



CITY OF KIRKWOOD, MO WELLNESS COMMITTEE

January 11, 2022 – Draft Meeting Minutes

Members Present

Mark Petty – Electric
Mollie LeBlanc – Human Resources
Theresa Ebeling – Wellness
Freddy Doss – Administration
Kris Houska – Finance
Brenton Ward – Recreation
Jessica Winter – Admin/HR

Members Absent

Courtney Flesch – Library
Jill Potts – Police
Bonnie Hoylman - Fire

I. Call of Meeting to Order and Approval of Minutes

Meeting called to order via virtual Zoom Meeting at 9:30 am.

Mark asked if there were any comments for the December 2021 meeting minutes.

Mollie LeBlanc made a motion to approve the December 2021 minutes. Seconded by Freddy Doss. Motion approved unanimously.

II. Old Business

a. 12 Days of Fitness

- 27 employees participated making the largest group for this challenge

b. Biometric Screenings

- Committee Members were asked to share the importance of coworkers keeping their Biometric Screening Appointments
- Opportunities for Walk-In Screenings
 - Public Works Building on W, Jan 13 from 1 - 3 pm
 - Community Center F Jan 14 & M Jan 31 from 6:15 – 9:15 am
- Biometric Screening is a mandatory requirement for the Earned Health Day

c. Maintain Don't Gain

- 85 employees enrolled and 75 maintained

III. New Business

d. February Challenge

- I Take Care of My Heart Everyday
 - Will include heart health resources
- Freddy will distribute Challenge documents once approved

e. Healthiest Loser

- Announcement will be in the next employee newsletter
- \$10 entry fee and initial weigh-in at the Community Center on January 31st
- Three-month challenge beginning Feb 1st through the end of April
- Will include instruction for following the Mediterranean & DASH Diets

f. Future Challenges

- March will be the Eat More Green Challenge
- April will be the Spring Fling Challenge

g. Benefits Open Enrollment

- Runs between Feb 8 – 18
- One-on-One phone appointments with Benefit Counselors will be Feb 8 – 12
- Appointments with Tania & Mollie will be Feb 14 – 18
- Posters and the calendar are on the way and will be distributed

h. Lagers

- Employees would like a better understanding of how the change to Lagers will affect them
- It was discussed that there could be a two-step process
 - Introduction of the program from a Lagers Representative
 - Individual meetings that will be more specific to the employee
- Mollie expects more information about Lagers will be available by the end of Feb or early March with the rollout in April
- Employee Questions about Lagers have been answered and compiled in a document available to employees
- Mollie mentioned David Weidler would like to talk to the two Pension Boards first and more information will be available

Meeting adjourned at 10:00 am.

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

- ***Next Meeting:* Tuesday, February 1, 2022 at 9:30 am, unless otherwise notified**
- ***Location:* Kirkwood City Hall, Main Level Conference Room or via Zoom**

Comments, corrections, or suggestions for the Wellness Committee can be directed to ???