



# Worksite Wellness and Community Health Challenge Action Team

The action team plans, schedules and conducts quarterly networking and training sessions for New Ulm worksite wellness leaders and plans and conducts other programs for worksites and the community.

## Priorities and Recent Accomplishments — 2023

### Workplace Wellness Trainings

- The team hosted three quarterly worksite wellness networking and training events for 65 attendees:
  - January:** Culturally responsive and responsible: Leading with Cultural Agility
  - April:** Vision Health, Ergonomics and Promoting an Active Workday
  - October:** Sustainable Self-care Habits for Daily Living: How to Alleviate Stress and Anxiety Through Nutrition, Movement and Grounding Rituals

### Resiliency Program for Local Worksites

- The team worked in conjunction with the Brown County Mental Health and Wellness Action Team to update The People Project program to better fit the needs of worksites and make it easier to implement. The team is rebranding the program as Embrace Wellness, which will continue to help employees build resiliency through fun, evidence-based mental well-being strategies that result in better connected, happier people.

### Poker Walk Event

- The team sponsored the annual Poker Walk in June in partnership with the Chamber and Ameriprise Financial to promote physical wellness. The walk had 30 participating businesses that attracted approximately 150 walkers throughout the five-week event.

### Holiday Trimmings Program

- Offered the Holiday Trimmings program to help people improve their well-being during the busy holiday season.

**Join us for a Worksite Wellness Networking and Training Event**

**Culturally responsive and responsible: Leading with cultural agility**

One need not travel outside of MN to encounter cultures from all around the world. How do we ensure respect and understanding of multiple cultures as we engage in community? With humility and agility, we can grow our capacity to be responsive leaders in multicultural settings. In our time together, we will use reflections on our home cultures to cultivate tools for cultural agility in our community work.

**Thursday, Jan. 12, 2023**

**Time:** 11:30 a.m. to 3 p.m.  
**Via Zoom:** (links will be sent after registration)

**RSVP:** Register by Jan. 9 at <https://www.heartofnewulm.com/zoom>  
Or RSVP by Jan. 9 to [Jocelyn.Hernandez@AIC.com](mailto:Jocelyn.Hernandez@AIC.com)

**Learning Objectives:**

- Describe the importance of cultural agility
- Identify aspects of my own culture and understand how it impacts my workplace
- Recognize the core dimensions of cultural difference
- Identify ways to navigate cultures with agility, humility and leadership.

**Presenter: Jocelyn Hernandez-Swanson**

Jocelyn Hernandez-Swanson is a leadership and civic engagement (LCE) educator with the University of Minnesota Extension Center for Community Vitality. As an LCE educator, she works with community members and partners at a resource in cultivating effective and effective leadership and civic engagement practices. Specializing in working with the Latino community and using social equity frameworks, Jocelyn is excited to support Extension's reach.

Jocelyn brings experience working at North Hennepin Community College's Diversity and Equity Office, the City of Brooklyn Park, and the City of Minneapolis in community engagement sites catering to people of color and racial equity.

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**8th Annual POKER WALK 2023**

*Get your poker hand*

Each Friday in June a route will be set up with 5 different businesses who will pass out your poker hand one card at a time. By the end of the route, you will not only have a poker hand but have walked a mile!

*How do you know the route?*

Routes can be found on the New Ulm Chamber's Facebook page or printed copies can be picked up at the New Ulm Chamber Office located at 1 N Minnesota St.

*How to win*

- Each card is a different color. Make sure that the card you receive from each business is the same color as your previous one. Poker hands must be submitted with all cards with the same color.
- Email photos of yourself participating in the walk to [chamber@newulm.com](mailto:chamber@newulm.com) or tag #PokerWalkNewUlm and you will be entered into a drawing for \$30 in Chamber Dollars. Get creative as these will be posted to The New Ulm Chamber and Wealth Management Solutions. Ameriprise social media pages for group photos. Identify the people in the photo in your email.
- The winning hand from each week will be entered into the Grand Prize Drawing to win \$250 worth of gift cards to local businesses.

**POKER HANDS MUST BE REGISTERED AT THE NEW ULM CHAMBER OFFICE BY 4:30 P.M. EACH FRIDAY IN JUNE.**

EVERYONE'S WELCOME! NO COST TO PARTICIPATE! NO POKER KNOWLEDGE NECESSARY!

**Poker Walk is sponsored by:**

**Ameriprise Financial | Heart of New Ulm**