



LIVING HEALTHY WORKS.  
GOOD&HEALTHY SOUTH DAKOTA WORKPLACES

## WorkWell Partnership Virtual Summit Fueling Our Passion in Wellness to Help Others Thrive

SIX WEEKS OF LEARNING — AUGUST 4 - SEPTEMBER 8, 2020

FREE 60-90 minute Zoom sessions — every Tuesday starting at 10:30 a.m. central time

Summit Registration Link:

<https://us02web.zoom.us/join/zoom-join-link>

## Schedule & Agenda

Tuesday, Aug 4

### Opening Keynote — Cultivating a Human Centered Culture

NANCY LYONS, Clockwork Active Media Systems, LLC

We can't expect people to leave their personal lives or feelings at the door when they come to work, so let's not try. Instead, a work culture should welcome and connect life and work, personal and professional. This kind of culture, centered around people—and whole selves—has to be created deliberately and enacted across every level of an organization.

In this conversation, Nancy will discuss the importance of having a change mindset, how major disruptions happen and how to address them. Nancy will also explore how teams, companies, and employees can cultivate a workplace that feels good.

Tuesday, Aug 11

### Evidence-Based Programs to Jump-start or Expand Your Worksite Wellness Efforts

This section will be 45 minutes:

KAYLA MAGEE, Diabetes Program Coordinator, Department of Health

**National Diabetes Prevention Program** is a research-based program focusing on healthy eating and physical activity. People with prediabetes who take part in the structured lifestyle change program can cut their risk of developing type 2 diabetes by 58% (71% for people over 60 years old).

NIKKI PROSCH, Health and Physical Activity Specialist, SDSU Extension

**Worksite Chronic Disease Self-Management Workshops (wCDSMP)** are supported by employers for their employees to discuss the challenges of balancing work and a chronic condition. Participants in wCDSMP will learn new techniques to manage their health conditions, and how to balance work and home life with an emphasis on stress management.

**Walk With Ease in the Worksite** is a 6-week walking program that can easily be integrated into worksite wellness programming. Walk With Ease is the only walking program identified as arthritis-appropriate and evidence-based by the Centers for Disease Control and Prevention. Walk With Ease has been proven effective in increasing balance, reducing pain, and improving mental health, flexibility, and overall physical health. Employers can use this packaged program to educate, incentivize, motivate, and help improve overall quality of life for their employees.

MEGAN HLAVACEK, Healthy Foods Coordinator, Department of Health

**The Cardiac Ready Community program** educates, equips, and empowers local community members to be better prepared and more confident in helping someone experiencing a cardiac event prior to the ambulance arriving. Learn how your worksite can be a part of a community team to achieve Cardiac Ready Community designation!

**This section will be 45 minutes:**

## **Building, Maintaining, and Sustaining Worksite Environmental and Policy Interventions**

Worksite wellness is a growing practice that provides employers and their employees with information to encourage healthy habits and prevent chronic diseases. A worksite that implements health-focused policies and environmental changes has the potential to significantly benefit employers and their employees. Hear from our panelists on how they have implemented KEY policies and environmental changes to prevent, reduce and manage chronic disease. **Worksites to present during the panel spotlight:**

- MARY MICHAELS, City of Sioux Falls
- MELISSA GALE, Landmann-Jungman Memorial Hospital Avera
- SHANNA STERRETT, City of Huron
- VICKIE VENHUIZEN, Boys and Girls Club of the Sioux Empire

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## **Tuesday, Aug 18 Nutrition and You**

MELISSA VONDRAK, RDN, LN, Hy-Vee® Dietitian

Making the smart food and nutrition choices is a necessary part of everyone's daily life. In this session you will learn:

- A virtual grocery store tour on healthy eating + how to read a food label.
- Healthy Recipes/Simple Fix Class/Hy-Vee Services that can be beneficial.
- Healthy options within the work setting with resources and challenges.

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## **Tuesday, Aug 25 Financial Well-Being: Where to Start**

AMY GOULD, Wellmark Blue Cross Blue Shield

CORY JACKSON, Wellmark Blue Cross Blue Shield

It shouldn't come as surprise: Americans are struggling with money — regardless of how well salaries and benefits packages are offered by our employer group clients. Nearly 78 percent of Americans are living paycheck-to-paycheck and if a \$1,000 emergency fell into their lap unexpectedly, 61 percent couldn't afford the payment. When your employees are under financial stress, their overall health and well-being is affected. This means, feeling stressed or overwhelmed can cause a number of medical issues (e.g., high blood pressure, cholesterol, cardiac issues). With both financial and health-specific issues, more than 20 percent are skipping out on medical help, and 32 percent don't feel confident investing in their physical health (e.g., gym memberships, healthy food, etc.) And, while you may offer your employees a comprehensive benefits package that includes core medical coverage, dental, vision, well-being programs, 401(k) or pension programs, and more, it's likely many of your employees aren't contributing enough — or at all.

Unsure of where to start in guiding your employees to financial well-being success? Well, you're in luck! During this presentation we will:

- Decipher the differences between what employers and employees want out of a workplace financial well-being program.
- Define what financial well-being is, and how it's different for each employee.
- Understand the effects of financial well-being on your employees' health and productivity.
- Incorporate financial well-being solutions or programs into your workplace.

Tuesday, Sep 1

### Face It Together

WENDY WHITE, CEO, Face It Together

Addiction affects every worksite. Make a difference in your worksite and community by learning the following:

- What worksites look for in an employee that may be battling addiction.
  - How worksites can better support an employee that is battling addiction.
  - Learn current statistics and data around addiction.
  - Hear personal stories.
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Tuesday, Sep 8

### Closing Keynote: "Vision of Hope"

DR. MELANIE WEISS, OD, Vision of Hope, Addiction and Recovery Speaker

#### **Fall, Fail, Fight, Fly**

Dr. Melanie Weiss is an optometrist that was born, raised, and currently lives in Watertown, SD and has been in private practice for over twenty years. Ten years ago, after a series of surgeries, opioids took full control of her life. You will learn how Melanie has recovered and overcome her addiction through the support of others.

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