



Newsletter

August 2024

City Updates



Open Enrollment begins September 30th

If you are not already enrolled, the SF Health Service System (SFHSS) Open Enrollment Period is your opportunity to get enrolled in CCSF's high quality employee health care system. **The Open Enrollment period for 2024 is between September 30th and October 25th.**

Don't fret: outside of the Open Enrollment period, CCSF employees can also alter their healthcare plan whenever a [qualifying life event](#) occurs.

Learn more: Your 2024 CCSF Employee Health Benefits Guide can be found [here](#). Additional information is available on the [SFHSS website](#).

Staying Safe: Wildfire Safety

Utilize the guidance and resources below to keep yourself safe from fires and minimize exposure to poor air quality.

Emergency Alerts and Preparation

AlertSF is San Francisco's emergency text message system. AlertSF will send alerts and instructions following a natural disaster; weather emergency; major police, fire, or health emergency; or significant transportation disruptions to mobile subscribers. To sign up for AlertSF, text your zip code to 888-777 or visit alertsf.org

SF72.org is San Francisco's hub for emergency preparedness. At [the SF72.org website](http://theSF72.org/website), you'll find information about what to do in an emergency, simple steps to get connected, and useful guides to help you get prepared.

Within SF: Air Quality

Wildfire smoke is unhealthy to breathe and can be especially dangerous for children, the elderly, pregnant women, and people with heart or respiratory conditions. These sensitive groups are advised to limit outdoor activities, especially when the Air Quality Index (AQI) reaches levels considered 'Unhealthy for Sensitive Groups' (an AQI of 100 or greater).

Even healthy people may experience symptoms in smoky conditions or after exposure. Pets also can be affected by unhealthy air and should be brought indoors. To learn about more tips from the Association of Bay Area Health Officers to help protect you before, during, and after an air quality emergency, please visit [SF72's air quality hazard website](#).

Outside of SF: Fire Safety

Peak fire season in Northern California usually begins in late June and runs through late October. Prepare yourself and your family by following these steps:

1. Get ready: Being ready for wildfire starts with maintaining an adequate defensible space and by hardening your home by using fire resistant building materials.
2. Get set: Create a plan with your family to evacuate your home should wildfire strike. Put together an emergency supply kit. Learn how to talk with young children about fire safety.
3. Be ready to go: Give your household the best chance of surviving a wildfire by being ready to go and evacuating early and knowing what to do if you become trapped. For more fire safety tips, please visit <https://www.fire.ca.gov/prepare>

Employee Resources

A Better You Everyday!

Resources and Opportunities available to City Employees

Every month, the SF Health Service System prepares resources for City employees to improve their mental health and well-being. Explore our employee resources below:

Online Resources

Health & Wellness (Articles & Podcasts)

[Why We Should Seek Beauty In the Everyday Life](#)

[Supporting Mental Health In Leadership](#)

[How Exploring New Places Can Make You Feel Happier](#)

Working While Black Healing Circle

Tuesdays, 8/27 - 10/29: 12 to 1pm

[NEW LINK: Join the meeting](#)

[Click here for more details](#)

Webinars and Workshops:

Well-Being Activities (Virtual & In-person):

[SF Bodhi Meditation Center Sessions](#) — Mondays to Sundays from 9:05 to 10pm

[SF Main Library: Meditation](#) — Wednesdays from 12 to 12:30pm

[Yoga at City Hall](#) — Wednesdays from 12:10 to 12:55pm

[Yoga on Zoom](#) — Tuesdays from 5:30 to 6:15pm

[Pilates on Zoom](#) — Thursdays from 12:15 to 1pm

[Mindfulness & Meditation](#) — Tuesdays & Thursdays from 3 to 3:20pm

[Midafternoon Meditation](#) — Wednesdays from 2 to 2:20pm

Personal Development (Webinars)

[Connecting with Confidence: A Workshop on Social Anxiety and Mental Health](#) - August 15

[Addressing Social Anxiety & Building Connection](#) - August 15

[KP Health Talk: Adverse Childhood Experiences \(ACEs\)](#) - August 22

[Giving Effective Feedback in Personal or Work Situations](#) - August 22

[Rise and Shine: Sleep Health](#) - August 22

[The Emotionally Healthy Teen: Dealing With Issues of Substance Abuse, Depression, Suicide and Eating Disorders](#) - August 26

[Kids and Meals: It Doesn't Have to Be a Battleground](#) - August 27

[Healthy School Lunches Food Demo](#) - August 29

[Prevent Diabetes with Simple Lifestyle Changes](#) - August 8

[Prevent Diabetes with Simple Lifestyle Changes](#) - August 22

Reduce stress and use your mental & emotional well-being benefits.

