



WORKSITE WELLNESS CONFERENCE

FRIDAY, SEPTEMBER 27th , 2019

SPEAKERS



HEALTHY ARIZONA WORKSITES PROGRAM

Sherry Haskins , the Maricopa Department of Public Health Worksites Initiatives manager and also leads the Smoke Free AZ regulatory team. Sherry has been a business owner and currently oversees the science-based public health project, Healthy Arizona Worksites Program (HAWP), aimed at improving the well-being of the Arizona workforce. In her role with the HAWP project, Sherry actively builds community-based partnerships and coalitions focused on improving population health outcomes. Sherry has presented at state, national and international conferences on a variety of public health topics.

Sherry Haskins, MPA

Maricopa Department of Public Health Worksites Initiatives Manager



SMOKE FREE POLICY

Chiricahua Community Health Centers, Inc has been a healthy worksite for many years; achieving the Platinum Level recognition at the Healthy Arizona Worksites Program Award, on 2018 and 2019. On 2018, Chiricahua implemented a smoke free policy that has been in place at all their locations throughout the County; taking action and motivating not only their patients but all their employees, to make healthier decisions with an environment that supports it.



POSITIVE PULSE

South Eastern Arizona Behavioral Health Services, SEABHS, has been providing services to the community for more than 40 years; and for some of those years, they also have been offering programs to their employees to improve their wellness and health. SEABHS incorporated fun challenges and friendly competitions throughout the year for all their employees; which is coordinated by their wellness team, Positive Pulse.

Moving the wheels towards a healthy workplace

2019



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SCHOOL HEALTH

For many years, the Sierra Vista Unified School District has been working collaboratively to make their schools healthier. A representative of each school, an HR representative and community partners join the School Health Advisory Council (SHAC) meetings; where they discussed the implementation of action goals that will impact the health of their students, schools and staff members. SVUSD #68 is the first school district in Cochise County to obtain the Healthy Arizona Worksites Program Award.

VOLUNTEER COCHISE

On the fall of 2018 Cochise County implemented a program called Volunteer Cochise. The objective of this program has been to motivate, and support volunteerism among County employees. Since the program open, it has been registered 350+ of volunteer hours. Due to this efforts, Cochise County was recognized with the Platinum HAWP Awards.



BRAIN HEALTH IN THE WORKPLACE—4 PILLARS OF PREVENTION



As an NP, Melinda's work included rehabilitation, homecare, and private practice, and all with one thing in common: a wonderful geriatric population. During this time she also realized to achieve healthier outcomes for older populations you must find ways to effectively promote prevention at every age. Melinda's search found that the Alzheimer's Research & Prevention Foundation's Brain Longevity Therapy Training focused on important lifestyle practices scientifically shown to be effective in delaying or even preventing the onset of dementia and AD. She received the Brain Longevity Specialist Certification in 2018 and is excited to share this important, empowering information with you.

Melinda Zeimantz, RN, GNP, FNP, DNP
Alzheimer's Research and Prevention Foundation

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