

SFMEA TIMES

A monthly newsletter brought to you by Municipal Executives Association

VOL. 1, ISSUE 1

Abridged - Members received the unabridged version

5.18.2022

HIGHLIGHTS



Mental Health Awareness Month



DHR Training Resources



SFMTA Wellness



SFERS Retirement Contribution Rates

May is National Mental Health Awareness Month



The City and County of San Francisco provides all MEA employees resources through the HSS website. Additional information about the HSS e-Newsletter and its link can also be found on the MEA website. HSS-May-2022-eNews.pdf (sfmea.com) .

Training Resources



Our members indicated they were interested in more leadership training resources. Here is an offering located on the City's website: [Classes and Training | Department of Human Resources \(sfdhr.org\)](http://Classes and Training | Department of Human Resources (sfdhr.org)).

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For the FY2022-23 Management Training Fund, be on the lookout for a July reminder to all members on the pre-approval process prior to attending training, conferences and/or purchasing of equipment necessary for your job.

SFMTA Wellness



Specifically, for SFMTA, they have a robust health, wellness and safety newsletter also available on the MEA website, that shares a plethora of information. Ranging from self-care, Employee Assistance programs, workplace safety, department initiatives focused on wellness to financial education, [May-2022-Employee-Wellness-Newsletter.pdf \(sfmea.com\)](http://May-2022-Employee-Wellness-Newsletter.pdf (sfmea.com))

The goal of our newsletter is to provide fast links, as we know leading teams for the City keeps you busy, but we also acknowledge the need for balance towards life in general.

SFERS Contribution Rates FY 21/22



The SFERS Retirement Board Approved a 21.35% employer contribution rate for Fiscal Year 2022-2023 for all SFERS Miscellaneous, Police and Fire plans, as well as the SFERS Sheriff and Miscellaneous Safety plans.

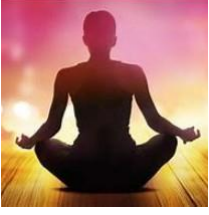
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MIND, BODY & SOUL



Meditation



Healthy Meals



Work/Life Choices



Potpourri

Meditation



No time to exercise or head to the gym? Have you tried meditation? Meditation increases calmness and physical relaxation, improving psychological balance, coping with illness, and enhancing overall health and well-being.

Healthy Meals



We've heard you, you need ways to focus on that 'work/life balance'. One way is to prioritize what is important to you, and realize there are tools and vehicles that you can utilize out of the UberEats/Door Dash/Grubhub world we have found ourselves in. Have you thought of meal prep? Or even getting groceries delivered to you? It saves, time and gas most of the time, unless you enjoy this ritual. Taking a stroll at the farmer's market on the weekend is also wellness focused as you get some steps in while purchasing fresh food and have a bigger selection of organic options sometimes.

Work Life Choices



Not only is movement and nutrition part of your overall health, it alleviates the stress to, "have someone else do it". This can be anything from cleaning the house, to gardening, to small projects you don't have the time or resources to fix or do yourself. Knowing when to let go and "let the experts take care of it" helps you to let go of the stress and anxiety you may.

Today we recognize "Leadership"

www.sfmea.com

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