Find ways to relax, sleep better, and reduce anxiety by downloading FREE mental and emotional apps such as Calm, Headspace Care, and MyStrength. [Visit your health plan to learn more.](#)

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

Professional Development



Build Your Skills

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!

AUGUST:

[Managing Implicit Bias](#) — August 9: One half day, virtual session, 8am to 12:30pm

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.

[Emotional Intelligence](#) — August 15: Two half days, in-person session, 8:30am to 12:30pm

Develop your emotional intelligence skills for success at work and in life.

SEPTEMBER:

[Managing Implicit Bias \(Local 21 Only\)](#) — September 17: One half day, virtual session, 8am to 12:30pm

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.

[The 5 Choices to Extraordinary Productivity](#) — September 19: Two half days, virtual session, 8am to 12:30pm

Anyone interested in time management, priority decision making and increasing your focus on what's important.

[Successful Conflict Conversations; Conflict Management Workshop](#) — September 24:

One half day, in-person session, 8:30am to 12:30pm

Empowered with this technique, you will be able to take effective action to resolve most conflicts between yourself and others.

[Practice Makes Perfect: Effective Presentation Skills](#) — September 25: **Two half days, in-person session, 8:30am to 12:30pm**

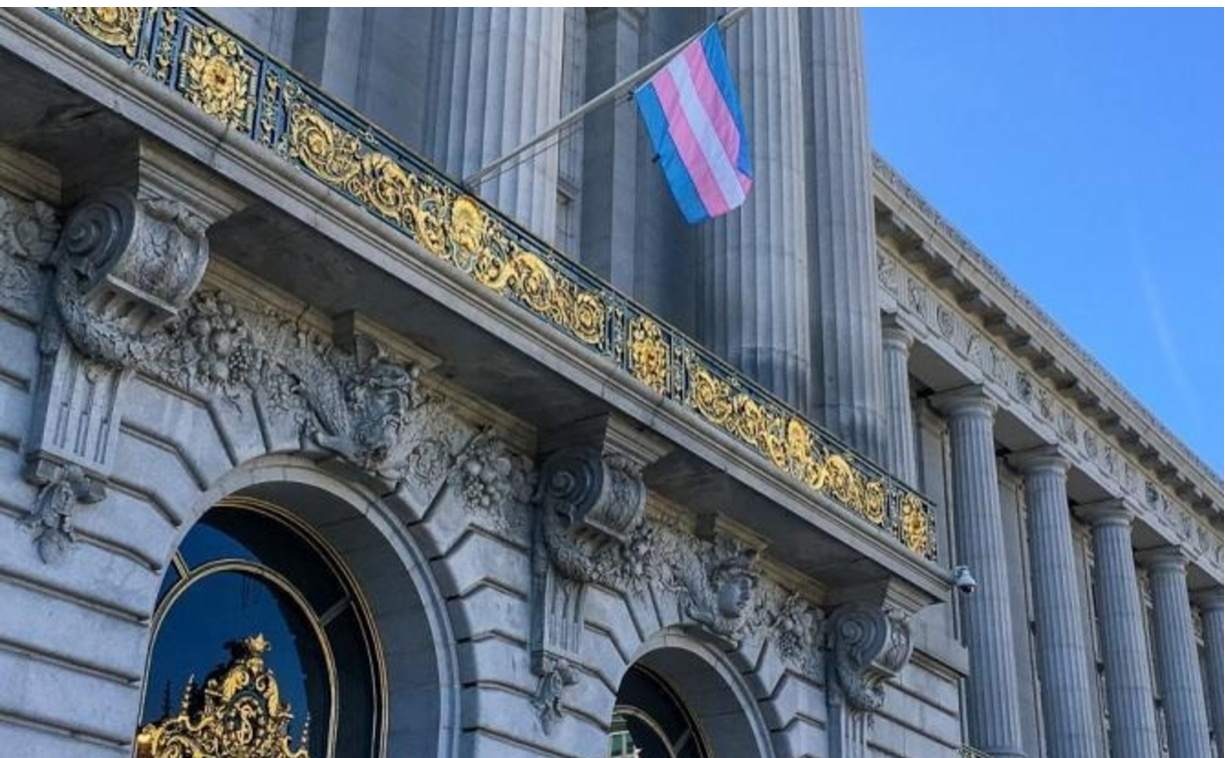
Practice simple yet effective techniques for improving your next presentation to any audience.

