



OCO Wellness Works Representatives

Tina Donaldson of Health & Nutrition Services

Tina is a founding member of Wellness Works. She works for Nutrition Services at the Mexico Community Services Center, and is also serves on the OCO Benefits Resource Team as the Nutrition Services representative.



WW: Why is wellness important to you?

TD: Overall, keeping myself and my family healthy and happy is very important to me

WW: Why did you join the Wellness Works committee?

TD: I joined Wellness Works because I also serve on the OCO Benefits Resource Team (an agency committee of department representatives who monitor the self-funded health plan), and we're always looking for ways to help our employees to be more wellness aware, and support their efforts to develop in the different dimensions of wellness.

WW: What areas of wellness are easy for you to work on?

TD: I work on all areas of wellness – some more than others. It just depends on what's going on at the time and what is most important. That changes from day to day.

WW: What areas of wellness do you tend to neglect?

TD: Physical wellness is one area I tend to neglect. I know that I can do more to help myself in this area; but I don't always do it. Another area I might neglect more than others is emotional wellness. I don't take enough time out for myself. My family is most important to me, so I put them first.