

Community Wellness Center

sfghwellness.org | 415-206-4995



2011-12 INITIATIVES AND UPDATES

COMMUNITY WELLNESS PROGRAM

OUR VISION

A sustainable, vibrant, healthy, engaged, and compassionate community.

Project of the San Francisco Department of Public Health at
San Francisco General Hospital and Trauma Center



OUR WELLNESS TEAM



Shermineh Jafarieh, MS
Director of Wellness
Services at SFGH



Blue Walcer, MPH
Wellness Innovator,
Director of CARE
Program



Nasrin
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Wellness
Program
Coordinator



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Community
Wellness Liaison



THE GENERAL EXPERIENCE



2011-15 Strategic Plan

SFGH is committed as a healthcare organization to **ENHANCE WELLNESS** by:

- Promoting health and wellness through healthy lifestyle choices;
- Enhancing patient care and patient safety through wellness ; and
- Creating a safe, healthy work environment for all employees, patients and visitors.



GOAL 1: OPEN WELLNESS CENTER

SFGH COMMUNITY WELLNESS PROGRAM



GOAL 2- OUR APPROACH

- Holistic approach
- Community Engagement and Partnerships
- Education through Empowerment
- Culturally, linguistically, and financially accessible
- Creative, fun and innovative approaches
- Engaged leadership



GOAL 3: OUR GOALS

GOAL: Enhance the health and wellness of SFGH staff, patients, and community through a Wellness Initiative.

MISSION: To PROVIDE and PROMOTE innovative, culturally and linguistically accessible wellness programs and services for the SFGH community of staff, patients, their families, and all San Franciscans.

Objectives:

Increase **Awareness**

Increase **Access**

Increase **Participation**

Increase **Satisfaction**



GOAL 4: CORE INITIATIVES

- **Healing Moves, Active Living Initiative**
- **Healthy Food Environment Initiative**
- **Tobacco Free Community Initiative**
- **Community Engagement Initiative**



HEALING MOVES INITIATIVES

LET US W.O.W YOU!!!

SFGH COMMUNITY WELLNESS PROGRAM



SFGH Community Wellness Program

Summer 2012 Working on Wellness (W.O.W) Series

FREE*FREE*FREE*FREE*FREE*FREE*FREE*FREE

June 4th– August 31st



<u>Mondays:</u>	12:00–1:00 PM	Strength Training
	5:00–6:00 PM	Zumba
<u>Tuesdays:</u>	10:00-11:00 AM	Yoga (bilingual English/Spanish)
	12:00–1:00 PM	Bollywood Dance
	1:00-2:00 PM	Walk it Out (patient walking group)
	4:00– 5:00 PM	Rhythm & Motion Dance Workout
<u>Wednesdays:</u>	10:00–11:00 AM	Chair Stretch and Boogie (bilingual English/Spanish)
	12:00– 1:00 PM	Yoga (Staff Only)
	3:30-4:30 PM	Yoga (bilingual English/Cantonese)
	5:15– 6:15 PM	Biggest Winner SFGH Staff Wellness Challenge
<u>Thursdays:</u>	11:00– 1:00 PM	Chair Massage (1st & 3rd Thursdays of the month)
	12:00–1:00 PM	Qi Gong (2nd, 4th, & 5th Thursdays of the month)
	2:00-3:00 PM	HeartBeet’s Cooking Demo (Bilingual English/Spanish)
	4:00– 5:00 PM	Rhythm & Motion Dance Workout
<u>Fridays:</u>	10:00–11:00 AM	Zumba Gold (bilingual English/Spanish)
	12:00–1:00 PM	Hip-Hop Dance
	5:00-6:00PM	Salsa Dance (bilingual English/Spanish)

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1001 Potrero Ave. Suite 2D35
(2nd floor , across from Cafeteria)
(415) 206– 4995 | www.sfghwellness.org
Find us on Facebook! Community Wellness Program
A Project of the San Francisco Department of Public Health



