

## Community Wellness Report May 2025

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### Workforce Wellness

PMC successfully transitioned to a new employee wellness vendor, *Personify*, in January 2025. Our wellness incentive program aims to motivate our staff to be mindful of their own health and develop healthy habits, and to foster a supportive and healthy working environment. The *Personify* app includes health and wellness resources, facility wide challenges, health coaching programs, and point earning opportunities for physical activity, sleep, and other healthy habits. Biometric screenings and preventive screenings are also incentivized to encourage early detection and improve health outcomes.

- Currently, 57% of staff and eligible spouses are enrolled in the new employee wellness program.
- 26 participants have completed a biometric screening.
- 14 have completed a preventive care appointment.

Our department continues to work with Human Resources to highlight departments on social media during national recognition months/weeks.



A full time Youth Program Specialist has been hired to support the administration of program planning and implementation. Youth Programs will have a line-up of 17 staff for summer 2025, many returning from last summer, to support significantly expanded programming over the summer. A new *Mentor in Training* program has been developed for older youth to gain leadership skills.

Kaili Watkins received one of five *2025 Afterschool Superhero* awards from the Alaska Afterschool Network, a program of the Alaska Childrens Trust. PMC is so grateful to have her as a part of Youth Programs (and the Clinic) and thankful for all she does for the community!

### Community Engagement

Community engagement is at the center of much of what the Community Wellness Department does. Ongoing efforts include leadership of the local wellness coalition (SHARE Coalition), PMC Live Radio Show, Quarterly PMC Community Newsletter, social media pages, and managing content on the digital screens throughout the

facility. Community Wellness staff have been a part of the team conducting the Community Health Needs Assessment over the past nine months.

In March, PMC began rolling out PMC's refreshed logo. This has been a large project involving collaboration across several departments. The implementation is near completion and each department has taken ownership of updating materials, with help from PR and/or IT if needed. A new [PMC merchandise store](https://pmc.axomo.com) has been established to allow staff and community members to purchase shirts, hats, cups and much more with the new PMC logo. Many staff have purchased merchandise and are wearing it regularly at work. Public Relations and IT are working together to identify a vendor to work on a website redesign project, which is anticipated to begin in August.



**PMC Merchandise Store:** [pmc.axomo.com](https://pmc.axomo.com)

Community Wellness and Behavioral Health departments continue to partner on prevention efforts including annual presentations about mental health to middle and high school students. Mental Health Awareness Activities in May have included a community-wide scavenger hunt with mental health tips and resources, informational tables, and a *Mindfulness Meditation and Chair Yoga* class led by Hunt Parr (22 participants).

In January, two Community Wellness staff completed a 3-day facilitator course and then led a 5-hour [Teen Mental Health First Aid](#) (tMHFA) training for high school students. The evidence-based tMHFA curriculum teaches teens how to identify, understand and respond to signs of mental health or substance use challenges in a friend or peer and teaches them skills to have supportive conversations and seek support from a trusted adult. This training was funded by the 2024 Petersburg Community Foundation grant and facilitated through a partnership with Petersburg High School. PMC intends to continue this partnership and offer the training to students again next year (~65 student participants).

In February, Youth Programs hosted the first ever *Wild and Scenic* film festival fundraiser. This event was very successful and is planned to be repeated next year. Staff supported several community events over the past several months including offering helmets at the PVFD Family Fun Day and program information at the Early Childhood Fair. Youth Programs staff are planning for half and full day Kinder Skog programming and a wide variety of summer camps for youth ages 4-17. Over 1,200 hours of programming is planned for the summer with more capacity than ever. Camps will include fly fishing, kayaking expedition, theater, bike and hike, basketball, and much more.

Save the Date for the annual PMC Foundation Pedal/Paddle Battle fundraiser event on Saturday, July 19.

## **Patient Centered Care**

PMC has completed year two of a four-year federal grant to offer evidence-based fall prevention programs [Tai Ji Quan: Moving for Better Balance](#) and [Bingocize®](#). Participation in these workshops has far exceeded expectations, with 72% of the target number of participants for the four-year grant met within the first two years. Tai Ji Quan is being offered in person and remotely. Bingocize® is being offered at Parks and Rec as well as within LTC and Mountain View Manor. LTC and MVM programming has been somewhat inconsistent due to staffing shortages – program support from the Rehabilitation Department is planned to improve this for LTC. Community-based programs are going well, with continued increases in participation with each workshop. *Tai Chi for Arthritis* is currently being explored as an additional program offering based on participant feedback.

PMC's Tobacco Prevention and Control grant from the State of Alaska has supported health systems change around tobacco cessation over the past two years. This project has been very successful and has made significant steps to support patient centered care. New tobacco-free campus signs and stickers for PMC apartments and cars have been designed and are in the process of being posted. The Joy Janssen Clinic has successfully implemented a new tobacco screening process and screening rates have more than doubled since January. Alaska Tobacco Quitline resources have been posted throughout the facility and nearly all staff have completed training on tobacco addiction, cessation resources and skills for asking, advising, and referring patients to quit.



## **Facility**

Community Wellness staff are preparing to move to the WERC building this summer. The department has been renting office space across the street from PMC for the past few years and the team is looking forward to being more integrated with other departments within the WERC building. Youth Programs staff have desks within the Community Wellness office and will continue to operate Kinder Skog and ORCA Camp programs at the Lutheran Church until a permanent location for these programs is established.

## **Financial Wellness**

The move to the WERC building will eliminate the need to rent off-campus office space for the department. Community Wellness staffing and programs continue to be partially funded through state and federal grants. Recently, the Community Wellness department received a \$10,000 grant from the Petersburg Community Foundation to support the implementation of a new strength-based mental health promotion program called [Sources of Strength](#) within PMC's youth programs.

Youth Programs transitioned to a new online registration and tuition payment system called *Campminder*. This new system has streamlined enrollment and is making collecting payment much easier than before. Local partners have provided funding to support sliding scale tuition discounts for summer youth programs (Petersburg Mental Health Services \$10,500 and WAVE \$10,500). After months of navigating significant

barriers with the State of Alaska, PMC's Youth Programs have recently been approved as the first American Camps Association accredited program to accept Childcare Assistance for income eligible families. The Alaska Community Foundation has grant funded our youth Kayak Expedition ORCA Camp for the second summer (\$20,000). These supports strengthen our programs by making them accessible to families and decreasing the need for PMC to support program scholarships through fundraising.

**Submitted by:** Julie Walker, Community Wellness & PR Manager

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