

Spotlight:
Upcoming
Employee Lunch
and Learns!

September 21st - Nutrition
Topic: "12 Simple Changes
in 12 Weeks"

October 19th - De-
Stressing at Work: desk
yoga, staying active

November 16th - Stress
Hunger and Dehydration
Can Exacerbate
Adaptogens: Stress
Fighting Super Herbs

December 21st - Nutrition
Topic- "New Year, New
You" setting up your new
year's resolutions for
success!

**Employee Health and Wellness at
Lenape Valley Foundation**



Spearheaded by Lenape Valley Foundation's Human Resources Department, the Health and Wellness Initiative is a holistic, three-prong approach to health and wellness. Employees are provided with the education and tools to address their physical health, mental health and financial health.

Having a particularly stressful day? Why not sign up for a chair massage? Consider taking part in one of the wellness challenges that challenges our current status quo! How about a Lunch and Learn about desk yoga? This new initiative has something for everyone!

Trauma Informed Care includes programs that support staff health and wellness and the Health and Wellness Initiative is working hard to help staff maintain physical, mental and financial health. A big THANK YOU to the Human Resources Department for all their efforts to keep us healthy!

**Transgender/Gender Non-conforming Ad Hoc
Committee**

Trauma Informed Care emphasizes physical, psychological and emotional safety for all consumers and staff. In light of this, Lenape Valley Foundation's Executive Staff and the Trauma Informed Care Committee have approved the formation of a transgender/gender non-conforming ad hoc committee. This committee will be tasked with the creation of agency policy that details Lenape Valley Foundation's on-going commitment to respectful interactions with individuals that identify as transgender/ gender non-conforming. It also serves as an opportunity to provide guidance and education to staff regarding the issues and complexities of navigating the world as a transgender/ gender non-conforming individual. Staff members interested in participating on the committee are asked to contact their program director.