



July 2019

City of Richmond Employee Health and Wellness Newsletter



Mayor Levar Stoney
Working Toward One Richmond

**Anthem Corporate 5k Run/Walk; June 6, 2019.
Our COR team was 16 members strong.
Thank you to all who participated and helped.**

Our women's team won 1st place among all Government/Municipality teams. They beat the 2nd place team (Hanover County) by more than 16 minutes!
Congrats to: Amy Vu, Christel Winston, Kelly O'Connell, Megan Molnar



Brent Carson from RACC was the fastest male finisher from our City of Richmond team.
(pictured here with Minnie Mouse – who happens to be up for adoption). He helped our Men's team win 3rd place.
Congrats to: Brent Carson, Dan Mouer, Trae Wynne, Anthony Jackson, Donald Cook



City of Richmond Co-Ed team consisted of: Will Wright, Pam Phillips, Brittany Bates, Thomascine Taylor, Lisa Koleszar

2019 Health Assessment Initiative Starts July 1

Limited biometric screening appointments remaining

No appointment is needed to get computer assistance with the online Health Assessment if you have your biometrics from your physician.

Call the HR Solutions Desk at (804) 646-5660 if you have questions.

WALKING CHALLENGE WRAP UP

The 2nd Annual Walking challenge was a huge success (almost double the teams from 2018 and almost double the number of miles traveled).

The winning team between City and Schools was “RPS HHS Math”, but COR Just Do It came close to upsetting them at the end.

Of all City teams, the winning team was COR Just Do It. Congratulations to: Team Captain Jackie Ragsdale, Jennifer Bradford, Chief Elmond Taylor, Captain Richard Lewis, Greg Darrisaw. They walked more than 2400 miles during the challenge.

17 of the top 25 teams were City teams – GREAT JOB!
93 of the 97 registered teams were active with logging steps.

COR Team Winners:

1. COR Just Do It
2. COR-Walkabouts
3. COR Blooming Trails

Top 3 COR Individuals:

1. Jennifer Bradford 1,609,100 steps
2. Phyllis Bullock 1,348,509 steps
3. Harria Harrison 1,334,261 steps

THANK YOU to all who participated. This year's participation more than doubled from 2018. Keep walking, keep motivating each other and send feedback with any successes.

Farmer's Market In Full Swing

Employees have been taking advantage of the free \$5 vouchers. It's not too late to get your voucher. Market is open on Fridays until October 11.

Hours: 11 a.m. – 1 p.m.

Address: 1314 East Grace Street



Great venue to buy produce, plants, baked goods, sauces, honey and more!

Cigna EAP Wellness Session Healthy Eating For Kids

- Do you worry that your child is eating too much, or not enough, or the “wrong” foods?
- Are you concerned that they may be developing a weight problem?

In this seminar Angela Bach will talk about the many ways you can shape your child's eating habits and help them build a healthy relationship with food and fitness. Hopefully this session will provide you with some new tips and ideas on helping your children grow into happy, healthy adults.

Date: Monday, July 15

Time: Noon - 12:45 p.m.

Location: DSS-Marshall Plaza; 900 East Marshall St., 3rd floor Training Room A

Contact Christina Higgs at (804) 646-4705 to register for this program.

Registration deadline is Tuesday, July 9.

STAMP OUT STIGMA

June is/was Post-Traumatic Stress Disorder (PTSD) Awareness Month.

Seventy percent of adults in the U.S. have experienced some type of traumatic event at least once in their lives, with up to 20% of these go on to develop PTSD.

With your help, we can bring awareness to the prevalence of PTSD and other mental health conditions in our communities. It's our job to help end the stigma surrounding addictions and mental health by sharing resources and starting conversations. Throughout the month of June, we will encourage family, friends, and loved ones to learn more about PTSD mental health. Here are some important facts you should know:

- 8% of Americans—24.4 million people—have PTSD at any given time.
- An estimated 1 out of 10 women develops PTSD; women are about twice as likely as men.
- Approximately 18.5% of service members returning from Iraq or Afghanistan have PTSD or depression.
- An estimated 19.1% of U.S. adults had any anxiety disorder in the past year.
- The annual cost to society of anxiety disorders is estimated to be significantly over \$42.3 billion, often due to misdiagnosis and undertreatment.

Remember, mental illness does not discriminate. *If you or someone you know needs help, please call [1-800-273-8255](tel:1-800-273-8255) for the [National Suicide Prevention Lifeline](https://www.nationalsuicideline.org/).*



**NEW “WW” (Weight Watchers)
series set to start on July 25.**

Contact Christina Higgs at (804) 646-4705 for additional information on workshop dates/times/locations and pricing information.



WE-FIT & City Parks and Recreation

In an effort to increase employee utilization of our amazing parks and recreation programs, there will be opportunities for City of Richmond employees, to pay "City Resident Prices" for programs, even if you do not live within City limits. Only certain programs are included in this partnership.

Belle Isle History Hike

A family friendly hike to one of Richmond's historic gems, Belle Isle. Learn about the geologic and human history of the area and the role Richmond played in the development of our nation. *Please bring water, a snack and good shoes. To receive "resident pricing", you must pre-register for this program by contacting Natasha Toliver at (804) 646-0761.*

Ages: 8 years and over
Dates: August 3
Time: 11 a.m. – 1 p.m.
Price: \$5 (resident fee)
Location: Tredegar Parking Lot

Owl Prowl

Gather after sundown for a sneaky stroll through the park in search of elusive owls. Audio playback may be used to draw the owls in, or we will listen for them ourselves. *Please bring a bottle of water and come prepared to hike. To receive "resident pricing", you must pre-register for this program by contacting Natasha Toliver at (804) 646-0761.*

Ages: 8 years and over
Dates: July 12, August 23 (pick one of the two dates)
Time: 7-8:30 p.m.
Price: \$5 (resident fee)
Location: Pony Pasture

For more information on other FANTASTIC Parks and Recreation programs, click on this link for the 2019 Spring/Summer Program Guide:

<http://www.richmondgov.com/Parks/documents/ProgramGuide.pdf>.

Other programs will be featured next month in the August newsletter.

