

May 2021

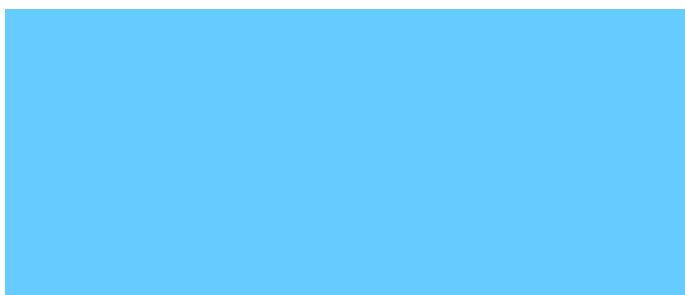


Look What PATH Participants Did in 2020!

While 2020 was a very unpredictable year — even for **PATH** — it was turned out to be the perfect opportunity for people to focus on their well-being, and many of them chose to take advantage of **PATH** resources to start, continue — and improve — their well-being journey.

We received testimonials from people telling us of personal wellness goals they achieved, commitments to self-care they made during the pandemic — and even how COVID-19 inspired them to explore more of **PATH's** resources for themselves and their families.

Among **PATH** participants' 2020 accomplishments are some impressive numbers...





Zen Room

PDRMA Profiles

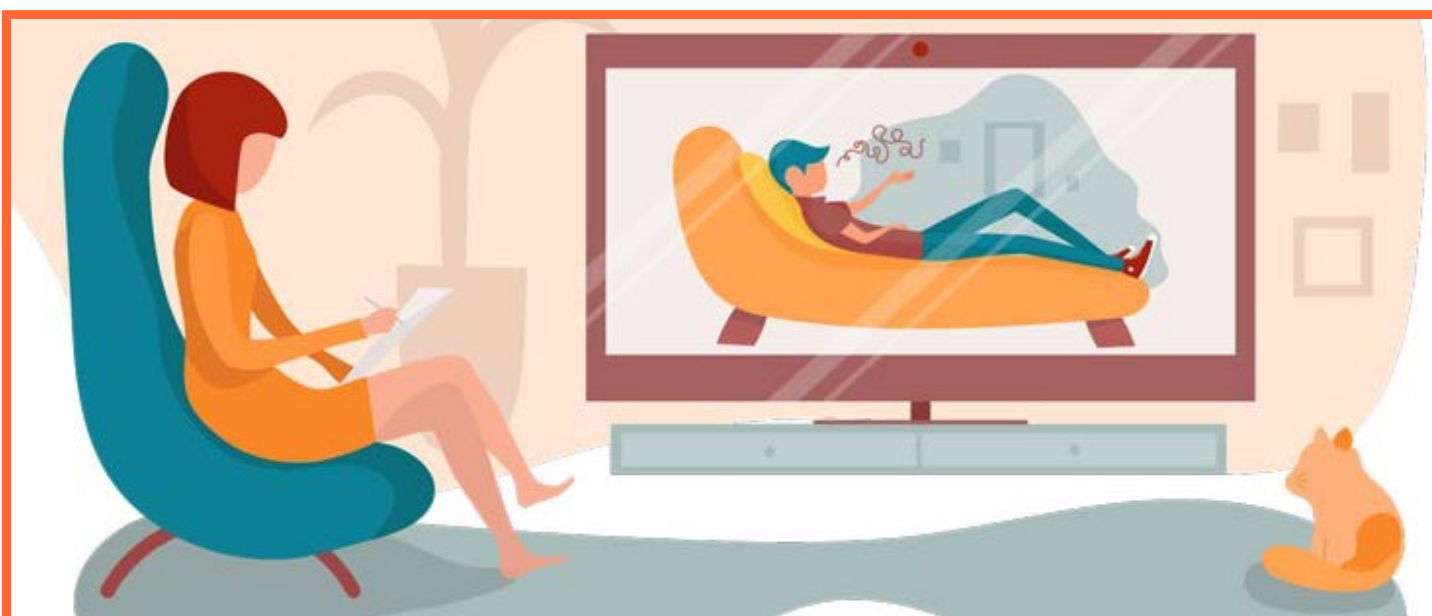
Increasingly over the past few years through **PATH**, we've promoted meditation as a great way to reduce stress and improve your well-being. Last year, PDRMA's Wellness Committee awarded an Employee Wellness Grant to Batavia Park District to develop a program to give employees simple — but proven — ways to relax through meditation. Batavia Fitness Supervisor Kathy Freedlund developed the program and used the grant funds to outfit space for a dedicated Meditation Room, complete with sound and aroma therapy machines as well as a reclining massage chair where employees can quiet their mind.



Take Care of Your Body AND Mind

We launched our new **Mindful of Mental Health Webinar Series** this year, focusing on a different mental health topic every other month. The third of our six webinars, **Lightening Your Life with Laughter**, is **May 26** from 12 to 1 p.m.