SUMMER WOW SCHEDULE

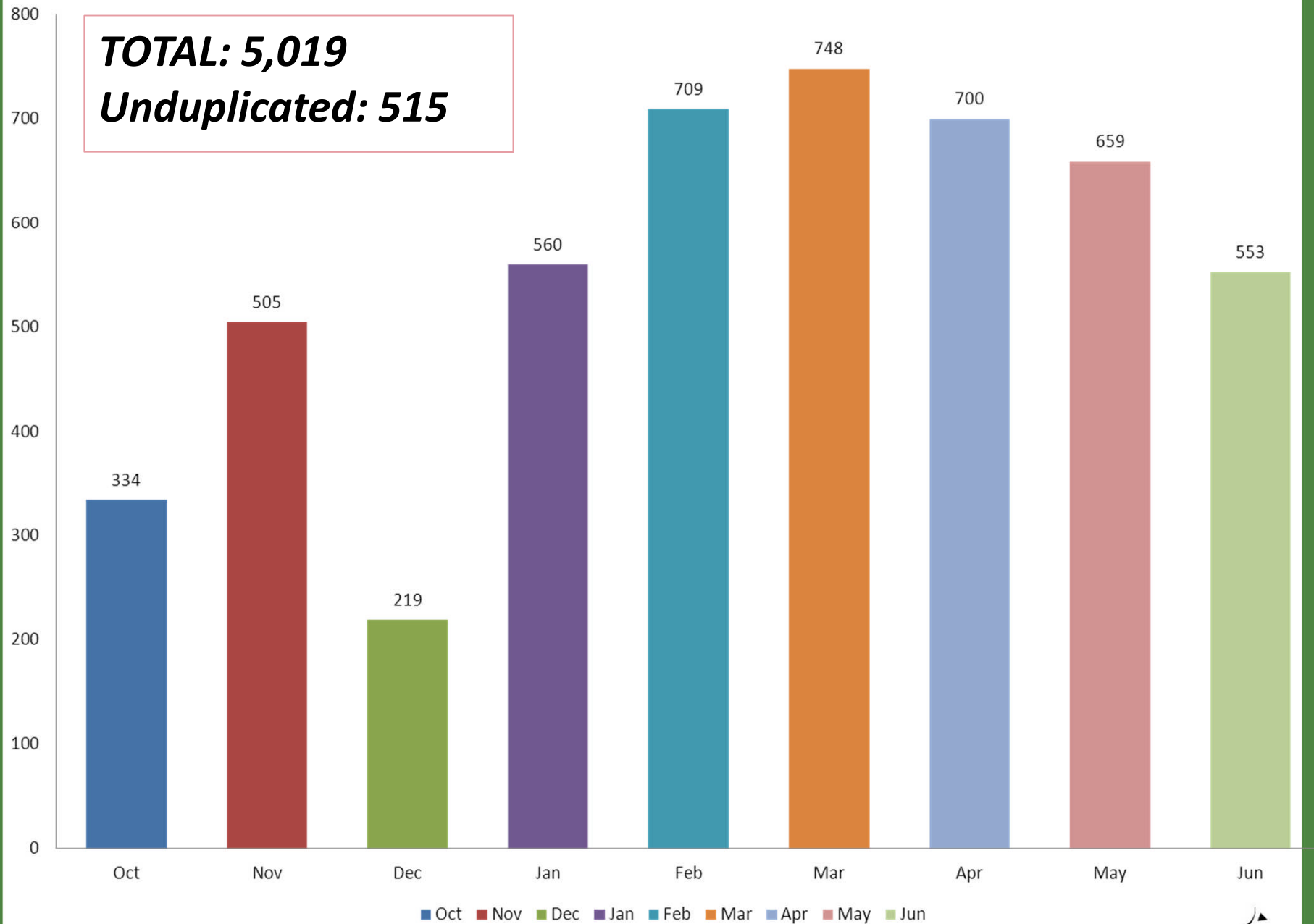
WOW CLASSES

SFGH COMMUNITY WELLNESS PROGRAM



WOW CLASS PARTICIPANTION OCT 2011- JUNE 2012

TOTAL: 5,019
Unduplicated: 515

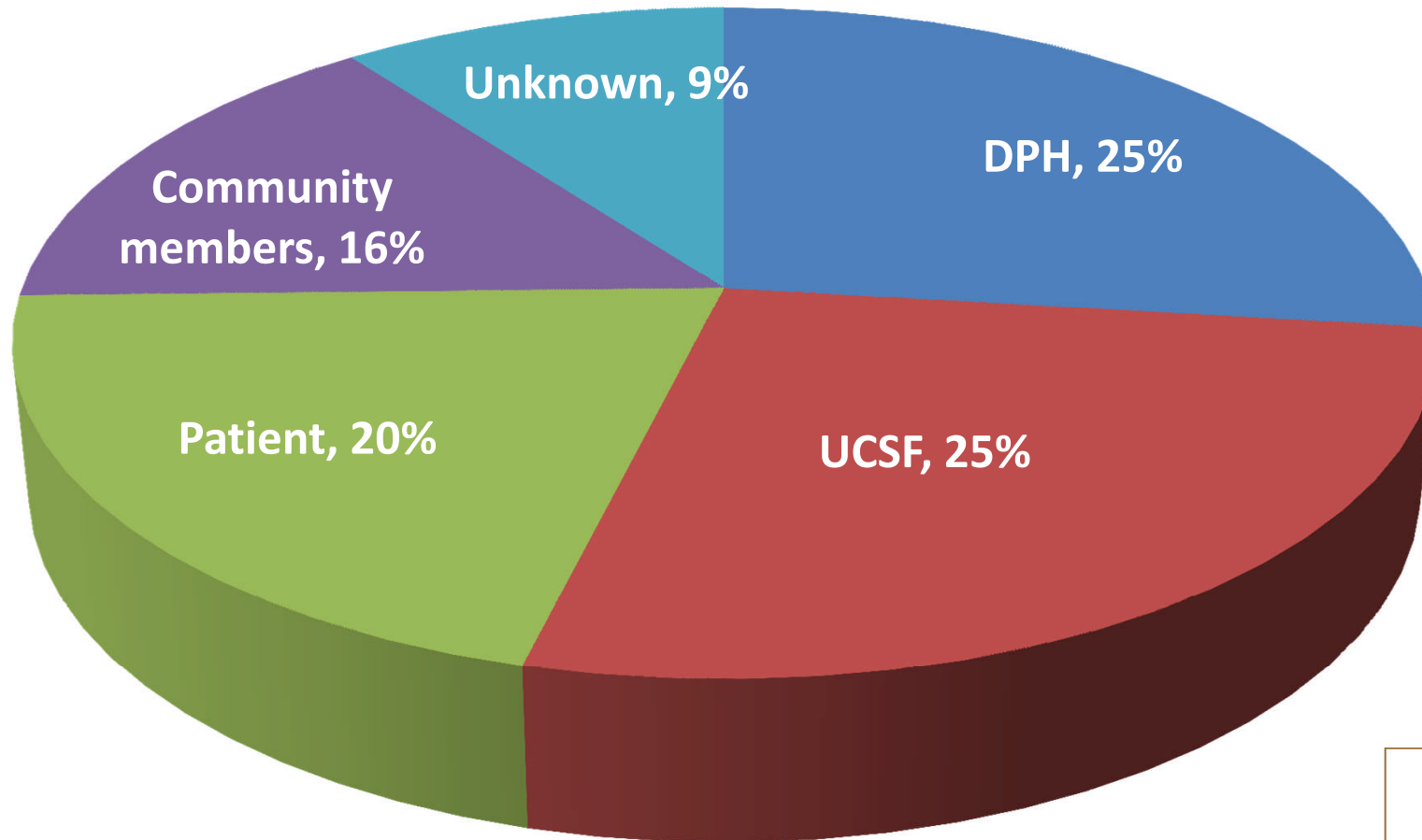


