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Issue #1



A Monthly Insight into Promoting your Health and Well-Being

Wellness Committee Newsletter

Wellness means taking care of your body and mind

Introducing your new Wellness Coordinator >>>



Hi, there! My name is Christine Panos, and I am the Community Health Coordinator for the Division of Health and Family Services. I am also the new Wellness Coordinator. I am excited to take on this role to promote a healthy work environment and to promote a worksite culture that supports your desire to make healthy lifestyle decisions.

We have made big changes to the Wellness Committee webpage where you can find information for topics including:

- Our re-opening plan
- Farmer's Markets
- Virtual health resources such as podcasts and online fitness classes
- Preventing Covid-19 and more!

Moving forward >>>

Covid-19 has shaken communities around the globe, including our own. As we move into the ninth month of the pandemic, it is vital that we adapt to this new way of life. Together, we can move forward by taking care of ourselves and each other.

Taking care of our mind is just as important as taking care of our physical body. When the two are not in sync, we may feel miserable. Think about a time when you felt stressed, you may have also had neck pain or a tension headache. Conversely, think about a time when you sustained an injury, how did you feel? It is likely that the injury caused you some sort of emotional turmoil. –And that's OK.

The County recognizes that we all need to take better care of ourselves now more than ever before. We need flexible work schedules, more movement, time spent outdoors, more fruits and vegetables in our diet, and to strengthen our mental resiliency. Covid-19 is here to stay for the foreseeable future, so as your employer, we want to go that extra mile to make sure that you are taking good care of your mind and body during these unprecedented times.

Check out the Wellness Committee webpage:

<https://sullivan.ny.us/Departments/Wellness>

As more of us return to the workplace, some may be worried about contracting the virus at work. The County is taking specific measures to ensure that we are all protected. These include:

- Providing each employee with 5 cloth face coverings
- Cleaning and disinfecting each building daily
- Making disinfectant wipes available for employees to maintain their workspace

As we navigate this new way of life, let's do it together. If you have any questions or concerns, reach out to your supervisor. Additionally, if you have any wellness ideas or questions, or want to become a Wellness Champion, reach out to me. –I would love to hear from you!

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Come join County employees on September 12th at 10 am for a walk/hike along the D & H Canal. The walk is open to all and is kid- and pet-friendly! See email invitation for more details!