

Date: March 7, 2019
To: JLMBC
From: Staff
Subject: **LIVEwell Program Update**

JLMBC MEMBERS:

Employee Organizations

David Sanders, Chairperson
Paul Bechely
Chris Hannan
Steve Koffroth
William Violante

Management

Wendy G. Macy, Vice-Chairperson
Neil Guglielmo
Rich Llewellyn
Tony Royster
Matthew Rudnick

RECOMMENDATION

That the JLMBC receive and file staff report regarding LIVEwell Program developments, updates, and activities.

DISCUSSION

A. Engagement Plan & Events Update

(1) Communications

In order to consolidate email communications and more effectively communicate wellness information and events, staff launched a new “What’s Happening in Wellness” monthly email communication. The newsletter includes information on classes, webinars, clinics, practical wellness tips, and easy-to-prepare recipes. Staff issued the first monthly communication early February (**Attachment A**).

(2) Regular Events: Education Classes, Clinics, and Webinars

Education Classes

Staff coordinated an “Exercise with Resistance Bands” class in January at six locations. The purpose of the class was to demonstrate and teach employees quick and convenient strengthening exercises with the use of a resistance band that can be done anywhere and especially at work. Staff worked with Anthem to develop the presentation for that class as well as a Resistance Band Workout Chart that was distributed to participants. The classes were attended by **287** employees.

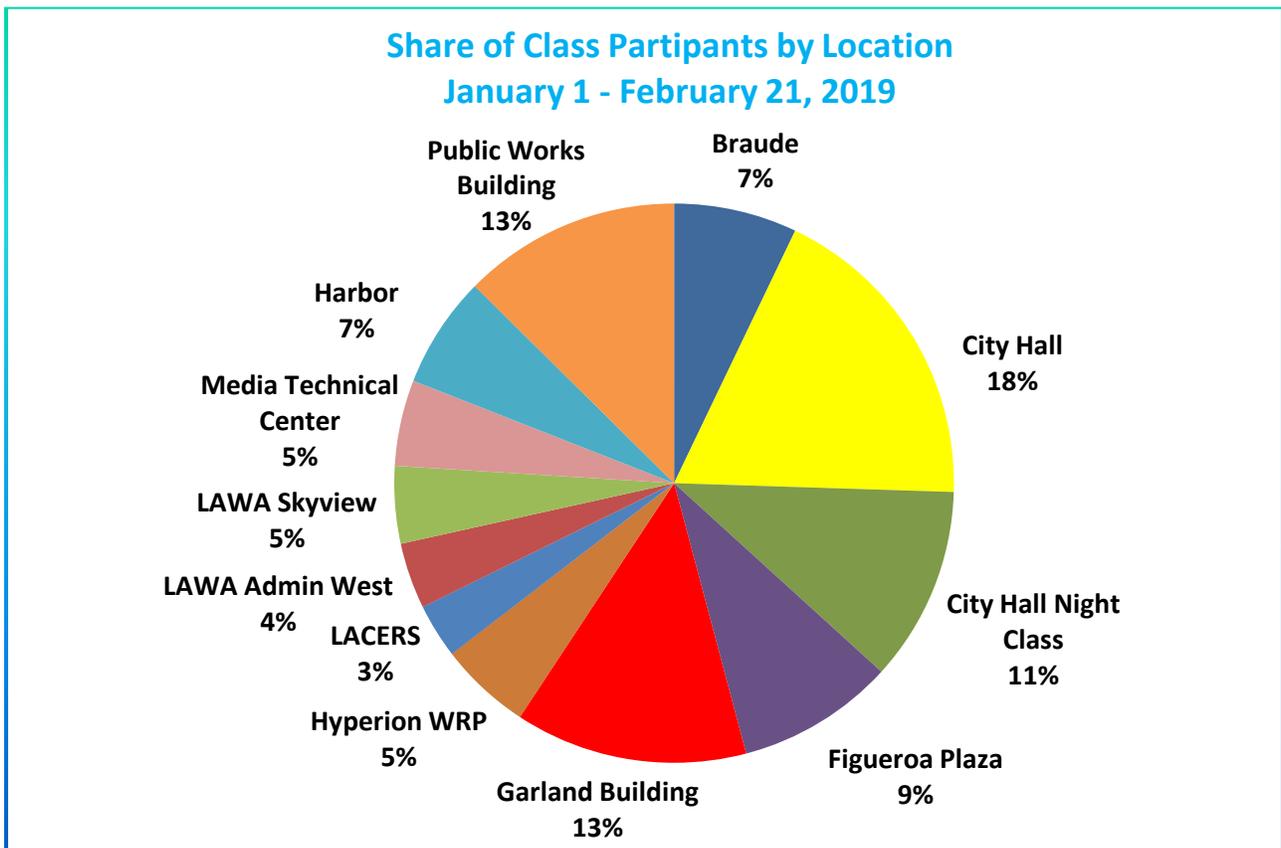
In January, staff coordinated the offering of “Resolve to Get & Stay Healthy” classes. The classes focused on what employees can do to create and achieve healthy goals. The classes were held at three City locations including the Bureau of Sanitation’s Media Center, Harbor Department, and City Hall East (including a late afternoon session created specifically for the City’s Custodial staff). The classes were attended by **79** employees.

