shannon Thornton



March in Place Inside a Square 11910 Place Rules: Submit the following

- · 20 Seconds Video Clip
- · STILL photo that shows your time
- · Creative Challenge Excepted Poster

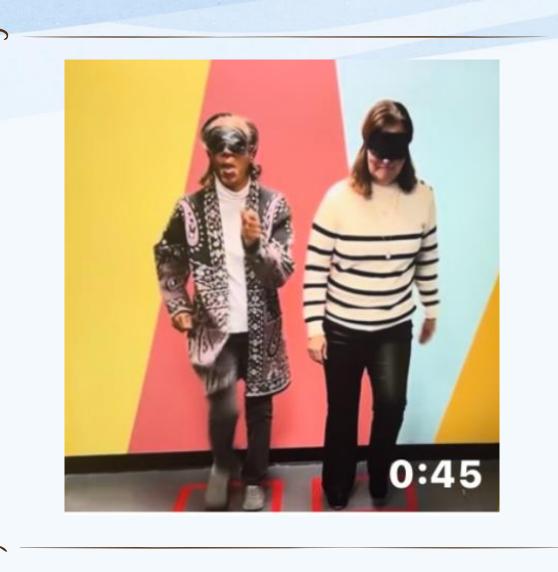
Prize Categories

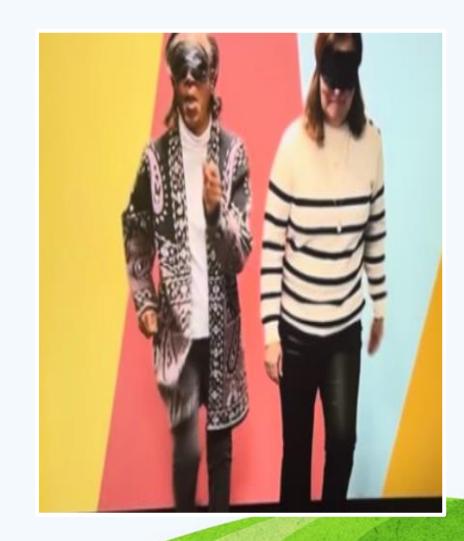
- First Place
- · Second Place
- · Third Place

	Group 1	Group 2
2. People	Music	45-60 secs
1 Person	Music	30-45 secs
1-2 People	No music	20 secs

BONUS PRIZE

• 1st Place participant(s) who CAN STAY INSIDE THE BOX





Each of you are Wellness MVPs!

Cheers to elevating the total well-being in the County







Thank You!

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

A meeting invitation will be sent SOON!

