

## October Wellness Leadership Minutes

Tuesday October 12, 2021 9am

In Attendance: Theresa, Mary Claire, Brenton, Mark, Freddie, Mollie, Brian

Absent: Courtney, Dave

1. Approve September Minutes – approved unanimously.
2. Theresa started the meeting discussing the passing of Greg Thompson.
3. Wellness Fair: Mollie informed the Committee the Wellness Fair will be held at the Community Center on Nov. 2<sup>nd</sup> from Noon – 3pm. The event will include the following: Flu Shots and Blood Pressure Checks from St. Luke's; Gym Guyz; Ameritas; Peace Yoga; Clear Path Wellness; Healing Arts; Smoothie King (tentative); Delta Dental (tentative); Strength Challenges; Freddie available to help employees access the earned health form from their phones.
4. Brian asked if paper copies of the Earned Health day requirements would be sent to employees. He stated the fire fighters liked having this to keep track of what they completed. HR would like employees to use the electronic version and to move away from paper.
5. Brenton will help set up the Strength Challenges and Kim Hedgepeth will monitor the station during the Wellness Fair. Kim and Theresa are gathering prizes for the event. The strength challenges will consist of planks, wall sits, sit ups, etc. Theresa has stretchy bands and water bottles to give as prizes. Kim will check with Kyle about some other prizes.
6. Theresa will give her Braggin Rights award at the event and Bill Burkhalter will make a video of the award recipient to show at the Wellness Fair.
7. Theresa will also do the award presentation for the Fall Fitness Challenge. The final minutes for this challenge will need to be entered by the teams no later than Nov. 1.
8. Mark talked about the Greentree give aways. He said that the give aways were very popular and thought it was important to be at the event. People seemed to appreciate the wellness aspect of the giveaways. Mark feels this should be done again next year.
9. Theresa said Dave Smith would like to come off the committee due to time restraints. There was discussion about how long the members on the Wellness Committee serve (2 years) and how long each of the current members have been on the committee. Mark talks about the importance of getting new members on the Committee for fresh ideas and new perspectives. Theresa suggests waiting until January to rotate members on and off. Brian also stated he would like to rotate off due to time restraints. Freddie suggests that meeting on Zoom might be more appealing to members to make it more accessible.
10. A Lunch and Learn is scheduled for October 26 at 11:30 dealing with financial wellness.
11. On Tuesday, October 26 there will be a meeting at 9am at the Community Center to finalize the plans for the Wellness Fair. Anyone who is free and interested in joining can attend.

The meeting ended at 10:00am

Next Meeting: **Tuesday Nov. 9th 9am Lower Level Conference Room** – this is a new date as the original day and time would be Nov. 2<sup>nd</sup> which is the day of the Wellness Fair.