SFGH COMMUNITY WELLNESS PROGRAM



WOW PARTICIPANTS

Oct 2011-June 2012

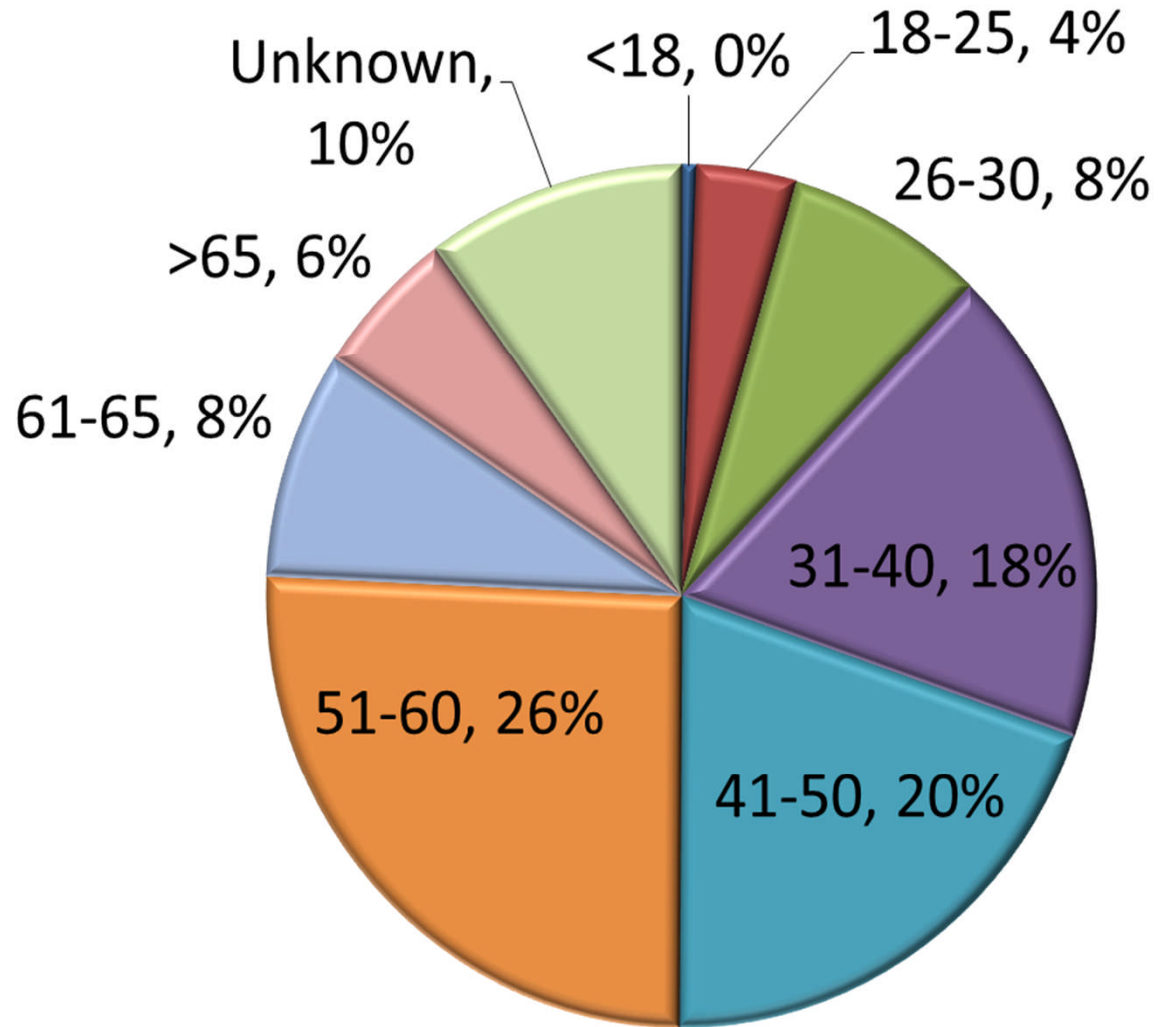


Data source: Waiver forms

n= 515



WOW PARTICIPANTS BY AGE



n=515

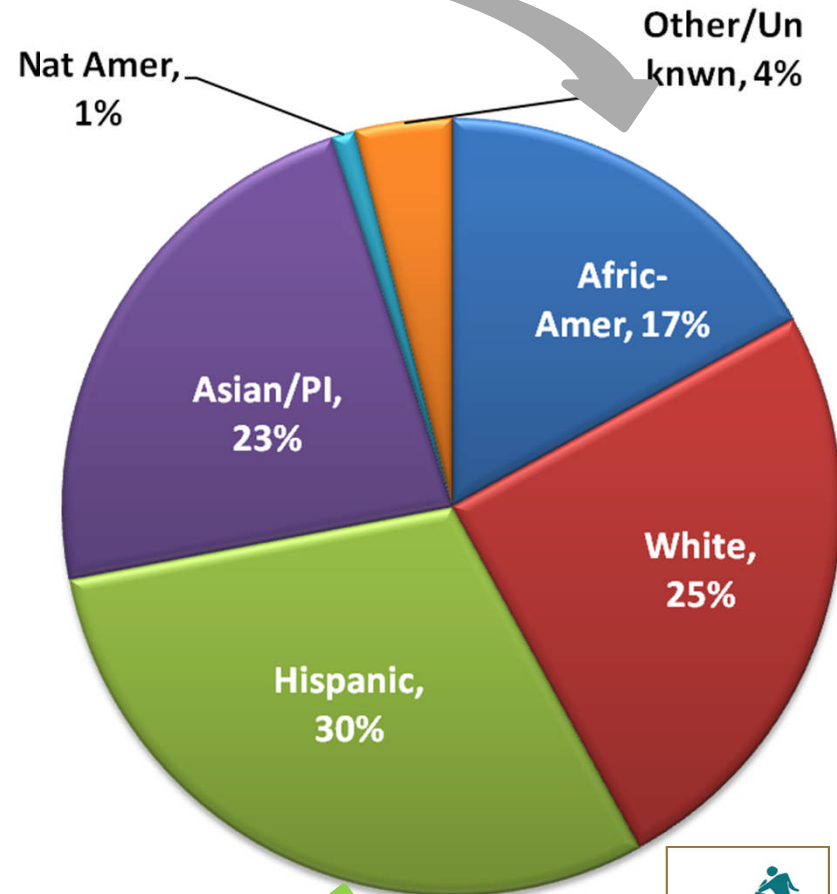
