



Newsletter

September 2024

City Updates

Open Enrollment begins September 30



Don't Forget this Important Healthcare Deadline

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 begins September 30 and ends October 25.**

Outside of the Open Enrollment period, CCSF employees can also alter their healthcare plan whenever a [qualifying life event](#) occurs.

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

New Generative AI Policy



Using Generative AI as a City Employee

Generative AI tools, like ChatGPT and Copilot, can make completing routine and time-consuming tasks more efficient. But incorporating generative AI tools into your work responsibly and effectively requires understanding a few key things about the technology. Watch [this short video](#) to learn about using generative AI as a City employee!

Always follow these guidelines when using generative AI in your City work:

- **Review and fact-check AI-generated content before using it.** Generative AI tools rely on online sources to generate new text, image, video, or other content which appears polished, but may not be accurate. Thoroughly review and factcheck AI-generated content before use.
- **Don't enter sensitive information into public generative AI tools.** Information you enter into prompts can be viewed by the companies that make the tools. This information remains in the system and could get regurgitated to other users. When using public generative AI tools, never enter information that you would not disclose publicly.
- **No "deepfakes."** Never use generative AI to create fake photos or recordings of people that could be mistaken as real. Deepfakes can spread false information and erode public trust.

If you have questions, contact our IT team, or check out the [San Francisco Generative AI Guidelines](#).

Emergency Ride Home Reimbursement

SF EMERGENCY RIDE HOME



Commuters are Eligible for Taxi Reimbursement

If you walk, bike, ride transit, or carpool to work, and you experience a personal emergency during the workday, then you qualify for a free taxi ride home!

Eligible emergencies include: feeling sick, picking up a sick kid from school, home emergencies, bike, or carpool problems, and more. Your trip can even end outside of San Francisco! All you need to do is: **call an official taxi, and then submit your taxi receipt online within 30 days of your trip to get reimbursed up to \$150**, up to four times a year. Please note that rideshare services such as Uber, Lyft, and Waymo are not covered by this program.

This program is available to anyone who works in San Francisco, not just City employees, so make sure to share this benefit with your family and friends!

Learn more here: <http://freeridesf.org/>

City Events and Celebrations

Hispanic Heritage Month



Celebrate in the Mission and around the Bay Area

From September 15 to October 15, San Francisco comes alive with the vibrant colors, rhythms, and flavors of Hispanic Heritage Month. This is a time to honor the rich cultural traditions, contributions, and history of the Hispanic and Latiné communities that have shaped both our city and our nation.

Hispanic Heritage Month is timed to coincide with the independence days of several Latin American countries, including: Costa Rica (9/15), El Salvador (9/15), Guatemala (9/15), Honduras (9/15), Nicaragua (9/15), Mexico (9/16), and Chile (9/18). This period serves as a powerful reminder of the shared history and struggles for independence and freedom across the Americas.

We encourage everyone to join in the celebrations in the Bay Area. Some events include:

- [Pachanga! Street Fair](#) – **September 14** in Gellert Park, Daly City
- [Fiesta de las Americas Street Fair by Calle 24](#) – **September 21** along 24th Street in the Mission
- [Hispanic Heritage Panel with Iconic Civil Rights Activist Dolores Huerta](#) – **September 26** at the Glide Memorial Church
- [SFPL: Printmaking Workshop with Calixto Robles](#) – **October 3** at the Main Library
- [Tardeada Centroamericana](#) – **October 5** at the Mission Cultural Center for Latino Arts

Summer in the City

Enjoy the Bay Area's Warmest Month

Some of San Francisco's warmest weather is in September. Make the most of Summer in the City enjoying these outdoor events:

- [Downtown First Thursdays](#) — **September 5** along 2nd St between Market and Howard Join this free monthly street party with DJs, live music, and drag queens, hosted in Downtown San Francisco taking place on every first Thursday of the month from 5 to 10pm.
- [Opera in the Park](#) — **September 8** in Robin Williams Meadow.
Join this annual tradition in Golden Gate Park with Music Director Eun Sun Kim.
- [Flower Piano](#) — **September 13 to September 22** in the SF Botanical Garden
Inaugural opening night event on September 12, featuring Orquesta La Moderna Tradición bursting with their sweet yet powerful sound of the Afro-Cuban charanga orchestra.
- [43rd Annual Comedy Day Concert](#) — **September 13** in Robin Williams Meadow
Come watch 50 Comedians in 5 hours on one stage in Golden Gate Park
- [Bhangra & Beats Night Market](#) — **September 13** downtown at Battery and Clay St
Mixing South Asian Bhangra music and other popular Bay Area music genres, this night market transforms three City blocks into a vibrant marketplace for cuisines, cocktails, and shops from unique local artisans.
- [Autumn Moon Festival!](#) — **September 14 to Sept 15** in Chinatown along Grant St.
The festival is one of the most important events in Chinese culture and is held around the

autumn equinox to celebrate family and friends, bountiful harvest, and praying for prosperity.