In February, staff coordinated the offering of “Mindful Meditation” classes. The classes focused on paying purposeful attention to the present moment and how being mindful is a powerful way to manage stress, control anxiety, and promote emotional health. The “Mindful Meditation” classes were held at five different locations including Figueroa Plaza, the Garland Building, Harbor Department, the Public Works Building and City Hall East (two sessions). The classes were attended by **238** employees.

Finally, staff coordinated a Cooking Demonstration class to LACERS employees in February. It was the first time that a LIVEwell class was offered at this location. The chef’s menu of nutritious dishes included an asparagus, potato and herb soup, as well as healthy versions of macaroni and cheese and a mini strawberry cheesecake. (**Attachments B-D**)

Participation by Location

For the period January 1 – February 21, 2019, LIVEwell held **18** classes with **604** employees having attended those events. The following chart provides the distribution of class and clinic attendees by location:

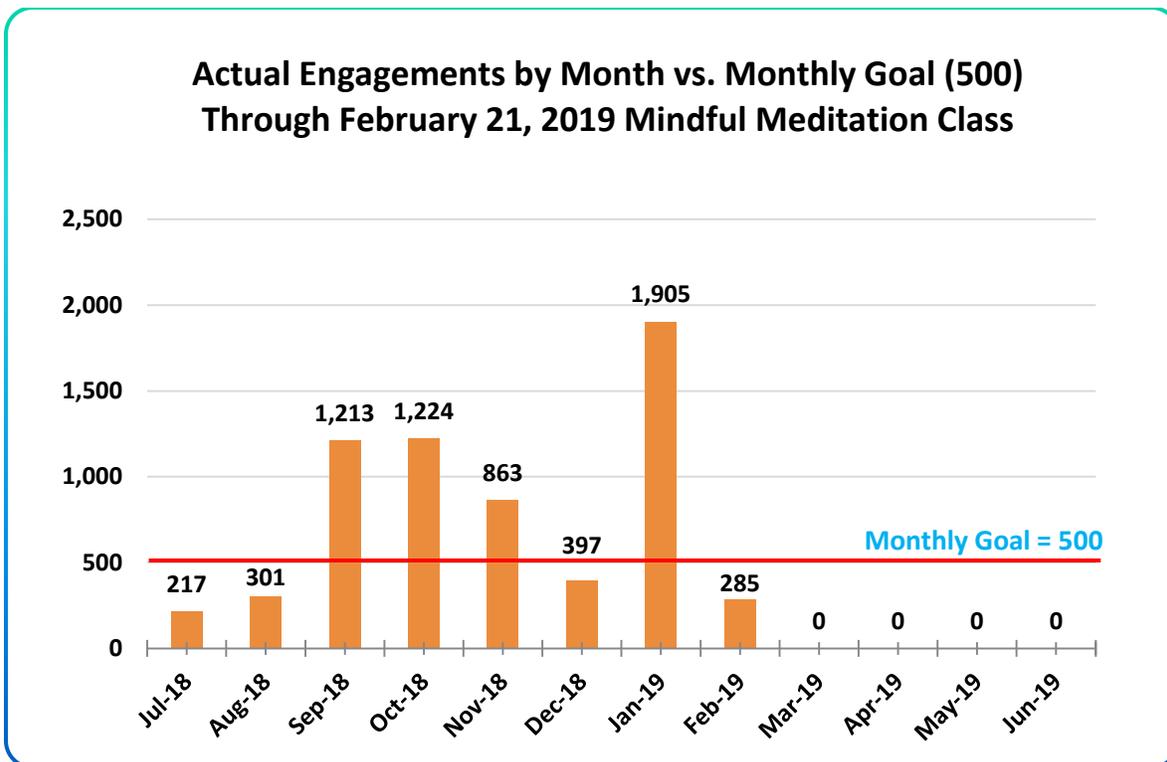
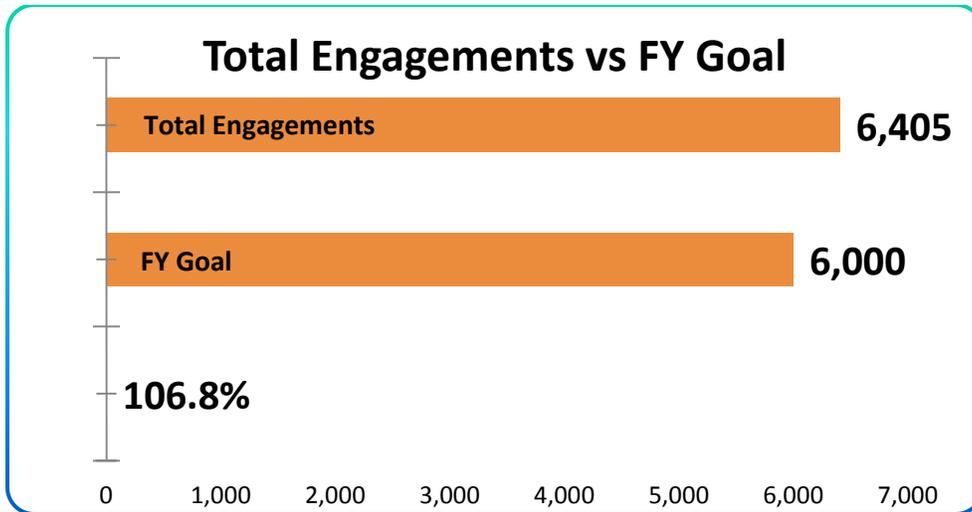


Webinars

Staff coordinated a February webinar on the topic of “Holistic Health.” The presentation focused on giving employees self-care tips for achieving and maintaining physical, emotional, mental, social, and spiritual health. The webinar was attended by **47** employees.

Engagement Results

For the period July 1 – February 21, 2019, total member engagements were **6,405**, exceeding staff’s full fiscal year goal of 6,000 total engagements. See below for year-to-date total engagements compared to the fiscal year goal and engagement results by month.



(3) Special Events

LIVEwell Local

Targeted building outreach continued to build stakeholder interest as well as employee participation. Having a presence at various City facilities allows staff to promote LIVEwell Program events, activities, and resources to encourage healthy behaviors. Staff also distributes wellness tools such as physical activity equipment.



In January, staff participated in the Port of Los Angeles Health Fair. The Port of Los Angeles Health Fair was created to improve employee health awareness in the workplace. The event included health screenings, workshops, and prizes. A total of **129** Harbor employees visited the LIVEwell booth where staff shared LIVEwell resources and how to access them, distributed promotional items, and promoted the February “Mindful Meditation” class. Staff also visited the Chesterfield Animal Shelter and provided similar resources and services. A total of **12** shelter employees visited the LIVEwell booth.