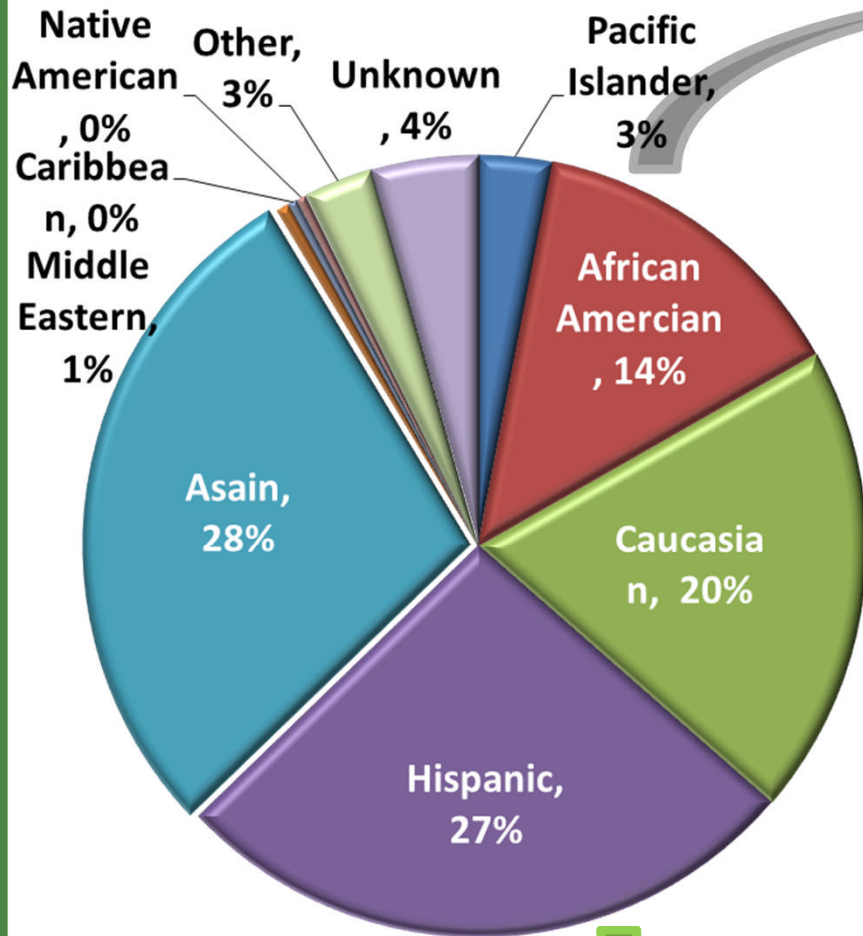
W.O.W Participants Oct. 2011- June 2012



WOW Class Participation Reflective of SFGH Patient Population

WOW Patient/Community Participants
Ethnicity/Race 2011-2012

SFGH Patient Population
Ethnicity/Race 2010-2011



n= 185



Healthy Food Environment Initiatives

Striving to create a healthy food environment and increase the consumption of local, seasonal, and organic food in our community.

