SFHWB Donor Spotlight

Romy Villaluz Interview Questions

1. **How long have you worked at UC Davis and what have your roles been?**

   I’ve been with UC Davis Medical Center for 10 years now! I was hired as a Physical Therapist Assistant and have worked in the Acute inpatient setting, the Inpatient Rehab setting and in Outpatient. In 2015 I became a part-time PTA and part-time Assistant Wellness Manager working with Julie Gross the brains behind UC Living Fit Forever! For 7 months in 2018-19 I became the PM&R Wellness Programs Manager. However, in early 2019 I found it to be a healthier balance, with my growing family, that I return to patient care where I could utilize my passion for Health and Well-being and my clinical skillset with our diverse patient population.

2. **What does a culture of health and well-being mean to you?**

   It means that I can be more aware. As the kids say nowadays WOKE (mindful)! Mindful of themselves, mindful of themselves around others and the ability to be empathetic and compassionate. As I've heard, treat everyone as if they were a 2 year old baby, including yourself! I think we know about health, eat well, sleep well/enough, drink well be well blah blah... haha! But well-being as with psychology comes with many unknowns.

3. **What prompted you to donate to Staff and Faculty Health and Well-being?**

   With making the move back to patient care, I felt it was something small that my family and I could do to promote Health and Well-being without directly being on the forefront.

4. **What initiatives or events offered by Staff and Faculty Health and Well-being do you hope will grow because of donations like yours?**

   Ha! Great question! My vision was in line with Stacey Brezing, the Director of SFHW, and hope that I can spawn more donation for her vision. I hope SFHW along with Healthy UC Davis and the Chief Wellness Officer on the Health campus can grow the culture of Well-being on both campuses.

5. **Are there new initiatives or events you hope Staff and Faculty Health and Well-being may be able to offer by using the funding brought in by donations?**

   I do know of Wake Break on the Health campus that is in need of some support. Although I would love for my donation to go to that project, in know it’s not enough to sustain the scope of support needed.
6. **Why do you think it’s important to support other departments and programs on campus?**

   It is important to support the Health and Well-being of everyone on campus who is willing to give it their effort. No matter the department, we all share in the responsibility of each other. Staff and Faculty Health and Well-being aims to build an environment that makes the healthier choice the easier choice, while providing staff and faculty with the required support to make UC Davis the healthiest community.

7. **In what ways have you seen our program make strides toward that mission?**

   The Wellness Ambassador program is a huge driver in many departments. I feel that Stacey brings all the Wellness heads together in her monthly wellness meetings is an imperative to drive Health and Wellbeing to the table and a part of our culture. I was in on the walking paths project, Wake Break, and although a small part, did discuss elements on Active Aggie Mobile.

8. **How do you feel you have contributed to our mission?**

   Working as the WorkStrong coordinator, UC Living Fit Forever Manager, sitting on the HUCD Steering committee and the PA Subcommittee, directing the Wake Breaks on the Health campus, attending quarterly Wellness Ambassador meetings, tabling at Health and wellness fairs, tabling at TGFS. And growing the culture of health and Well-being wherever I go! Also, I’d like to personally thank Stacey Brezing for her efforts and support while we worked together. I think she and her team are a great think tank to get this place more mindful! Bring on MBSR!