



Wellness Works

The Employee Wellness Program at the
James A. Haley Veterans' Hospital

Caring for You



Dear Fellow Employee,

The Wellness Works program is intent on providing quality programming that is perfectly designed to meet your needs and wellness interests. This booklet is a snapshot of some of the programs offered to help you to live more healthfully and work more productively.

We hope that our mission is one that you strive for in your own life, as well as help support for your employees and/or coworkers. We envision a culture at our organization that embraces wellness of ourselves, our fellow coworkers, and our patients/visitors.

Please take advantage of the programs and events that pertain and appeal to you. Also please feel free to give us your feedback through e-mail or our website. We are always looking to grow and improve our program to meet your needs. We appreciate you and the admirable work you do everyday to support our organization. We want to return that respect through a quality program.

Sincerely,
Brenda Burdette, RD, LD/N
Employee Wellness Coordinator

General Information

Our Mission:

To educate and empower employees, through a multi-disciplinary approach based on research, to have optimal health and well being that will make us a more productive/effective work force and an employer of choice.

Participation:

Our programming and services are available to all employees and volunteers. Most events are free of charge and require no previous registration, unless otherwise noted.

Participation is voluntary and participants can choose which events to attend. It is not necessary to sign up for all programming to participate in Wellness Works events.

Fitness

On Site Exercise Classes:

We currently have the following on-site classes available for employees.

Yogalates—a mix of Yoga and Pilates
Offered Monday and Thursday 12:00-
12:30pm in the SCI middle dining room.

Yoga—Offered Tuesday from 4:30-
5:30pm in the SCI middle dining room.

Extra mats are available for newcomers and comfortable clothes should be worn. Classes are free and appropriate for beginners to advanced.

Tai Chi—Fridays from 4:30-5:30pm in the
SCI middle dining room.

Variety Cardio Series—Periodically, we
offer a weekly evening cardio class.
Classes include kickboxing, boot camp,
Zumba, and dancing. Fees and offering
times/ locations for the class series may vary.
Go to the Wellness Works intranet site for a
complete schedule.

*We periodically make changes to our on-site
exercise class offerings, times, and locations if needed.*

Employee Gym:

The Cardiac Rehab program gym is available to employees from 6am to 8pm free of charge. The gym consists of treadmills, ellipticals, stationary bikes, circuit and free weights, and more.

Employees should yield to patients' needs, bring their VA ID, sign-in on the computer when using the gym and bring a towel, water, and wear comfortable clothing with appropriate shoes.

Exercise is self-guided, although you may receive an orientation to the equipment from Noah McDade (see below). Locker rooms are available in the hall adjacent to the gym (room GA-004b). You can find the gym at the opposite end of the hall from the credit union in the PM&RS area on the ground floor. If you are interested in obtaining a locker, contact Eileen Blackwell in the main hospital at ext. 5943 or Connie Ciani in SCI at ext. 3784.

Gym Orientations:

Noah McDade, Physical Therapy Assistant, is available to orient you to the gym equipment on a by-appointment basis. Contact Noah at 610-1073 to make your appointment today.

Fit Facts:

Throughout the hospital you may have noticed the Fit Fact signs. These are provided by Wellness Works as a way of prompting you at a moment of decision to include activity into your day. Taking the stairs, walking the long way to a meeting, or visiting a co-worker, rather than calling them are all ways to increase the amount of exercise you get in daily. You may periodically see other helpful tips too, so be sure to check them often.

Walking Programs:

Periodically, we offer coordinated 1-mile/5K walks for employees. While often offered in March or September, be on the look out for coordinated walking events to be offered any time of year. We also support local walks/runs such as the American Heart Association Heart Walk in November. It's a great way to get active and support a good cause.

Online Resources:

If a more self-guided option is to your liking, then choose from one of our online fitness resources available through our website. We have walking maps (trails for both inside and outside the building), home exercise tips, and links to area resources, area gym discounts, and the President's Fitness Challenge, to help you log and track your progress. All of this can be accessed by choosing the *Wellness Program* under *Programs & Activities* on the James A. Haley homepage. Search under the *Be Active* section of the Wellness Works site for these resources and more.

Fit Friendly:

We are proud to have been awarded by the American Heart Association, the Gold Fit Friendly Certification. This tells you that our hospital meets the standards to support your healthy and fitness needs.



This workplace has been recognized by the American Heart Association for meeting criteria for employee fitness.

