

Wellness Minutes – Meeting 12.11.2012

In attendance:

Cindy Carey
Ron Gore
Stephanie Reid
Ingrid Temer (BCBS)
Eric Ford

Amy Bovee
Julie Hulburd
Scott Duckworth
Cathy Chamberlain

1. Budget Review:
 - a. Discussion took place on changing the amount allocated for gym memberships (reducing the amount budgeted due to lack of participation).
 - b. Yoga – currently 8-16 participants per class, voted to continue yoga for January through March.
 - c. Discussion of offering BCA classes by Eric to COB employees. Possibly for April. Limit class size, possibly 3 different class options. Need to determine cost. Budgeted \$800.
2. Presentation from Mary O/Neil – expressed concerns on several topics:
 - a. Budgeted Items – feels inequality re: too much focus on Weight Watchers. Wants to limit Weight Watchers to employees only. Would like to see more options that would appeal to all city employees, by figuring out how to best use the resources for the most use by city employees.
 - b. Wants the Wellness team to be more involved with employee recognition (she feels this is a Wellness issue by contributing to the employees sense of moral)
 - c. Wants to see agendas and minutes posted for all users. Add a comment section for employees to use and post meeting dates.
 - d. Offered up ideas such as a running club, knitting club - services that can be provided by other city employees at no cost.
3. Cathy presented the Weight Loss Challenge - \$60 for 60 days. Discussion on how this would work, after the initial challenge at BED.
4. Cathy pulled together Weight Watcher testimonials. Keeping for future reference.
5. Scott presented the idea of a hockey tournament, will send an email to gain interest/skill level. Possibly set for February.
6. Discussion on the history of the sick bonus. Determined this was not a Wellness Team issue.

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)