Feel Like A Million Team Challenge Event

The 2019 **Feel Like A Million** Team Challenge concluded on February 24, 2019. A total of **1,323** employees participated in the challenge. Participants had until Sunday, March 3, 2019, to complete inputting their activities. The LIVEwell team will compile usage data and user feedback and announce the winners once all the results for the challenge are compiled.

LIVEwell Wellness Festival

Building on the success of the 2018 LIVEwell Wellness Festival, the LIVEwell team is preparing for the 2nd Annual LIVEwell Wellness Festival scheduled for June 11, 2019. The event will include a multitude of City partners, stakeholders, and Employee Benefits Division participants addressing the four wellness building blocks (Prevention, Nutrition, Physical Fitness, and Stress Management). The event will be held at the City Hall South Plaza. Staff is preparing a plan and budget for the event and will present the full plan at the JLMBC’s April 4, 2019 meeting.

Submitted by: _____

Leo Reyes

Reviewed by: _____

Isaias Cantú

Approved by: _____

Steven Montagna

What's Happening in Wellness: February 2019

Discover new events, activities, tools, and expert tips to support your health and wellness!

Class: Mindful Meditation



There's a simple yet powerful way to manage stress, increase creativity and patience, and more. Come learn how to **meditate**.

Webinar: Holistic Health



These components are all connected and should be taken care of. Join the webinar **today** to learn tips for supporting your own holistic health.

Just 30 minutes each. Click here to see the schedules and to register.

RECIPE: WINTER CITRUS SALAD (MAKES 8 SERVINGS, 1 ¼ CUP EACH)

Ingredients

8 oranges, peeled and sectioned
 4 Ruby Red grapefruits peeled and sectioned
 6 kiwis, peeled and sliced
 1 ¼ cups pomegranate arils seeds
 2 tbsp honey
 2 tsp white balsamic vinegar



Directions

1. Combine arugula oranges, grapefruits, kiwi, pomegranate arils seeds, in a large bowl or on a platter. Toss gently.
2. Drizzle with honey and vinegar. Toss.
3. Cover and chill one hour.
4. Toss before serving.

Six Ways to Keep Up Your Wellness



Make Your Coffee or Tea Healthier - Try skim or almond milk and cinnamon for sweetness without the sugar.



Stash Extra Gym Clothes in Your Desk or Car - Don't let a forgotten gym bag get in the way of your workout.



Have a Protein-Packed Lunch or Snack - Try a tuna, chicken, or salmon pouch with vegetables or lettuce. They're flavored so you don't need salad dressing. Or, eat it straight from the pouch!



Walk as Much as You Can - Try a walking meeting, run an errand on foot, or take the stairs instead of the elevator.



Carry a Reusable Water Bottle - so you can hydrate all day.



Keep Hunger Away - have healthy snacks like nuts, dried fruit, protein bars, or cut veggies with you to avoid hunger.

@ For more wellness information, visit <http://per.lacity.org/bens/livewell.html>

✉ livewell@lacity.org

LIVEwell

Asparagus, Potato, and Herb Soup

Ingredients

- 2 ½ lbs asparagus, trimmed
- 3 tablespoons olive oil
- 3 cloves garlic peeled
- 1 onion diced
- 2 ribs of celery diced
- 1 bulb fennel diced
- 6 medium Yukon Gold potatoes peeled and rough chopped
- 6 cups vegetable stock
- 1 cup white wine
- 8 fresh basil leaves, chopped
- 6 sprigs fresh dill, chopped
- ¼ cup chopped fresh tarragon leaves
- 1 tablespoon dry mustard
- Sea Salt and freshly ground black pepper to taste



Directions

1. Cut off the asparagus tips and set aside. Optional: to cut the asparagus fibrous threads that can make soup stringy, use a food processor fitted with the slicer blade and cut the asparagus stems into small slices.
2. Heat the olive oil over medium high heat. Add garlic, onion, celery, and fennel. Sauté for 10 minutes.
3. Add the sliced asparagus and potatoes. Sauté for an additional 3 minutes.
4. Add the stock and wine. Bring to a boil.
5. Reduce to medium heat. Simmer until potatoes are soft and tender, 30 to 35 minutes.
6. Remove from the heat. Add the basil, dill, tarragon, mustard, salt, and pepper. Puree the soup in the pot using a hand blender or work in batches in a blender until smooth.
7. (Optional) For an elegant touch, bring a small pot of water to boil, add the reserved asparagus tips and cook for 2 minutes. Drain and use the tips to garnish the soup.

