



Newsletter

December 2023

City Updates



City Employees on the job during APEC!

This past November, over 20,000 leaders and visitors worldwide traveled to San Francisco for the 2023 Asian Pacific Economic Conference (APEC). City employees leaped into action to support San Francisco's most significant international event in decades.

San Francisco was shining on the world's stage thanks to the work of City employees. The 21 APEC member economies are home to 3 billion people – nearly 40 percent of the world's population – and represent almost half of global trade and more than 60 percent of the world's GDP. It was a historic moment for San Francisco to host this year's APEC Conference.



ApprenticeshipSF Graduation

The City recently participated in the 14th annual apprenticeship luncheon recognizing graduating, incoming, and current apprentices. [ApprenticeshipSF](#) is a strategic partnership among industry, labor, education, and government, with the goal to

support workers obtain advanced skillsets through on-the-job training that can lead to a job with the City.

The luncheon also highlighted efforts of the Joint Apprenticeship Committee Agreement (JAC), the first ever citywide apprenticeship agreement between the City and the Laborers Union. This

Increased SFDCP Savings Opportunities in 2024



The maximum annual limit for contributions to the San Francisco Deferred Compensation Plan (SFDCP) have increased for 2024.

To update your contributions, log into your [SFDCP account](#) and go to Contributions & Savings > Manage Contributions.

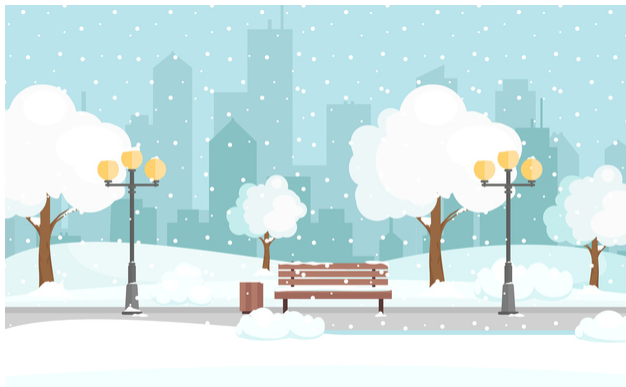
Plan Contribution Limit Year	2024	2023
If you're under age 50	\$23,000	\$22,500
If you're age 50 and older in 2024 (includes catch-up contribution amount of \$7,500*)	\$30,500	\$30,000
Special 457(b) Catch-up*	\$46,000	\$45,000

*Certain conditions apply. Please refer to the [2024 Contribution Limits](#) for more information.

SFDCP is here to help!

Now is a great time to think about how much you will need to retire and how the SFDCP can help with your plan.

Visit [sfdc.org](#) for more information or [schedule a meeting](#) with the local SFDCP Counselor for your department.



Managing the Holiday Blues

For many, the Holiday Season is a cheerful time of togetherness shared with our loved ones. However, for many individuals, this may not be the case — instead the Holiday Season inspires feelings of loneliness or sadness from missing a departed loved one.

Having some mild holiday depression is common, and the symptoms may be mild and not obvious, showing up as fatigue, sleep disturbance, and general feelings of anxiety.

Some tips for navigating this time of year include:

- Let others know if you feel down or sad. They may respond with empathy, and simply sharing your feelings can release some of the burden of loneliness.
- Stay active and get outdoors. Exercise is known to reduce depression, and being outdoors reduces isolation and loneliness.

- Consider volunteering. Not only does it positively contribute to society, but it can give you meaning, add social connectedness, and reduce isolation.

Additionally, here are some resources available to city employees:

- Seek help and resources as appropriate from the [Employee Assistance Program \(EAP\)](#) and your health benefits.
- If you have Kaiser Permanente, then you can download the Calm app to access its library of guided meditations, breathwork, and stretching exercises. To receive this care, follow [these instructions](#).
- If you have Blue Shield of California, you can access [Wellvolution](#) which offers the largest curated collection of scientifically-backed apps (such as Head Space) and programs designed to help you with your emotional health and stress management.