Stress Reduction

Stress Reduction Programs:

Wellness Works realizes that even enjoyable work can be taxing. Also, home life can add stressors to daily life. To combat this, we host a variety of stress-management presentations throughout the year that will help you limit and manage your life's stress. We are also developing a more comprehensive Stress Management Workshop to be available in 2010. Look for announcements on available programs in the Word on Wellness newsletter or on the Wellness Program website.

Online Meditation:

In between live events, Wellness Works offers a way for you to de-stress in just 4 minutes! Go to the Wellness Works intranet page (Select Wellness Program at the bottom left of the JAHVH home page) and select Meditation. You'll have the option to choose between two guided meditation tracks or relaxing music/photos through the CCTV link. Either way, you can spend a few moments relaxing so you can return to work refreshed!

Health Screening

Lipid Screening:

Every February, Wellness Works and the Pathology & Laboratory Service work in conjunction to offer a lipid screening to all interested employees. For just a small donation, you can receive a fasting cholesterol, HDL, LDL, triglyceride, glucose, and c-reactive protein check! You can even take the printed results available for you in early March to your private physician.

Health Enhancement Clinic (HEC):

Wondering what the heck is HEC? Wellness Works and Occupational Health have teamed up with the College of Medicine at USF to offer all employees a free personalized health risk appraisal and wellness exam. You will receive recommendations based on your individual needs! To schedule your appointment, call ext. 7628.

Tobacco Cessation

Tobacco Cessation Classes:

If you are finally looking to quit, or are just willing to give it another try, there are classes that can help you in your quest. Most Monday evenings at 6:00pm and most Thursdays at 10:00am, you can stop by, no registration needed, and stay for as long as you like.

Classes are held in the Veterans' Health Education Room (VHEC 2B-258). If you are unable to attend either class and still want help, feel free to contact Dr. Carolyn Schleder at ext. 6216 or stop by Occupational Health (6 North).

Weight Reduction

MOVEmployee:

Employees with a Body Mass Index of at least 27 qualify to participate in our MOVEmployee weight-reduction program, solely for employees and free of charge. The MOVEmployee program consists of an initial questionnaire, one-on-one coaching and goal-setting session, monthly educational classes, monthly interactive groups and bi-monthly exercise sessions. You'll have the opportunity to learn about how to properly read food labels, find enjoyable and convenient ways to exercise, ways to overcome emotional eating, and so much more. We even have hands-on cooking demos and other contests and games to keep losing weight fun. Spaces are limited, so contact Brenda Burdette at ext. 6716 to enroll today. Active participation, weekly weigh-ins, and exercise is mandatory for continued enrollment.

Education

Fairs and Seminars:

At various times throughout the year, Wellness Works offers seminars, health fairs, and other forms of education based on topics that are most important to you. Some of the events to be on the lookout for are our Well Woman Tea, Men's Health Happy Hour, Go Green Party, National Nutrition Month Expo, Healthy Holiday Eating, etc. Event information is posted on the calendar page on our website or featured in our newsletters.

Wellness Wagon:

You may notice a red Radio Flyer-type wagon wheeling through the halls with education for you. It is Wellness Works' way of bringing programming to your work area. If you notice the Wellness Wagon coming your way, you'll want to be sure to see what fun information is on board!

Speakers Bureau

Our Wellness Works planning team is comprised a variety of health professionals who are experts in various areas of wellness. If you are looking for a speaker for a particular topic, you may want to consider one of our team members to meet your needs. Below are examples of speaking topics. For more information, please contact Brenda Burdette at ext. 6716.

- *Healthy Eating*
- *Exercise*
- *Physical Health*
- *Stress Reduction*
- *Laughter*
- *Sleep*
- *Work/Life Balance*

Staying Informed

Newsletter:

Every two months, Wellness Works publishes the Word on Wellness newsletter. It contains various health articles pertaining to current trends, the latest research in the news, recipes, tips, and more. It also features upcoming Wellness Works happenings. It is available in hard copy in the Employee gym (GA-004b), on the ground floor Wellness Works bulletin board (across from the West stairwell) and in Occupational Health (6 North). The newsletter is also available on our website and through *Publications* on the James A. Haley homepage.

Bulletin Boards:

Wellness Works has two educational bulletin boards that are changed monthly to reflect topics that interest you. Be sure to stop by the Wellness Works board on the ground floor (across from the West stairwell) and the board in the gym (GA-004b).



American Heart Association 

Learn and Live

2009
GOLD
ACHIEVEMENT

This workplace has been recognized by the American Heart Association for meeting criteria for employee fitness.

James A. Haley Veterans' Hospital is an
American Heart Association
certified Fit Friendly Organization



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<http://vaww.tampa.med.va.gov/resources/wellness/>