PROGRAMS INCLUDE:

- Garden Giveaway Program
- Community Supported Agriculture
- Healthy Cooking Demonstration Program



Healthy Cooking Demonstration Program



SFGH COMMUNITY WELLNESS PROGRAM

WE OFFER WEEKLY CLASSES AT THE COMMUNITY WELLNESS CENTER WHERE PARTICIPANTS HAVE AN OPPORTUNITY TO COOK WITH OTHERS, LEARN ABOUT NEW FOODS AND SIMPLE, FRESH RECIPES.



SFGH Signs Healthy Food in Health Care Pledge



As part of SFGH's Spring Festival, *Earth Day the Wellness Way*, CEO, Sue Currin signed on to the Healthy Food in Health Care Pledge.



Community Engagement Initiatives



- Cultural Awareness Series

- Community Outreach



- Seasonal Festivals

Community Outreach Events

We participated at 17 community engagement events from July 2011-Jun 2012.

Dates	Events
8/13/12	BMAGIC Back to School
8/27/12	Community Health Awareness Day
9/24/12	Southeast Health Fair
10/2/12	Excelsior Art & Music Festival
10/7/12	First Friday Lower 24 th St.
10/15/12	Potrero Hill Festival
2/25/12	Bayview YMCA Health Fair
4/24/12	Cesar Chavez Festival
5/4/12	1 st Friday

Dates	Events
5/6/12	Sunday Streets
5/26/12	Community Health and Awareness Day
5/27/ 12	“Summer Shape Up” at the SF Zoo
5/28/12	“Summer Shape Up” at the SF Zoo
6/1/12	1 st Friday
6/3/12	Sunday Streets
7/1/12	Sunday Streets
7/6/12	1 st Friday

APRIL 20, 2012

CAFETERIA LINE UP (*Music, Raffle, and FUN!*)

- 11:15-11:45 Cardio-Kick Boxing
- 12:00- 1:00 Belly Dance
- 1:15-1:45 Mini Salsa class
- 2:00- 2:30 Mini Hula class

Wellness Center (*Full Classes*):

- 11:00 –noon Zumba Gold
- 12:00-1:00 Bollywood
- 1:00-2:00 Cooking Demo

Partners:



And Much, much more!

SAN FRANCISCO GENERAL HOSPITAL PRESENTS

SPRING FEST

EARTH DAY - THE WELLNESS WAY

FOOD, PRIZES, MUSIC, DANCING ... AND IT'S ALL FREE!
AT THE COMMUNITY WELLNESS CENTER & SFGH CAFETERIA





Disease Specific Self-Management Groups

Group visits represent the future of health care



© Nicole Franco

DISEASE-SPECIFIC GROUPS LIKE CARE PROVIDE A FORUM FOR PARTICIPANTS TO LEARN ABOUT MANAGING THEIR HEALTH AS THEY BUILD COMMUNITY WITH ONE ANOTHER.



