

Division of Geriatrics Employees Present: Wellness Video Series

2023-2024

Implementation Team:
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Overview

Eight enthusiastic faculty and staff from UCSF's Division of Geriatrics have come together to share their personal insights on each of the seven UCSF Pillars of Wellness. Through a short video series, they provided practical tips on how they prioritized this pillar in their daily lives, demonstrating both personal commitment and UCSF's support through their wellness journeys.

Data Snapshot

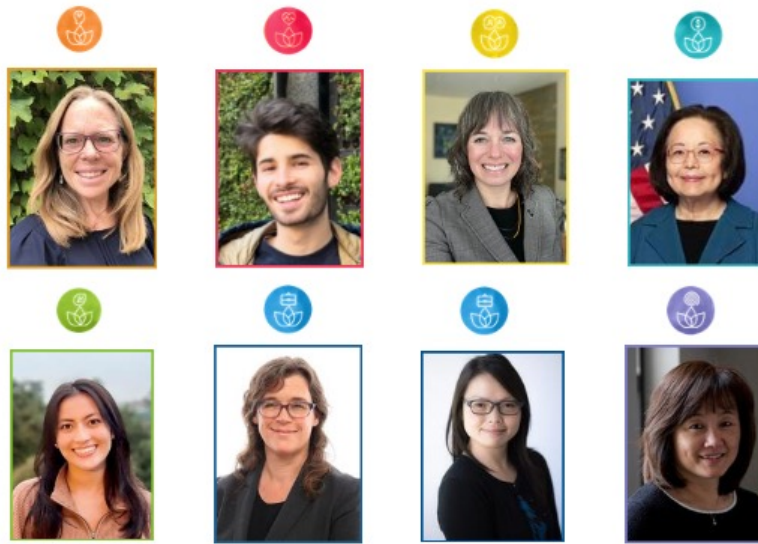
- 10 Number of Division volunteers who opted to participate in the project, including the 8 presenters.
- 5 Number of different UCSF platforms and groups that will also promote the Wellness series to their respective communities.
- 3600 Approximate number of listserv recipients with whom the video will be (including DOM and Geriatrics listservs).

Resources

mywellness.ucsf.edu



UCSF Human
Resources
Wellness



Presenters

Emotional Wellness: Brenda Fagan, Program Manager;
Physical Wellness: Landon Haller, Research Programs Coordinator; **Social Wellness:** Krista Harrison, Professor of Medicine;
Financial Wellness: Helen Chen, Professor of Medicine; **Environmental Wellness:** Mary Tran, Administrative Coordinator, **Career Wellness:** Theresa Allison, Professor of Medicine and Karen Yuan, Division Manager; **Spiritual Wellness:** Michi Yukawa, Professor of Medicine

Project Details

In FY2024, the UCSF Division of Geriatrics utilized awarded UCSF Community Well-being grant funds to create a brief, yet compelling video series focused on the seven Pillars of Wellness. Featuring Division faculty and staff members, our presenters delved into their personal experience and interpretations of each of the seven pillars of wellness, sharing insights, tips and tricks, as well as available UCSF resources with the audience.

The first step was to recruit Division volunteers and nominees to participate in the initiative as presenters. Volunteers chose a pillar that resonated with them, while nominees were invited to present on a particular pillar based on peer recommendations. This ensured a diverse representation across staff and faculty levels and Division roles for the series. Ultimately, four Division staff and four faculty presenters were selected.

Once the presenters and their pillars were finalized, we provided a list of eight self-reflective questions about the presenter's personal experiences with their respective pillars. From there, the implementation team coordinated a 9-hour filming day at the Mission Bay Campus in April 2024, in which each of the eight presenters had a 60-minute interview session to film their individual video. Working closely with our videographer (Lawrence Rickford), someone we've worked with on multiple occasions, we refined multiple rounds of draft cuts based on planner, presenter, and leadership feedback before finalizing the videos.

The series is now available on our Division's webpage, [YouTube channel](#), [the DOM LinkedIn page](#), the [UCSF Community Wellbeing Grant webpage](#) and the [Wellness Resource Hub](#). Additionally, it will be featured in the Division's newsletter in August 2024 as part of promoting a culture of well-being during UCSF's Wellness Month.

Project Challenges

There were two major challenges we encountered during this project. One of such was relying on volunteers to participate in the video series. Given these were personal topics, some presenters were hesitant to open up, while many were simply busy with their work and unable to prepare talking points or be available for filming. Additionally, ensuring clear and effective communication of the initiative was crucial for Division members to understand the purpose behind UCSF Wellbeing grants and our own project. This required extra effort from our team to communicate the initiative's importance and its contribution to UCSF's culture of wellness. Through a combination of nominations and volunteers (with some of level of convincing), we were eventually able to assemble eight total volunteers. Our second challenge was the ability to secure a filming location that met the requirements of our videographer and our vision for the video series. We ended up needing to spend an additional \$1,700 out of our own funds in order to cover the cost of the rented conference room.

Lessons Learned

This project underscored the importance of allowing more leeway in our initial budget proposal. Although we were conservative in estimating our expenses, it became clear after our proposal was accepted that we had underestimated our costs. Consequently, we had to rely on Division funds to cover the necessary production and editing hours for the video series. This experience highlighted the value of planning for unexpected costs and being adaptable when managing project budgets.