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Physical, Social and Emotional Wellness Walking Challenge - May 1st - May 31, 2022

READY; SET; GO! Lace up your sneakers and let's get walking!!

So much has changed during this pandemic and we are taking back charge of our health. Walking is a great form of exercise and easy on the joints; it also offers great physical and mental benefits.

We are continuing our Wellness efforts and invite everyone to participate in our Walking Challenge which officially starts from May 1 to May 31, 2022.

So what's involve? Track your daily steps via your cell phone, Fitbit or any walking tracking device. Achieve a total of 50,000 steps by May 31st, 2022 or prior to that date; take a picture showing the completion of 50,000 steps and email it directly to me at melsingleton@cfsny.org. An assigned raffle number will be given for all submissions received and three winners will be chosen on June 1st, 2022.

The prizes are listed below:

First prize \$150.00 Visa gift card
 2nd prize \$100.00 Visa gift card
 3rd prize \$75.00 Visa gift card

The Walking challenge will be officially closed at 5pm May 31st, 2022.

HAPPY WALKING 😊

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Assistant Director, Human Resources

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What are the Health Benefits of Walking?

When most people hear the word exercise, they associate it with running, biking, weight lifting or other strenuous activities as a means to stay healthy. Wha...



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Physical Wellness: Important Information - Agency Covid-19 Protocols

We continue to follow our government oversight agencies in regards to COVID-19 Protocols.

Mask Up

At this time, we continue to require staff to wear appropriate face coverings when providing in person services and in common areas in the offices.

Get Vaccinated and Boosted

We continue to follow the vaccination mandates in both NY and NJ for all employees. If you have additional proof of vaccination (second shot or boosters), don't forget to send to Hrvacstats@cfsny.org

Stay Home if Sick and Get Tested

To reduce the spread of COVID-19, stay home if you have symptoms and get tested.

Follow the transmission rates

In addition, we recommend that staff check the CDC website for rates of transmission based on State and County. This is helpful to see information about where you live, work and/or are planning to travel to so that you can make the best decisions about mask wearing.

Intellectual and Occupational Wellness Regional Center for Workforce Transformation Events - Free to Attend - Open to All!

REGIONAL CENTERS FOR WORKFORCE TRANSFORMATION
 ALL EVENTS ARE FREE TO ATTEND
 See more at: www.workforcetransformation.org/events

- 6/8** Statewide General Meeting 10:00 - 11:00 AM
- 6/9** Language of Our Work 1:00 - 3:00 PM
- 6/13** Rising Above Workplace Conflict 3:00 - 5:00 PM
- 6/14** Creating Safe Spaces for the LGBTQ+ Community 11:00AM - 12:00PM
- 6/21** RCWT Celebrates LGBTQIA+ and Disability Pride 11:30 AM - 12:30PM
- 6/23** Self-Advocacy: Voting in Midterms 11:00AM - 1:00PM
- 6/30** Evaluation Support Workshop: Strategies, Resources and Tools 11:00 AM - 1:00PM

REGISTER NOW!

HIGHLIGHTED EVENT

Creating Safe Spaces for the LGBTQ+ Community
 JUNE 14TH, 2022
 11:00AM-12:00PM

PRESENTER: BRIAN POTVIN

Join the Regional Centers for Workforce Transformation for this free workshop facilitated by RCWT's own Brian Potvin! This presentation will provide education on how to create a safe zone so that everyone can feel valued and respected. This focuses specifically on the LGBTQ+ community, including information about common identities, language, and how to support someone with the process of coming out. It also provides information about intersectionality, pronouns, ways to be an effective ally, and where to find additional resources.



june-highlighted-event
 Click to download flyer

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Click this link to register for any of the above events.

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Taking Care of Yourself



10 Minute Guided Breathing Meditation

This 10 minute guided meditation will bring you into a peaceful state with just you and your breath. Within just a few moments, with a focus on your breathi...



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Emotional Wellness

Meditation and Breathing can help to reduce stress and anxiety. Take a few moments to do something each day that gives you some time for Self Care.

If you would like a copy of this newsletter translated into a different language, please reach out to us at jcropper2@cfsny.org.