

Worksite Wellness Spotlight: Catholic Charities

Catholic Charities has been building their worksite wellness program over this past year and a half. Saskia Van Donk, Grant Compliance and Program Manager has invested many hours to grow Catholic Charities' worksite wellness program.

Saskia said that what has been most helpful to start a worksite wellness program at Catholic Charities was attending local health coalitions in Sonoma and Napa Counties such as County Nutrition Action Plan (CNAP) and Alcohol, Tobacco, Food Access, and Nutrition Subcommittee (@FANS) in Sonoma County and The Healthy Bodies Coalition in Napa County. She found that hearing what other companies are doing and how it affects their agencies provided leverage for Saskia to begin a worksite wellness program.

Saskia received support from the Bay Area Nutrition and Physical Activity Collaborative (BANPAC) that enabled a third party consultant to work with Catholic Charities to create 3 new health policies. These last few months and in the year to come, Catholic Charities is working on implementing these new health policies.

One challenge that Saskia mentioned was the number of services and sites that Catholic Charities has. Catholic Charities is comprised of five different campuses in Sonoma County, many having multiple shifts. That being said, Catholic Charities is working on creating opportunities at all sites and at different times. Additionally, implementing policies ensures that certain standards are maintained, further creating a healthy work community.

Catholic Charities of the Diocese of Santa Rosa (CCDSR) was established in 1954 with a mission to provide affordable counseling services to low-income residents of our six-county Diocese. Today, our mission is to "respond to Christ's call to care for the most vulnerable, of all beliefs and cultures, transforming lives and communities through dignity, hope, and love". CCDSR now offers emergency shelter and homeless support services, transitional and permanent housing, food assistance, nutrition and financial educations, and immigration and senior services to over 20,000 people each year.

Any questions about Catholic Charities' worksite wellness program can be directed to Saskia Van Donk at svandonk@srcharities.org.



Saskia Van Donk, Grant Compliance and Program Manager at Catholic Charities participating in free biometric screenings that St Joseph Health provided. The Center for Well-Being organized this for sites part of the worksite wellness program. If you would like to talk about how the Center can help you with worksite wellness, reach out to Ariel at amuirhead@nccwb.org.