Skystar Ferris Wheel Opens at Fisherman's Wharf!



The City's beloved Ferris Wheel, formerly located in Golden Gate Park, has found a new home at the iconic Fisherman's Wharf, close to the famed Bistro Boudin and Pier 39 attractions. Those who take a spin on the

Ferris Wheel will be treated to awe-inspiring views of San Francisco and the Bay, featuring landmarks such as Alcatraz Island and the Golden Gate Bridge.

"The Ferris Wheel's move to Fisherman's Wharf couldn't have come at a better time," said Mayor London Breed. "As it moves from one iconic location to another, the Wheel has now become an important part of San Francisco's history and I'm thrilled to see it continue its run in this vibrant and lively neighborhood, creating more experiences for our tourists and residents to enjoy."

The Wheel will operate at its new location for six months under a special event permit from the Port of San Francisco. Operating hours are **10am to 10pm, seven days a week**.

Employee Resources

A Better You, Everyday!

Mark your calendar to join personal development and well-being activities! Check out the below highlights for the month of December:

Personal Development:

- [Healthy Holiday Food Demo](#)
December 13, 12:00 pm to 1:00 pm
- [Healthy Habits for Life](#)
December 13, 12:00 pm to 12:45 pm

- [Health Screening](#)
December 13, 7:30 am to 12:30 pm
- [Mindfulness Meditation](#)
December 14, 12:00 pm to 12:45 pm

Well-Being Activities:

- [SF Main Library: Meditation](#)
Wednesdays, 12:00 pm to 12:30 pm
- [Midafternoon Meditation \(Zoom\)](#)
Weekly on Tuesdays, 2:00 pm to 2:20 pm
- [Working While Black Healing Circle](#)
December 12, 12:00 pm to 1:00 pm

Visit the [SFHSS Events Calendar](#) to stay up to date on new offerings. Questions? Contact Well-Being at well-being@sfgov.org.

Additional Training Opportunities



Professional Development Opportunities!

Mark your calendar and register for various optional professional development and skill building workshops throughout the year offered by DHR's Learning & Organizational Development team!

- [Managing Implicit Bias \(Local 21 Members ONLY\)](#) - January 10: One half-day, virtual session, 8:00 am- 12:30 pm
Increase your awareness of how implicit bias can unconsciously impact your thoughts, attitudes, language, and behavior. Learn strategies to foster a more equitable, inclusive workplace for all employees.
- [Project Management Essentials for the Unofficial Project Manager](#) - January 25: One full-day, in-person, 8:30 am- 4:30 pm

Learn how to initiate, plan, execute, monitor, and complete a project successfully.

- [Practice Makes Perfect: Effective Presentation Skills](#) - January 30 & February 1: Two half-day, in-person sessions, 8:30 am- 12:30 pm
Practice simple yet effective techniques for improving your next presentation to any audience.
- [Customer-Focused Communication in the Public Sector](#) - February 7: One half-day, in-person session, 8:30 am- 12:30 pm
Provide excellent customer service and prevent frustration by improving your communication and active listening skills.
- [Managing Implicit Bias](#) - February 9, One half-day, virtual session, 8:00 am- 12:30 pm
Increase your awareness of how implicit bias can unconsciously impact your thoughts, attitudes, language, and behavior. Learn strategies to foster a more equitable, inclusive workplace for all employees.

Technical Training Courses Available Through Learnit

Looking for hands-on, instructor-led technical courses on **Word, Excel, PowerPoint, Adobe, SQL**, etc.? Check out City University affiliate, [Learnit](#). Learnit provides hands-on, instructor-led computer training in San Francisco. Learnit can also arrange private training courses for your department or set up your team with year-round unlimited access to their live courses with a [Team Pass](#). Learnit offers [discounted rates for CCSF employees](#) and is an approved City vendor.