- [Muni Heritage Weekend 2024](#): — September 14 to Sept 15 at the SF Railway Museum
Learn about the history of our municipal transit system while riding legacy trains.

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](#)

Diabetes Prevention Program

The San Francisco Health Service System (SFHSS) and the SF YMCA have partnered to offer our members the Diabetes Prevention Program (DPP). This year-long program is based on Centers for Disease Control and Prevention (CDC) research and can help you make lifestyle changes to lose weight, improve overall health, and reduce your risk for type-2 diabetes. [Cohorts start in September!](#)

Webinars and Workshops:

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

- [Yoga Tuesdays](#) on weekdays - 5:30 to 6:15pm
- [Boot Camp](#) on Thursdays - 5:30 to 6:15pm
- [Mindfulness & Meditation](#) on Tues & Thurs - 3 to 3:20pm
- [Midafternoon Meditation](#) on Wednesdays - 2 to 2:20pm
- [SF Bodhi Meditation Center Energy Healing Sessions](#) everyday from 9:05 to 10pm
- [SF Main Library](#): Meditation on Wednesdays from noon to 12:30pm
- [Yoga at City Hall](#) on Wednesdays from 12:10 to 12:50pm
- [Caregivers Employee Resource Group](#) on Thursdays from 1:00 to 2:00pm

Personal Development (Webinars)

- [Talking About the Tough Subjects With Your Parent or Older Loved One](#) - September 5
- [Informed or Informed? Healthy Media Consumption and Social Media Usage](#) - September 10
- [Plant Based Eating](#) - September 11
- [Using Guided Imagery for Wellness and Stress Reduction](#) - September 12
- [Connecting Mind and Body for Healthy Living](#) - September 12
- [How to Deal With a Difficult Person](#) - September 17
- [Coping with Compassion Stress](#) - September 17
- [Understanding Burnout](#) - September 18
- [Overcoming Your Distorted Negative Thinking](#) - September 24
- [Relaxation “Micro-Moments” and Winding Down Techniques](#) - September 26
- [Kaiser Permanente Health Talks Navigating Illnesses: COVID, Flu and RSV](#) - September 26
- [Understanding Depression](#) - September 30

Working While Black Healing Circle

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

Click [here](#) for more details

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

National Suicide Prevention Month



Asking for Help is an Act of Bravery

National Suicide Prevention Month serves as a powerful reminder that just one conversation can save a life. Even simple interventions using the following methods can have large impacts.

- **RECOGNIZE** – Learn to recognize signs that someone may be thinking about suicide.
- **ASK** – If you think someone you know may be feeling suicidal, have the courage to ask, “Are you thinking about suicide?” or “Are you feeling suicidal?”
- **KNOW** – Learn about [available resources](#) so you can provide them to someone in need.
- **FOLLOW UP** – Be brave and follow up with the individual. A simple statement can show you continue to care: “I’m just checking in to see how you are doing!” or “I just want you to know I’m thinking about you and care about you.”

For more information and resources:

- Call or Text the Suicide and Crisis Lifeline at 988 or chat online at 988lifeline.org
- [Call SFHSS Employee Assistance Program](#) at (628) 652-4600
- [Learn more about your mental health benefits through your health plan](#)

Professional Development

Build Your Skills



Level up your Skill Set by Taking a DHR Workshop

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!

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](#) — 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.

[Presenting to Boards and Commissions](#) — October 30: One full day, in-person session, 8:30am to 4pm

Learn proven techniques to make formal presentations in public settings. Prepare yourself for hostile audiences and aggressive questions.

NOVEMBER:

[Managing Implicit Bias \(Local 21 Only\)](#) — November 7: 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.

[Successful Conflict Conversations](#) — November 12: 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.

[Emotional Intelligence](#) — November 20: Two half days, virtual session, 8:30am to 12:30pm

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

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