



Connection Kit August 2024

What's in the August Kit?

This month's theme is Parks Bingo. Enjoying time outdoors is a great way to reduce stress, spend time with friends or family, and clear the brain. We've created a fun and simple bingo card that invites people to explore our wonderful West Michigan parks. (Thank you to Shape Corp. for sharing this idea!)

This Kit can be used to address work/life balance, emotional health, physical well-being, team balance, or whatever need is most pressing for your organization.

The Kit includes the following materials:

- These **Instructions**, with all the details and how-tos.
- A Microsoft Word **flyer** that you can customize to whatever level you desire. All colors, fonts and text can be modified. We've also included a PDF if you want to use it as presented for an even simpler implementation.
- A **rack card** and **flyer** entitled "Benefits of Green Space" that give simple ideas for gaining the maximum benefit from time outdoors.
- An [article](#) entitled "How Nature Helps Us Heal." This provides excellent context, especially for your leadership team, around why a simple idea like Parks Bingo can be beneficial.
- **QR codes** that link to the Ottawa County Parks website and the Muskegon County Parks website.

How Can I Use It?

The materials are here for you to use in whatever way makes sense for your organization. Here are some things to consider.

- **Objective:** How would you like to orient the kit? Do you want to leverage it for individual well-being? Team balance? The content can be tailored to fit your needs.
- **Promotion:** there are many ways to get the word out to your employees. Here are a few suggestions.
 - Post on your intranet
 - Introduce in a Town Hall or company meeting
 - Post flyers on restroom doors (Stall Talkers)
 - Email to all employees
 - Post a QR code that links to the flyer by your time clock, employee break room, etc.
 - Print the "Benefits of Green Space" rack card or flyer and insert into pay stubs, make available in HR, or display in an appropriate space.
 - Introduce the concept to team leaders using the article "How Nature Helps Us Heal" and then ask team leaders to encourage participation in Parks Bingo during their regular meetings.

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- **Participation:** Make sure you specify how and where the completed cards should be sent if you want to track or reward participation. Do you want to offer a prize or an incentive? Do you want to share results as a way to reward participation? For example:
 - o You could draw one or more winners from completed cards and provide a free Parks pass to each one.
 - o You could challenge teams to have each member complete the card and then draw a winning team to receive a picnic lunch.
 - o If you have an internal incentive system, you could award points to everyone who completes a card.

Provide Feedback!

We would love to know how you're using the Kit. Tell us how you implemented it, what your employees thought about it, what you loved, or what we could do to make it better. Send an email to info@northottawawellnessfoundation.org.

Reminders: When and Where Are the Kits Available?

- **Early Bird Access:** Wellness Foundation newsletter subscribers will receive an email each month that contains the Connection Kit materials. We'll send them out approximately two weeks in advance of the targeted implementation month. Know someone who should be on the list? They can subscribe on our [website](#).
- **Anytime Access:** each kit will be uploaded to our [website](#) one week after it is emailed to subscribers. So you'll always have access to all the Connection Kits, even if you missed the email distribution or want to go back later and re-use something.

About North Ottawa Wellness Foundation

The North Ottawa Wellness Foundation is a council of community partners dedicated to facilitating sustainable wellness for our community.

Since 2017, we have worked together through our member organizations to improve health in the overall population. Our collaborative members have implemented many programming changes to help move the health needle in their own constituent groups. Over time, that work is having an impact. Learn more and find additional resources at northottawawellnessfoundation.org.

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