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# Fort Bend County Podcasts

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## Podcast Episode 24- 5<sup>th</sup> Annual Jingle Bell Jog

November 7, 2024

**Gina:** Welcome to this week's Benefit Detective Podcast. I'm Gina. **\*\*crickets chirping\*\***Where's Wendy? Oh, Wendy is out on vacation this week. So, she's having a good time out in the open water, we're wishing her well.

**Gina:** But in the meantime, I do have a guest today, Mrs. Elexis Fellers.

**Elexis:** Hey, and I am slightly jealous because I wish instead of being in your office, I wish I was with Wendy in the middle of the ocean.

**Gina:** We all do, we all do. **\*\*laughing\*\***

**Gina:** So Elexis, tell me, what's happening in Wellness?

**Elexis:** On Saturday, December 7th, Fort Bend County Risk Management's Health and Wellness will be hosting our 5th Annual Jingle Bell Jog.

**Gina:** Oh, that's always a fun event to have! So, in case anybody has not participated in the Jingle Bell Jog, can you tell us a little bit about it and what it entails?

**Elexis:** So first and foremost, this event is entirely **free, F R E E**, that spells **free**. It's free for all Fort Bend County employees, retirees and dependents. This event will be held at the Justice Center parking lot. Physical address, 1422 Eugene Hyman Circle, Richmond, Texas, 77469.

**Gina:** Awesome! Now Elexis, what's the difference between our regular fun runs that we have early on in the year versus a Jingle Bell Jog?

**Elexis:** So, the Jingle Bell Jog is to promote wellness with holiday cheer. It's the same like the spring fun run. We will still include the 5k mile run, the 1 1/2 mile walk, and the kids 50 yard dash. However, this is going to also be a chance to donate to charity.

**Gina:** I love giving to charities. Can you tell us what charities we will be helping out this time?

**Elexis:** Of course! We are having 2 different kinds of charity drives. The first drive is our toy drive. All toys are going to be donated to the Fort Bend County Children's Advocate Center. And the second drive is going to be our nonperishable food drive. All food items will be donated to the Rosenberg Richmond Helping Hands.



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**Gina:** Oh, I love that! Just helping out the community like that. So, yes, thank you so much for that. Now, when going back on to the toy drives, how do or what is the best way to know what toys are needed and for what age groups?

**Elaxis:** So, we're not trying to promote Amazon or anything.

**Gina:** Of course not. **\*\*laughing\*\***

**Elaxis:** But Amazon is going to be our best friend in this case scenario because the director of Children's Advocate actually sent over an Amazon wish list.

**Gina:** Oh, nice!

**Elaxis:** And the wish list is broken down into categories, different ages, different toys for different age groups, and that's makes it easier. And the coolest thing is once you go on Amazon, these toys can be sent directly to the Fort Bend County Children's Advocate Center. However, if you don't like to use Amazon or don't have an Amazon account, they also have a wish list that's also on paper that's broken down in different categories to give children what they want.

**Gina:** Yeah, what they need, that's awesome.

**Elaxis:** If you need to, you can always bring your items to Risk Management and we will absolutely drop them off once we make the big drop off the following Monday after the Jingle Bell Jog.

**Gina:** Oh my gosh, that, that's wonderful. Thank you. Now can you give me more information about the food drive?

**Elaxis:** For sure! We donate to a local pantry here in Richmond, it's called Rosenberg Richmond Helping Hands, and we are collecting nonperishable items for the food pantry. So, if you wanna donate cans, if you wanna donate packaged meat, if you want to donate anything nonperishable, we will accept any and all items. We actually do have a volunteer on staff that same day at the Jingle Bell Jog, they will come with the Richmond Rosenberg Helping Hands van, and you can drop off the food. So even if you don't wanna participate in the Jingle Bell Jog or any of its activities, and you just want to come by and donate food to Richmond Rosenberg Helping Hands, we gladly accept that as well.

**Gina:** I love that. So, you can choose between either charity or if you want to do both, feel free. Now, Elaxis, for those that have not participated in the Jingle Bell Jog before, what time does this event kick off and how do I need to register? How does that work?

**Elaxis:** So, the event starts at 7:30, and we give people the opportunity to look at the different vendors that are there because along with the Jingle Bell Jog, we invite our business partners.



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**Elexis:** So, Boon Chapman, Humana, Deer Oaks, Colonial Life, Aflac, ...they will actually be there in order to help employees learn more about their services. So, you have that opportunity, and we have a few special surprises **\*\*bells jingling\*\*** that will be there as well.

**Gina:** Now, Elexis, I know that there's the 5k run, the 1.5-mile walk, as well as the kids 50 yard dash. Now is the running part and the walking part just for adults or can kids participate? And if so, like, what ages are when they're walking, is it can they bring their dogs or tell us more.

**Elexis:** For sure. So, our event is pet friendly. As long as your pet is on a leash and is not aggressive towards others, they are more than welcome to come and join in on the fun.

**Gina:** So, are the routes safe for the runners and walkers? Are there signs saying where to go?

**Elexis:** Absolutely. So, our Road and Bridge is wonderful, they map out the route for us with cones and barricades and signs, so that the participants know exactly where to go. And also we have escorts from our motorcycle deputies. **\*\*cheering and applause\*\*** We couldn't do this event without both of these departments, and we really appreciate their help when.

**Gina:** Yeah, putting on this event.

**Elexis:** Right. Exactly.

**Gina:** We couldn't do it without you guys, so thank you. **\*\*continuous cheering and applause\*\*** Thank you to Road and Bridge, thank you for the EMS, thank you for the police escort, everyone. Without y'all, we couldn't make this event possible.

**Elexis:** And also Parks and Recreation, they also set up the tip for us. **\*\*cheering and applause stops\*\***

**Gina:** Absolutely. And anyone who wants to volunteer can go ahead and volunteer. Right?

**Elexis:** Mhmm.

**Gina:** So, if I wanted to have or not me, of course, I'm volunteering. I will be there.

**Elexis:** As you should. **\*\*laughing\*\***

**Gina:** As I should. So, I will be there. Say hello. But, in case those from other departments would like to volunteer and help us out, can they do that?

**Elexis:** For sure. I'm always looking for volunteers. Just email me at: [healthwellness@fortbendcountytx.gov](mailto:healthwellness@fortbendcountytx.gov) . Give me your name and I will follow-up with details on how to volunteer.

**Gina:** Awesome.

**Elexis:** And for the age groups, all age groups are welcome.



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**Gina:** That's great. So how do we go ahead and sign up for this event?

**Elexis:** Emails have been sent out earlier this week with a registration link. The employee will click that link and fill out their information. And don't forget, if you're bringing participants or family members, make sure to include them on your form. And with the t-shirts, this year t-shirts are first come, first serve. So, I highly recommend that you get to the event as soon as it starts, which is at 7:30 AM.

**Gina:** And remember those emails are gonna be coming from the [healthwellness@fortbendcountytexas.gov](mailto:healthwellness@fortbendcountytexas.gov). So, if you need to do a search in your email to check it out and go ahead and click that link to register.

**Gina:** Well, thanks Elexis for joining us today.

**Elexis:** Thank you for having me.

**Gina:** Well, that wraps up this week's Benefit Detective Podcast. I'm Gina.

Elexis: And, I'm Elexis.

**Gina:** And, we hope to see you all there at the next 5th Annual Jingle Bell Jog.

**Elexis:** And, always remember, *Wellness is a Lifestyle*.

**Gina:** Yes, and, as Wendy would say, "Stay tuned next week Thursday for our podcast." And remember, the Benefit Detectives are here to help.