Makes 8 to 10 servings

Butternut Squash Mac 'n Cheese

Ingredients

- 1 cup roasted butternut squash (or 1 cup of canned butternut squash or pumpkin)
- 1 tablespoon butter (vegan is an option)
- $\frac{3}{4}$ cup unsweetened and unflavored almond milk
- 1 tablespoon of flour
- $\frac{1}{4}$ cup nutritional yeast, or more to taste
- 2 teaspoons Dijon mustard
- $\frac{3}{4}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon onion powder
- 1 tablespoon fresh lemon juice, or more to taste
- $\frac{1}{2}$ to $\frac{3}{4}$ teaspoon fine sea salt, to taste
- Freshly ground black pepper, to taste
- 2 to 3 teaspoons chickpea miso (or other light miso), to taste
- 8 ounces macaroni, mini shell, or rotini pasta



Directions

1. Preheat the oven to 425°F. Line a large baking sheet with parchment paper.
2. Cut the squash in half lengthwise. Lightly spray or brush the oil onto the orange flesh of each squash half. Garnish with salt and pepper.
3. Place the halves cut-side down on the baking sheet. Roast for about 35 to 50 minutes, uncovered, until a fork or knife easily slides through the squash. The skin will be lightly browned and the squash may be brown in some spots (which only adds to the flavor).
4. Cook the pasta according to the package directions. Drain.
5. Into a blender, add the cheese sauce ingredients (butter, milk, flour, nutritional yeast, mustard, garlic and onion powder, lemon juice, salt, pepper, and miso) along with the 1 lightly packed cup of the roasted squash (simply spoon it out of the skin and measure). Blend on high until smooth.
6. Add the cooked and drained pasta back into the pot and stir in the cheese sauce. Chop the leftover squash into small cubes, scoop the cubes out of the skin, and add them into the pot (along with any other mix-ins you like). Heat over medium and stir until thickened. Add more salt and pepper to taste (and more lemon juice if you want a bit more brightness).

Makes 4 servings

Mini Strawberry Cheesecakes

Ingredients

Crust:

- 1 cup packed pitted dates
- 1 cup raw walnuts

Filling:

- 1 cup raw cashews, soaked for 4 to 6 hours, then drained
- $\frac{3}{4}$ cup coconut milk, well shaken
- $\frac{1}{4}$ cup coconut oil, melted
- $\frac{1}{4}$ cup fresh squeezed lemon juice; plus 1 tbsp lemon zest
- $\frac{1}{3}$ to $\frac{1}{2}$ maple syrup (depending on preferred sweetness)
- 1 pint strawberries



Directions

Crust:

1. Add dates to food processor. Blend until small bits remain and it begins to form into a ball. Remove and set aside.
2. Add nuts to food processor and blend until it becomes meal. Add blended dates and blend until a loose dough form. (Should be sticky)

Filling:

1. Combine soaked raw cashews, coconut milk, coconut oil, lemon juice, lemon zest, and maple syrup in blender. Blend until smooth.
2. Wash and chop strawberries. Mix in juice from half of a lemon.
3. Place 1 teaspoon of the date and walnut mixture into each cup.
4. Pour filling into muffin tins and tap on counter to release air bubbles. Top with chopped strawberries and loosely cover.
5. Freeze for 2 to 4 hours or until firm. For servicing, remove from the freezer to thaw for 10-15 minutes and top with additional strawberries.

The cheesecakes will keep freezer (covered) for up to 2 weeks, though best when fresh.
Makes 12 servings