

Shannon Gray, *Community Health Coordinator*

Employee Health and Wellness

May 2021 Step Challenge:

I advertised a month long step challenge for all Lowell employees that would take place starting May 1st until May 31st. The challenge received a very positive response with 62 participants signing up. I announce weekly top steppers and the average daily steps – the average has been 16,000 daily steps for 2 weeks now. The top 3 steppers for the total month will be announced after May 31st and they will receive prizes including a standing desk adapter, a set of 3 weights (2lbs, 5lbs, and 8lbs) with stand, and an 11 piece resistance band set.

Trivia Challenge:

I has been working on putting together 3 separate Lowell history trivia challenges to follow the City of Lowell Employee Step Challenge. There will be 9 questions in each trivia challenge and 3 opportunities per challenge to get out into the community and send a photo of yourself at a trivia destination for bonus points. More details will come for this challenge as the launch nears closer.

Community Health Coordinator Updates

Sun Safety:

May is Skin Cancer Awareness Month. I was able to put together a Sun Safety flyer that was shared on the City of Lowell social media pages. I was also able to order 150 1 oz. Broad Spectrum SPF 30 Sunscreens with carabiner hooks attached. I am hoping to create outreach bags including 1 sunscreen bottle with hook, a copy of the sun safety flyer, and a UV color changing bracelet to distribute out into the community to raise awareness of best practices as the summer months approach and community members start spending more time outdoors.

Monthly Awareness Flyer:

I was able to release a Hepatitis Awareness flyer as the awareness theme for May. This flyer included information on what Hepatitis is and the different viral forms of this disease. The flyer also included symptoms of a hepatitis infection, and statistics on individuals in the USA currently living with hepatitis C and B – the two most common viral chronic forms. The flyer was shared with community partners who were encouraged to print or virtually share this resource with their populations.

Summer 2021 Intern:

I will be hiring a summer 2021 intern, Jack Collins. Jack has an amazing background to bring to the City of Lowell Health Department this summer before he starts his Master of Public Health degree in the fall. Jack will be interning 12 hours a week June 14th through July 30th. I have been working to put together a couple projects for Jack including researching what health and wellness subjects the City of Lowell employees are interested in and creating a program to expand the employee's knowledge on this subject. Jack will also have the opportunity to work on his interview and note taking skills while getting to know the different divisions found within the City of Lowell Health Department as he works on creating and launching a Get to Know Us Newsletter.