



CITY OF KIRKWOOD WELLNESS LEADERSHIP

Admin Conference Room or via Zoom | November 1, 9:00 am
Draft Meeting Minutes

Members Present

Mark Petty, Electric – Chair
Theresa Ebeling, Wellness
Bonnie Hoylman, Fire
Stephanie Mata – Recreation
Jill Potts, Public Works
Jessica Winter, Administration

Members Absent

Courtney Flesch, Library – Secretary
Kris Houska, Finance
Mollie LeBlanc, Human Resources

I. Call of Meeting to Order and Approval of Minutes

Meeting called to order via virtual Zoom Meeting at 9:00 am.

Mark asked if there were any comments for the October 2022 meeting minutes. He also asked to have meeting minutes posted to the Employee Portal and added that they can be found on the Z: drive.

Jill Potts made a motion to approve the October 2022 minutes. Seconded by Bonnie Hoylman. Motion approved unanimously.

II. Updates from Theresa Ebeling

a. Welcome New Committee Member

Theresa welcomed Stephanie Mata, the new Athletics Director to the Committee.

b. Employee Softball Game

Theresa said she attended the October 8 Employee Softball Game and took photos at the game. She said there was great turnout and the only injury was from her husband.

c. Fall Fitness Strength Challenge

Theresa thanked everyone for participating in the Fall Fitness Challenge. She said it was a great success and was still tallying the results. She added that there will not be a celebration to announce winners or Braggin' Rights. Instead there will be a Lunch & Learn with grab & go healthy snack bags available on Thursday, November 10 to kick off Maintain: Don't Gain.

d. Employee Luncheon

Theresa shared that she facilitated a Mindful Minute at the Employee Luncheon. She shared the story of Dennis Wigge winning his Braggin' Rights trophy and how he said he did not do what he did for recognition. Theresa told the committee members to ask him where his trophy is if they see him. She said Jill won the trophy last year and said the Traveling Trophy started in 2015. She thanked Jill for helping her run her booth at the Benefits & Wellness Fair.

e. Lunch & Learn Guest Speaker

Theresa informed everyone that there would be a guest speaker, Marcia King of Feel Free Live Better Nutritionist, LLC, on November 10 for tips on healthy eating to kick off the Maintain: Don't Gain challenge. The event will be held live in the Main Level Conference Room at City Hall or via Zoom from 12:00 p.m. – 12:45 p.m.

f. November Challenge

Theresa said the November Gratitude & Random Acts of Kindness Challenge was announced last week. She said the addition of the Random Acts of Kindness was suggested by Bonnie and she said everyone participating can go back and forth between practicing gratitude or performing random acts of kindness. She said journals are available for use during the challenge and can be picked up from Jessica in Administration. She said journals do not need to be turned in but the calendars need to be turned into Theresa by Tuesday, December 6.

g. Maintain: Don't Gain Weigh-ins

Theresa stated the annual Maintain:Don't Gain challenge weigh-ins will be at City Hall on Thursday, November 17 from 9:00 – 10:00 a.m. She will have weigh-ins at other city buildings and will let everyone know the schedule once it is confirmed. She also said self-weigh-ins are acceptable and to send the information to her BJC email address (theresa.ebeling@bjc.org) for confidentiality.

III. Additional Updates

a. Communications Manager Vacancy

Mark said that with Freddy no longer at the City any information to be shared for the Kirkwood On Track article should be sent to David Weidler until further notice. Theresa said she sent David an update on the Healthiest Loser six-month follow-up. She said that two (Kathy Hawkins & Jennifer Burton, both from the Police Department) of the five that had participated in the Healthiest Loser still had kept their weight off.

b. Photos from the Benefits & Wellness Fair

Jill took photos of Braggin' Rights Challenge Winner Dennis Wigge at the Wellness Fair. Theresa said if anyone else had pictures from the event she would appreciate it if they were sent to her.

c. Turkey Day Run

Stephanie said that almost two thousand people had registered for the Turkey Day Run. She said there was an email invitation to register sent out.

Meeting adjourned at 10:00 am.

NOTE: Wellness Meetings are SCHEDULED for the 1st Tuesday each month at 9:30 am

- ***Next Meeting:*** Tuesday, December 6, 2022 at 9:30 am, unless otherwise notified
- ***Location:*** Kirkwood City Hall, Main Level Conference Room and via Zoom