Featuring presenter Heather Dunning, this workshop shares proven techniques for using laughter to reduce stress in your life and explores the practices and beliefs of this therapy and how to become more positive. Click [here](#) to register and learn about the importance of laughter in your life!



Mental Health Resources — For Your Well-being

We believe your mental wellness is as important as your physical wellness — and we have a new webpage with resources to help you and your dependents achieve and maintain both! Visit our **Wellness Benefits and Resources** webpage under

Wellness on the **PDRMA website** navigation bar and click the **Mental Health** tab to see your options...



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And even more impressive, collectively 2020 **PATH** participants logged 377,750,000 steps just from August through December. That's equal to 138,875 miles — enough to cross the United States 50 times!

To review all our accomplishments click [here](#) to read the **2020 PATH Executive Summary** — and to read participants' testimonials! ♦



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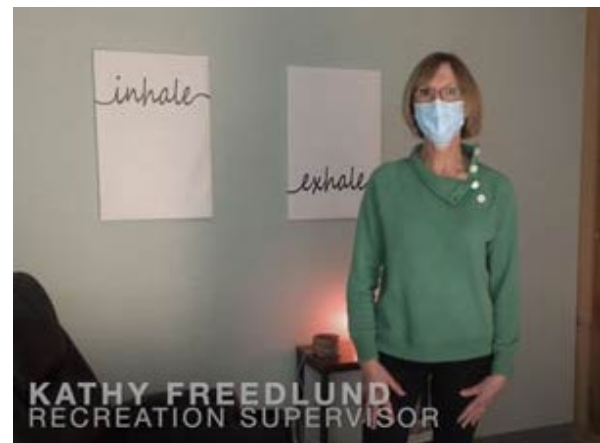
PDRMA
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PDRMA Profiles

How do you stay motivated to achieve your health and wellness goals? We'd like your ideas and tips about eating right and exercising. Please email HealthinAction@pdrma.org with your story or suggest another PDRMA Health Program participant who has inspired you for us to feature in a profile. Help us to stay focused on health and wellness!

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employees can quiet their mind.

Freedlund says everything in Batavia's Meditation Room, affectionately called the Zen Room, "just speaks of meditation — from the mandala rug on the floor and the color of the walls to a beautiful light with intensity adjustments; from the pictures of mountains and reminders to inhale and exhale to the mister with scent choices and a sound machine offering more than 30 choices — and the reclining massage chair."

The room also has Himalayan salt lamps, known for purifying the air, that can also help reduce physical and mental fatigue and allergy symptoms, provide protection from electromagnetic radiation and improve your mood and concentration during the day as well as your sleep at night.

"I'm just so proud of it!" Freedlund exclaims. "I don't know of any other park districts that have something like this, and everybody loves it!" (Click [here](#) to see a video of the Meditation Room and participate in a short meditation session.)

That's like soothing music to the ears for Allison Niemela, CPRP, Batavia's Executive Director. "A tired and stressed employee isn't going to be doing their best work," she says.

"Our goal for the Zen Room is to give our employees a small sanctuary to lower their stress levels which, in turn, makes them happier and more productive employees."

Niemela practices what she preaches, too, making "a concerted effort to utilize the room around the middle of each week to take a peaceful break away from the constant disruptions of emails, phone calls and meetings. The bathroom used to be the only place you could find peace and quiet at work," she jokingly observes. "Now we have the Zen Room! I've learned to use it when I have looming deadlines and need to regain focus and clarity before tackling a big project. When I feel the urge to grab junk food or caffeine, it's my clue to redirect my focus to the Zen Room. Meditation improves my creative and critical thinking and reduces my stress levels."

It helps Shelby Hinterlong, Customer Relations Advisor, reduce her stress levels, too. "I am so happy Kathy thought of a meditation room for our office. It's set up perfectly to take a moment and get away from the demands and pressures of the workday. It helps me feel less stressed, gets me back on track and helps to improve my workday. It's a nice little recharge."



"The Meditation Room at the Batavia Park District has been a wonderful benefit for all employees," comments Tiffany Green, Customer Relations Manager. "The room is so peaceful and relaxing. I appreciate having a place where I can shut out all the worries of the day and enjoy 10 minutes of peace and quiet. This gives me just enough time to reset my mind and body for the rest of the day. I have been practicing yoga with Kathy for a few years now, so the room is a welcome addition."

Besides serving as Fitness Supervisor, Freedlund is also the agency's yoga instructor, but admits she's

“not your typical yoga instructor. I’m a Type A personality; I can do 10 things at once, and I do everything really fast, even though I know how important it is to slow down a little bit. I would go in the room three times a week for five minutes — and I noticed I was sleeping better. At night, I usually feel like my mind is thinking, but my eyes are closed. After going in the meditation room, I’ve been able to relax better, and I slept better. So I researched meditations for better sleep and, now, I put one on when I go to bed — something I never would have done if I hadn’t used the meditation room. And, oh my gosh, I’m sleeping through the night!”

