

May Wellness Leadership Minutes

Tuesday May 4th 9:30am

Zoom

In Attendance: Theresa, Brenton, Mark, Mary Claire, Kris, Mollie, Freddy

1. April Minutes – approved
2. Spring Fling Challenge Update – Shared Google doc for logging and have found this very useful. Individuals are doing really well. The celebration for the end of the Spring Fling will be over zoom.
3. Employee Portal – Thank you to Tania for getting this up and running and setting up Brenton and Mary Claire to post.
4. Webinar: Increasing Personal Resilience, Thursday May 20th 12-1pm – This will be another webinar Lunch and Learn opportunity. The sign up is currently on the calendar and the Lunch and Learn widget of the wellness employee portal. There will be additional advertising with a flyer. This webinar was chosen as Theresa has been fielding many requests for tips on how to handle the new normal and the changes that are happening quickly as we return to a post-Covid life. It was highly recommended we really push out some non-digital advertising for all programs for those who do not check email on a regular basis or are without an employee email. Flyers for this event will go to all department heads to add to bulletin boards.
5. June Challenge: I Take Care of Myself Everyday – A new habit tracker calendar has been created and was shared during the meeting. It was recommended to put a little information on SMART goals for employees choosing a habit.
6. Health Risk Report – Discussion of the results of the biometric screening. Mark recommended sharing the information gathered with staff to reinforce and explain why we do the screenings and focus on showing staff the results. Recommendation to write a short article on why we do this with a link to the report to use as ongoing motivation.
7. Meetings- As the height of the pandemic winds down and most staff is vaccinated a discussion of returning to in person meetings took place. The June meeting will be on Zoom with a likely return to in person meetings in July. There will be a vaccine clinic at the community center on May 7th and June 4th. The National Guard is running the actual clinic and anyone eligible to receive a vaccination can register online at kirkwoodparkandrec.org.

Next Meeting: Tuesday June 1st 9am