City Events



Holiday Events: Tree Lighting & Craft Fairs

The [Annual Civic Center Plaza Tree Lighting Event](#) returns **Wednesday, December 6, 4 to 7 pm!** The night's lineup includes performances from The Tap Dancing Christmas Trees, The Topman All Stars, magician Josh Farenbaugh, singer Doris Bumpus, and appearances by Christmas VIPs and the man-of-the-hour: Santa! Festive bites will be available for purchase, along with a full bar offering seasonal favorites. The event begins promptly at 4pm, with the **lighting of Civic Center's 50-foot noble fir by Mayor London Breed at 5:30pm.**

Additionally, **Recreation and Parks Department** has many events for the Holiday Season to bring fun for the whole family!

Tree Lighting/Light Display Events:

- **December 6, [Civic Center Tree Lighting](#) from 4 to 7 pm**
- **December 7, [Golden Gate Park Annual Tree Lighting](#) at McLaren Lodge and debut night for [Entwined: Elder Mother Light Exhibit](#) at Peacock Meadow. Event goes from 4 to 8 pm**
- **December 15, [Boeddeker Park Tree Lighting](#) at 5 pm**
- **December 15, [SF Marina Small Craft Harbor Holiday Event](#) and lighted boat parade along the Bay from 4 to 8 pm**

Craft Fairs:

- **December 2, [Randall Museum Winter Crafts Day](#), 10 am to 2 pm**
- **December 10, [Sharon Art Studio Winter Sale at SF County Fair Building](#), 11 am to 4 pm**
- **December 10, [Harvey Milk Center for the Arts Holiday Crafts Fair](#), 11 am to 4 pm**

Ice Skating Rink in Union Square is Open!

From **November 1 to January 15**, skate through the holidays at the [Safeway Holiday Ice Rink in Union Square](#)! Daily ice skating for all ages and special events are scheduled throughout the holiday season! General admission is \$20, and children 8 and under are \$15, including skate rental. Purchase tickets in advance and online. We'll see you on the ice!

Thrive City Winter Wonderland: Hanukkah Celebration

Celebrate the Festival of Lights with us on **Thursday, December 7th from 4 to 7 pm**, at [Thrive City's Winter Wonderland Hanukkah Celebration](#)! Join us for a memorable evening as we light the menorah to mark the beginning of this holiday followed by festive entertainment, delectable culinary treats, and exciting themed arts & crafts. RSVP while supplies last.

Union Square Winter Walk

Come experience the post-pandemic return of [Winter Walk](#)! A Union Square holiday tradition is back by popular demand! From **Friday, December 15th to Sunday, December 24th**, there will be two pedestrian-only blocks of fun on Stockton Street from Post to O'Farrell. Featuring an array of food trucks, bar gardens, entertainment, family-friendly activities, and holiday cheer. This event is free to the public. Event hours will be **12 to 7 pm from Monday to Wednesday, and 10am to 9pm from Thursday to Sunday**.

Thrive City Winter Wonderland: Kwanzaa & Noon Year's Eve

Celebrate the culture of Kwanzaa and ring in 2024 at our [Winter Wonderland Kwanzaa and Noon Year's Eve celebration](#)! On **Saturday, December 31st, from 9:30 am to 12:30 pm**, put on your dancing shoes and enjoy Afrobeats & More for Kids ft. Soji Sai Afrobeat from The Rock and Roll Playhouse. Enjoy cultural performances, a countdown drop at 11:59 a.m., arts & craft stations, treats, and more. RSVP while supplies last.

New Year's Eve: Fireworks at the Embarcadero

The [fireworks](#) will be set up and down the Embarcadero. The fireworks barges are out in the bay, so most spots along the Embarcadero will offer a decent view. The best spots are south of the Ferry Building along the Embarcadero between Mission and Folsom Street. The fireworks **start at midnight**.

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