Kristen Zambo, Marketing & Communications Coordinator, who joined the park district in March found the focus of taking time to relax at work extraordinary, after working for more than 20 years as a newspaper reporter. “In that world,” she explains, “there were employee wellness programs and telephone numbers posted on bulletin boards in lunchrooms, but physical and other forms of wellness weren’t really a consideration by most in management positions. Nor, for that matter, by many journalists.” She’s delighted now to work in an office that features “an awesome opportunity for employees to address stress management and their physical, mental and emotional health in this fashion.

“Here, managers not only view employees’ overall health and wellness as important but as the foundation upon which all else is built. Directors and fellow employees care about each other’s well-being, and there is no implied or perceived shame in needing to take a few minutes to destress, relax and clear one’s mind.”

It’s not only the calming nature of the meditation room that relaxes and refocuses people, though. It’s, well, that reclining massage chair!

“I used to joke about how nice it would be to have an in-house masseuse for stressful days,” says Shelley Kouzes, Payroll & A/P Coordinator. “This is the next best thing! Not only is it a nice benefit, but for administration to encourage everyone to take some time out to relax sends a clear message — that it’s imperative and worthwhile.” ♦



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PDRMA Profiles



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AND Mind



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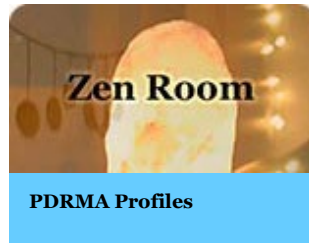


You can find recordings of our previous webinars — and other Mental Health resources — on our [Wellness Benefits and Resources](#) website page under **Wellness** on the PDRMA website navigation bar or by clicking the links below:

- [Staying Social During Social Distancing](#) — Explore the health benefits of socializing, why they are important and how to stay in touch while staying apart.
- [The 5 Buckets Principle™](#). — Learn how to balance the competing demands of finance, friends, family, work, health and community successfully. ♦



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Keep scrolling, and you'll learn more about these programs:

- **Employee Assistance Program (EAP)** — EAP is a resource for employees and dependents during stressful times, helping them balance work and daily tasks. Workplace Solutions, which administers our EAP, has both English and nonEnglish-speaking counselors available

24/7. It's a free and confidential service for you and anyone in your household, regardless of whether that person participates in our medical plan. There are many ways to use EAP resources, such as

- **Confidential Counseling** — Call 877-215-6614 to contact a counselor.
- **LifeSpeak** — Online streaming video modules. Use access code: **lifespeak**.
- **Webinars** — You can choose on-demand webinars to watch when you log in at www.wseap.com using **PDRMA**. Click **My Service Page** at the top right. Scroll down to **Resources, Additional Resources** and click **Watch Webinars** to view recorded sessions.

You can contact Workplace Solutions 24/7 at 877-215-6614 or www.wseap.com whenever you need help.

- **Mindful of Mental Health Webinar Series** — We partnered with Workplace Solutions to offer six bimonthly webinars throughout 2021. The webinars can help you cultivate a positive mental outlook — which is especially important as we continue to work our way through the COVID-19 pandemic. See the **Related Information** section on the right side of the webpage for previous recordings and resources.
- **PATH** — Log in to **PATH** and access a whole collection of **Wellness Journeys** — a library of social/emotional online workshops that include anxiety, depression and stress management topics. In addition, you can choose to participate in telephonic health coaching for a number of issues including weight loss, fitness, anxiety or depression. And you have the flexibility to schedule your confidential calls for days, nights or weekends.
- **Online Trainings** — The past year has created new stressors and uncertainty for everyone. One tool that can help is our **Coping with Stress and Uncertainty During COVID-19** training course available through PDRMA's [Online Learning Center](#). The course identifies concrete steps to take to improve your mental health. That's something you don't want to overlook when trying to boost your well-being!
- **Teledoc** — If you participate in the PDRMA Health PPO medical plan, you have access to a mental health professional 24/7 through Teledoc. Teledoc therapists can help you learn how to manage anxiety, depression, stress/PTSD, family/marriage issues and other life challenges better. Visit <http://www.teledoc.com> or download the Teledoc app.

When you're on the [Wellness Benefits and Resources webpage](#) look at the **Related Information** section on the right. Click the **Mental Health** section for a dropdown menu of even more resources including:

- Mental Health Marathon Q and A.
- EAP Overview.
- Teladoc — Managing Anxiety.
- Teladoc — Mental Health (getting started).
- Recorded Webinar — Staying Social During Social Distancing — Jan. 21, 2021.
- Webinar Resources — Staying Social During Social Distancing — Jan. 21, 2021.
- Recorded Webinar — Mindful of Mental Health Webinar Series: The 5 Buckets Principle — March 23, 2021.

- Webinar Slides — Mindful of Mental Health Webinar Series: The 5 Buckets Principle — March 23, 2021.
- Coping with Stress and Uncertainty During COVID-19. ♦