

Wellness Champion Awards (continued)

Deirdre Smith: Valued as both an HR Partner and Wellness Champion, Deirdre has used her position to create a unified team, working towards a healthier workforce within Education. She loves to incorporate a healthy message in any way she can – from healthy potlucks and “On-the-Go” education to mini-challenges and lunch-and-learns, Deirdre recognizes how important it is to focus on all aspects of wellness.

Culture Awards

Department of Insurance: Inspired by their great Wellness Champion duo of Jonathan and Gina, the Department of Insurance has stepped ahead of the game in creating a positive, healthy workforce. Statistically, they rank 3rd amongst all agencies in health assessment participation at 77.1% and reported the lowest stress levels across the State. They continue to build upon their wellness efforts, consisting of mini-challenges and learning opportunities, to include activities held outside of work such as bocce ball tournaments and softball games.

Department of Environmental Quality: Employees who work with the environment seem to fit naturally into an active lifestyle, as shown by the many employees at DEQ who arrive at work on two wheels or can be seen walking the skywalks through downtown Lincoln. Not surprisingly, they scored highest of all agencies in physical activity and had a 78.6% participation rate for the health assessment. Thanks to the efforts of last year’s Wellness Champion award winner, Doug Barry, DEQ employees continue to improve upon their overall lifestyles.

Lincoln Regional Center: You’ll find a great culture of wellness on the campus of the Lincoln Regional Center! An organized wellness committee has served to improve the lives and health of its employees for the past several years. An annual health and wellness fair, quarterly blood pressure screenings, monthly “Strut Your Wellness Stuff” recognition, lunch-and-learn opportunities, and an annual mental health awareness walk are just a few things they do to increase awareness and make their campus happy and healthy!



2016 Wellness Awards Luncheon



2016 *Wellness Awards Luncheon*

Lunch

Welcome and Introduction

Byron Diamond

Director, Department of Administrative Services

Opening Remarks

Margie Bell

Director, State Personnel

Keynote

“ENERGY....Sustain, Maintain, Regain!”

Dr. JoAnne Owen-Nauslar

Recognition Awards

Barbara Munro

Wellness Coordinator, Wellness & Benefits

Closing

Margie Bell

Director, State Personnel

Wellness Champion Awards

Jonathan Burlison: Jonathan has made a huge impact on the culture of Wellness since joining the Department of Insurance a little over a year ago. He has implemented several mini-challenges with the goal of increasing participation with every challenge. His creativity in recognizing challenge winners has resulted in the “Traveling Gnome Award.” Jonathan also includes wellness information in every bi-weekly personnel brief that he distributes and has been a key player in securing standing desks for several employees within the Department.

Amber Gigstad: Overcoming challenges within the Department of Corrections, Amber has managed to continue making strides in the wellness culture at TSCI. She was instrumental in installing both a water bottle fountain and ice machine accessible only to staff members, ensuring proper hydration during long shifts. Amber also sends facility-wide emails with wellness tips and news articles, organizes staff challenges, and oversees the annual ‘Prison Break 5K’ fun run event held in Tecumseh.

Gina Goodro: Gina has played a vital role in building the culture of wellness with the Department of Insurance. She has organized several lunch-and-learn opportunities, administered challenges related to healthy eating and weight loss, hosted a summer salad lunch bar, and serves as a great example in her everyday healthy habits and behaviors. These activities have carried over into the general work atmosphere, making DOI a great place to work!

Shauna Groenewold: An original Wellness Champion from program inception, Shauna continues to lead by example for all those around her. You can often find her in a yoga “tree pose” while working at her standing desk! Always looking for creative ways to be active, she is passionate about encouraging others, inviting anyone to join her in a 5K fun run/walk or yoga class. Your pace or hers, forward is a pace!

Stephanie Kessler: In true “Little Steps to Big Changes” fashion, Stephanie has done an excellent job of introducing little steps towards wellness that are really catching fire in her work area with the Department of Roads. She has initiated a healthy snack area for her fellow employees, has hosted healthy potluck lunches and infused water tastings, and collected several delicious recipes for inclusion in the wellNEssoptions Healthy Cookbook currently being compiled. Her passion for health and wellness is contagious!

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