



June 2019

City of Richmond Employee Health and Wellness Newsletter



Mayor Levar Stoney

Working Toward One Richmond

EXPANDED Partnership

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: May 11, June 15, August 3 (pick one of the three dates)
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: June 7, July 12, August 23 (pick one of the three 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 June newsletter.

June is Alzheimer's & Brain Awareness Month (ABAM)

47 Million People Are Living With Alzheimer's And Other Dementias.

Here are some ideas and things going on around Richmond in June to support ABAM.

Go Purple: Join other City of Richmond employees by wearing purple on Thursday, June 21. Look for more information to come on City-wide walking opportunities on June 21.

[Click here](#) to learn more about the early signs and symptoms of Alzheimer's Disease.

[Click here](#) for some ideas on eating a "Go Purple" Menu.

[Click here](#) to connect with the Greater Richmond Chapter of the Alzheimer's Association



Celebrate Men's Health Month

During the week of June 10 – June 16, there will be multiple opportunities for our City of Richmond employees to learn more about men's health, engage in simple activities, get a healthy snack and earn the chance to win prizes.

Events will be hosted at City Hall (2 days) and DPW-1654 Commerce Road.

For more information, contact Denise Heer at 646-0007.



You can also visit <http://www.menshealthnetwork.org/> for resources related to men's health.

FREE \$5 Farmer's Market Vouchers available

Contact Denise Heer to get your FREE \$5 voucher to use at the "OnTheSquareVa" Farmer's Market.

Market is open every Friday, 11 a.m. – 1 p.m. through October 11.
Address: 1314 East Grace Street (behind Governor's mansion)

One voucher per employee.
Limited number remaining, so get yours NOW!



FREE BLOOD PRESSURE SCREENINGS

Stop by (no appointment necessary) to get your blood pressure checked. Screenings hosted by the HCA HealthDrive Team.

Wednesday, June 19 – show your heart some love

8 – 10 a.m.
DPU; 1801 Commerce Road

2 – 4 p.m.
City Hall; 900 East Broad Street
9th floor, HR Training Room



If you are not able to make one of these sessions, contact Denise Heer at 646-0007 for other options of checking your BP at work.

Heartfulness Meditation Class

ENCORE SERIES

This was such a popular class in April, we are offering it again!

This is a three session series to help you explore techniques to relax and rejuvenate. This series is designed to help you achieve these goals:

- *Develop inner calmness*
- *Improve focus*
- *Improve concentration*
- *Achieve inner balance and true wellness of being*

Each class will have a specific area of focus:

Class 1 – Learn To Meditate

Class 2 – Learn to Detox Your Mind

Class 3 – Reconnect

Dates: June 10, 17, 24 (register only if you can make all three)

Location: DPU – Op Center; 400 Jefferson Davis Highway;
Conference Rooms 2-3

Time: Noon – 12:45 p.m.

Cost: FREE

Instructor: Jagadish Tadepalli

No special attire required – come “as you are” in your work clothes.

Each participant who attends all three sessions, will receive a copy of
the book entitled *The Heartfulness Way*.

Heartfulness
Through meditation, wellness



Contact Denise Heer at (804) 646-0007 to reserve your spot.

2019 Health Assessment Initiative City of Richmond Employees, Retirees and Spouses

You will need your 2019 numbers for HEIGHT, WEIGHT, WAIST CIRCUMFERENCE, BLOOD PRESSURE, TOTAL CHOLESTROL AND HDL CHOLESTEROL to successfully complete the online Health Assessment on www.mycigna.com between July 1 – August 31, 2019.

Contact Denise Heer for a flyer with complete information.

Healthy cooking can be simple and fun
Learn about “spiralizing” and try some recipes



What's up with "spiralizing vegetables"? It's a delicious way to serve vegetables – take a raw vegetable such as zucchini, squash or sweet potato and turn it into a pasta-like strand that you can use in place of traditional pasta. A great way to add color to any plate (not to mention veggies happen to be gluten free). Join Chef Raymond Britt to learn more about spiralizing and try these recipes: "shrimp zoodle alfredo" and "chicken zoodle lo mein".

Date: June 7, 2019
Time: Noon - 1 p.m.
Location: DPU – Operations Center
400 Jeff Davis Highway, Atrium

Space is limited for this FREE class.
To reserve your spot, please contact Denise Heer at 646-0007 or
denise.heer@richmondgov.com.

***Healthy Summer, Healthy You* challenge
runs June 3 – 30. Contact Denise Heer
to get your tracking sheet.**

Cigna Health Coaching Personal Health Team

Any employee or family member on one of our Cigna medical plans has access to a team of health specialists that are dedicated to our City of Richmond employees and plan participants.

The teams consists of nurses, nutritionists, clinicians and counselors who will listen and help you find solutions to various health issues and goals – even when you don't know where to begin.

To access this FREE wellness benefit, call (877) 459-6150 and yay, at any time and you will be connected with a personal health team member.

When you call, you can expect that your needs will be met and you will not pay for service. The conversations you have with your "Coach" remain confidential and no information is shared with the City of Richmond.

Call the Personal Health Team if you want help with:

- Quitting tobacco (cigarettes, dip, vaping)
- Creating and maintaining healthy eating habits
- Creating or changing an exercise routine
- Dealing with stress
- Creating a better work/life balance
- Setting and reaching health improvement goals
- Managing chronic health conditions such as diabetes, heart disease, low back pain, arthritis, asthma, allergies, high blood pressure and more



Get Grilling

Summer is upon us, which means it's time to fire up the grill. Instead of hot dogs and hamburgers, reach for healthier fare. To get you started, check out the list at diabetesforecast.org/grillingrecipes.



Pictured here: Grilled clams with garlic and lime

Source: May/June 2019 Diabetes Forecast magazine.

ICMA-RC Financial Wellness Class *“Health Care Costs in Retirement – How to Prepare”*

Health care costs in retirement are likely to be your biggest expense. Steve Taylor (ICMA-RC Certified Financial Planner) will help you understand the potential costs and teach you meaningful steps you can take to be better prepared. This is a great class for employees of all ages.

Date: Wednesday, June 12

Time: Noon – 12:45 p.m.

Locations: City Hall; 900 East Broad Street, 9th floor HR Training Room

To reserve your spot, contact Denise Heer at (804) 646-0007.



GREAT CAUSE – GREAT EVENT

Hitting Cancer Below the Belt is dedicated to cancer prevention by providing community education, early detection services for colorectal cancer and supportive services for the cancer community. Their vision is to bridge resources to create a community without cancer.

Consider participation in the annual “Boxer Brief 5k” on June 8.

[Click here](#) for complete event information.



Looking for Support?

If you or someone you love is battling cancer, there are amazing groups and resources that might help.

VCU Health is a partner in your corner.

[Click here](#) to access services to help patients and families as they cope with the daily problems that can happen when facing cancer.



If you have any questions, please contact Denise Heer, Employee Wellness Coordinator at denise.heer@richmondgov.com or 646-0007.