OCTOBER:

[Managing Implicit Bias](#) — October 16: **One half day, virtual session, 8am to 12:30pm**

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.

City Events



Transgender History Month Events

In 2021, San Francisco became the first City in the country to recognize Transgender History Month in August to commemorate the 1966 Compton's Cafeteria Riots in San Francisco's Tenderloin district, where Black and Brown transgender women and drag queens resisted police harassment. This riot, predating the Stonewall Riots by three years, is recognized as the first large-scale act of resistance against discrimination by transgender and queer individuals in the U.S.

Some events around the City include:

1. [Showcase of Trans and Nonbinary Classical Artists](#) — Thursday, August 8 at 7:30pm; and Friday, August 9 at 11pm at the A.C.T. Strand Theater
 2. [Sounds of the Tenderloin](#) — Thursday, August 15, 2024 from 6 to 8pm at The Tenderloin Museum
 3. [The Riot Party](#) — Saturday, August 24, 2024 from 12 to 5pm at the Kapwa Gardens.
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Pistahan Festival and Parade

The 31th annual Pistahan is the region's premiere showcase of Filipino and Filipino-American arts and culture, with pavilions and stages presenting both traditional and contemporary music, dance, art, crafts, cuisine and artifacts. The two-day event kicks off **Saturday, August 10th from 11am to 5pm in Yerba Buena Gardens** with the annual Pistahan Parade, the largest Filipino parade on the West Coast. Entertainment includes dance, hip-hop, jazz and martial artists and so much more.

Learn more about the Pistahan Festival [here](#).

Neighborhood Fun: Night Markets and Summer Streets

Night Markets: Come enjoy San Francisco's finest AAPI culinary dishes, vendors, makers, and community fun in both Chinatown and the Outer Sunset!

1. [Chinatown Night Market](#) on Friday, August 9th from 5:30 to 9pm along Grant Ave from Sacramento to Jackson St.
2. [Sunset Night Market](#) on Friday, August 30th from 5 to 10pm along Irving St between 19th and 26th Ave.

Summer Streets: Spend the summer reclaiming space from automobiles by spending time along closed streets!

1. [Salsa in the Streets](#) on Saturday, August 24th from 5 to 8pm in the Mission at Valencia and 18th St.
 2. [Sunday Streets: Mission](#) on Sunday, August 25th from 11am to 4pm along Valencia between Duboce Ave. and 26th St.
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Stern Grove Festival

Stern Grove Festival is an annual San Francisco summer tradition spanning 87 years and counting. This free concert series is presented by Stern Grove Festival Association. All shows take place at Sigmund Stern Grove, a beautiful outdoor amphitheater located at 19th Ave. and Sloat Blvd.

1. [Herbie Hancock with The SFJazz Collective](#) on Saturday, August 11th from 2 to 4:30pm
2. [Lucinda Williams with Jobi Riccio](#) on Sunday, August 18th from 2 to 4:30pm
3. [Sylvan Esso & Poolside](#) on Saturday, August 24th from 2 to 4:30pm

4. [Chaka Khan & Steel Pulse](#) on Sunday, August 25th from 2 to 4:30pm

For more information on getting to Stern Grove, and their policies visit www.sterngrove.org.



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