

Wellness Minutes – Meeting 01.08.2013

In attendance:

Cindy Carey	Cathy Chamberlain	Susan Leonard
Ron Gore	Jillian Bogert	Bill Ward
Stephanie Reid	Carolynne Morris	Jennifer Kaulius
Eric Ford	Stephanie Hanker	Kim Rausch (BCBS)
Amy Bovee	Nic Anderson	Tracy Gallo (BCBS)
Julie Hulburd	Kenneth Nosek	Ingrid Temer (BCBS)
Scott Duckworth	Maggie Leugers	

1. Review of Last Meeting Minutes: Approved
2. Hockey Tournament / Cabin Fever Day:
 - a. 28 signed up with still more on the fence. Dates are February 3rd, 10th and final tournament on the 16th.
 - b. Have arranged for the big and small rinks at Leddy, along with the party room. Big rink will be for hockey, small rink for family skate. Games for kids in the party room. Timeframe is 11 am – 4 pm on February 16th. Face painters still needed, Susan gave a name to Julie. Chili contest with gift card as prize. Discussion on pricing of the ice time, Maggie to review.
3. Gym Membership Sign Ups: considerations for next year:
 - a. In order to have kids eligible, they must be included on the membership form (Edge).
 - b. Pricing seemed to be a bit confusing.
 - c. Appears to have been internal communications with Synergy and COB memberships.
 - d. Another location wants to be a part of the offering – Artemis.
 - e. A change was made to the Wellness Reimbursement program for attendance – instead of the requirement of 2x a week per month, the requirement will be 8x per month to allow for sickness, vacations, etc.
4. Wellness Website Review:
 - a. Not easy to find, suggested also find by clicking on “W” in the alphabet line.
 - b. Team reviewed each link, gave a quick overview of what was missing, ways to improve the site overall. Kenneth and Nic have this information.
 - c. Would like to include the Wellness Mission and Vision statement, along with goals, possibly members, and how to get information to the Wellness Team.
5. Get to Know You promotion: was voted to renew for this year. BCBS to do the pictures/posters. Possibly add different questions that focus on the quarterly goals.
6. DPW Gym Equipment: pricing presented for a new bike. Suggested to get a quote on a factory second from Kim. Susan requested that we do not vote on the subject until the plan/budget has been worked out.
7. WW Weight Loss/Fitness Challenge: 25 signed up for the next WW session, including several new members; starts 1/9/13. Have 3 members that are on the verge of becoming Lifetime Members due meeting their weight loss goals. 60-Day Challenge pilot program starts 1/14 at BED. Need 20 for Memorial Auditorium location (though 10 will suffice), already have 4.
8. Subcommittee Discussion: sign-up passed along for members to select subcommittee to join. Team is rather large now and having subcommittee will allow the details to get ironed out, while reporting the finals to the entire team. Tracy Gallo to gather the subcommittee data.

Subcommittee groups are Nutrition, Stress Management, Cabin Fever, Website, Equipment policy, and Plan for Next FY:

9. Remaining Budget: Cindy reported that we have around \$13,000 that has not been allocated.

Norms – the ground rules on how the wellness team agrees to operate together.

1. Meeting to be scheduled for 90minutes.
2. Have a timed agenda, but flexible to allow for discussion
3. Get group input for agenda
4. Agree to be flexible
5. Be respectful
6. Vote on decisions, with a quorum need on financial decisions
7. Will have an overall plan
8. Be welcoming of new members
9. We are a working committee
10. Have a designated facilitator
11. Wellness should be for all employees, regardless of status (FT, PT, LS, etc)