SFGH COMMUNITY WELLNESS PROGRAM

Interactive Wellness Presentations

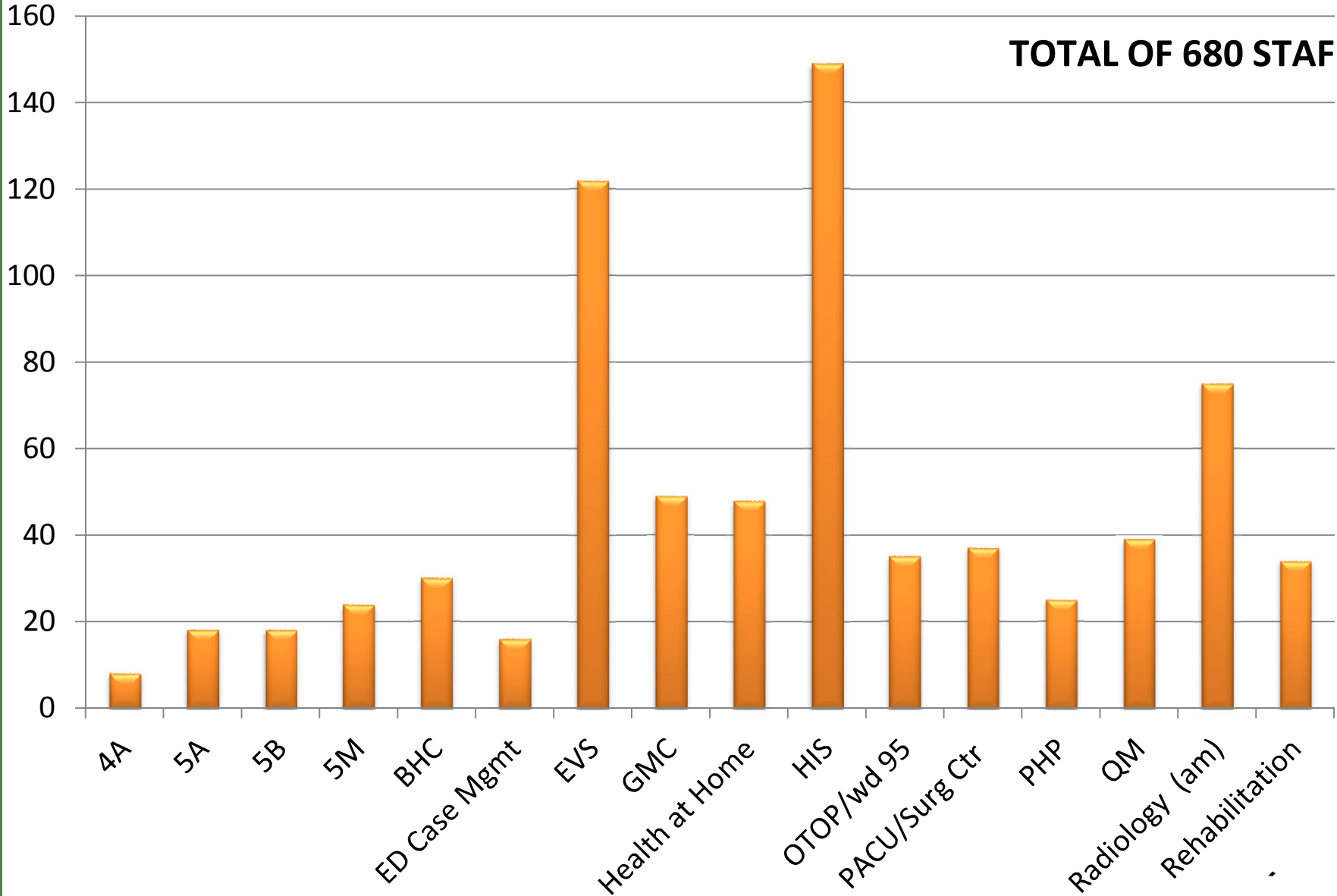


SFGH COMMUNITY WELLNESS PROGRAM

STAFF WELLNESS PRESENTATIONS

Departments/Participants

STAFF



TOTAL OF 680 STAFF

Staff WELLNESS Programs



SFGH COMMUNITY WELLNESS PROGRAM

CARING FOR THE CAREGIVER SCHWARTZ CENTER ROUNDS



MISSION

To provide a safe place where SFGH/CHN providers and staff from all disciplines come together to discuss the emotional, challenging, and rewarding aspects of their work

VISION

A safe and supportive environment that sustainably provides comfort and acknowledgement for caregivers while honoring the complex nature of providing compassionate care in a public health setting.

MAINTAINING COMPASSION

Coming to the Community
Wellness Center October
11th at noon!

*Complimentary lunch
will be provided*



- To provide a forum where caregivers from diverse disciplines reflect together on experiences in our workplace that impact, challenge, and inspire us
- To receive and give support, gain insight, and improve communication
- To renew our commitment to compassionate care of ourselves, one another, and those we serve