

Wellness Leadership Minutes

Tuesday February 1st 10am

In Attendance: Bonnie, Brenton, Theresa, Jill, Mollie, Mark, Freddy, Jessica, Kris

1. Introductions – Members introduced themselves
2. January Minutes – Brenton moved to approve, Jill seconded and all in favor. Minutes can be accessed on the public directory and Z drive
3. Healthiest Loser – 27 people participating in the program. Weigh-ins are due today 2/1/22. Official weigh-ins are necessary to participate in this event using the scale from City Hall to ensure accuracy as every scale can be a little different. To participate you also need to pay \$10 which can be completed at the finance window. The final weigh-in will be April 26th. The hope is everyone will only get the \$10 back that they initially paid-in as the amount collected will be split between the participants who reach the goal. The goal is for each participant to lose at least 10 pounds, but no more than 40 pounds. Included in the sign-up packet was information on mindful eating and the two best diets/lifestyle change way of eating for Dash and the Mediterranean diet. The best way to lose weight is to not eat as much and exercise more.
4. Biometric Screening – The last screening was on 1/31/22. There were 160 participants. Believe lower number may have to do with the Omicron Covid surge. All screenings must be completed by end of day on 2/14/22 to be eligible for the Earned Health Day. If staff still would like a screening they can make arrangements to have it completed at the BJC offices.
5. February Challenge – The “I Take Care of My Heart” Challenge will take place in the month of February and ties in with American Heart Month. This challenge starts February 1st. There are options listed for what participants can do to meet the challenge and they must complete an item 25 out of the 28 days of the month. We now have some kind of monthly challenge for every month except January as the focus that month is Biometric Screenings and finishing up the “Maintain Don’t Gain” challenge.
6. March Challenge- “Eat More Green” challenge will take place in the month of March. We will promote more at the end of February and the goal is to have participants eat at least 2 servings of something green everyday.
7. Defibrillators -Employee Action Committee suggested having defibrillators in different buildings and to get ahold of Mark if you don’t have one installed. Fire Department does training on how to use these machines. Mark will check with the Fire Department on what everyone should know (possible article).
8. Open Enrollment – Open Enrollment is coming up soon and will run through February 18th. We want to get everyone engaged and making one-on-one appointments to talk with counselors. The Loggers meeting for tomorrow is cancelled but a new meeting will be scheduled soon.
9. Route 66 Festival – The Route 66 Festival will be on again this year on June 11th. Start thinking about what we might want to promote in regard to wellness at this event.
10. Weather – Stay tuned for info on essential vs. non-essential employees in regards to upcoming inclement weather.

Next Meeting: Tuesday March 1st 9am Zoom