

# Working on Wellness

Monthly wellness from the  
Department of Health | Healthy South Dakota Program

October 2022

## October is Breast Cancer Awareness Month

Together we RISE! October is Breast Cancer Awareness Month, an ideal time for employers to share resources and facts about this devastating cancer. As the second most common type of cancer for women, it's imperative to share life-saving information this month to educate employees. [National Breast Cancer Foundation Inc.](#), provides an October Rise 2022 VIEW THE CALENDAR for everyday engagement for employees in the worksite.



Wear **Pink** on Wednesday, October 5<sup>th</sup>!

Encourage employees to raise awareness by wearing pink on Wednesday, October 5<sup>th</sup>! Participants can donate **the dollar amount** of choice, to raise for a local charity or support an employee. It's a great cause to RISE Together!

South Dakota as well as National Sources provide education and resources to share with your worksite!

The [Centers for Disease Control and Prevention](#) provides Basic Information, Statistics, and Low-Cost Screening guidance for the worksite.

The [National Breast Cancer Foundation Inc.](#), provides education and resources.

The [American Cancer Society](#) provides information about local and national resources to those diagnosed with cancer and their family members.

The [All Women Count!](#) provides financial support for Pap tests and mammograms to women who meet income and age guidelines.

## Funding Opportunities:

### WORKWELL MENTAL HEALTH GRANT

The South Dakota Department of Health is excited to release the 2023 WorkWell Mental Health Grant. All South Dakota businesses starting a mental health program or expanding a current program are eligible to apply! This is an opportunity for you to become a worksite that values mental wellness and fosters a supportive work culture through organizational, environmental, and individual interventions.

**Grant Funds Awarded:** \$3,000-\$6,000 per worksite

**Grant Release:** October 2022

**Grant Submission Deadline:** October 31<sup>st</sup> 5:00 p.m. CST

**Grant Selection:** November 2022

**Grant Year Period:** January 1, 2023 – December 31, 2023

[VIEW FULL INSTRUCTIONS AND GRANT APPLICATION](#)

## Get Your Flu Shot

Flu vaccinations are safe and the best way to protect yourself from flu; by getting immunized you are also protecting yourself and others around you. Check with your healthcare provider or local pharmacy for flu shot availability.



American Heart Association.  
**Well-being Works Better™**

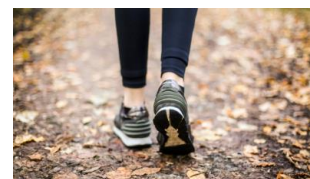
Introducing [Well-being Works Better](#) from the American Heart Association (AHA). This new (FREE!) tool builds on the science of the AHA to help employers of all types evaluate their existing wellness efforts and policies, access resources to implement changes, and receive recognition for their success. Organizations that complete the survey by October 31<sup>st</sup> will be eligible for that recognition. Survey questions include topics about communication, mental health/burn out, nutrition, tobacco policies, and much more. For questions, please contact [Tim Nikolai](#) at the American Heart Association.



CELEBRATE  
"WELLNESS"  
WEDNESDAY

**Wellness Wednesday** is a great idea because it's in the middle of the week when employees usually experience a little bit of a lull! Dedicate Wednesday's and engage your employees by bringing in health and well-being strategies. Here are a few ideas but for more visit [GO365](#):

- Provide a healthy snack!
- Take a meeting on the move!
- Support mental health by providing educational material and resources!
- Make "Wellness Wednesday" the new casual Friday!



WALKTOBER

Saturday, October 1 – Monday, October 31  
Throughout the month of October, SDSU Extension is challenging South Dakotans to soak in the gorgeous colors of our state and make walking a top priority. To learn how WALKTOBER works and to register for this event, visit [WALKTOBER!](#)

