

Subject:

WELLNESS COMMITTEE MEETING JULY 7, 2016

July 7, 2016

WELLNESS COMMITTEE MEETING

ATTENDANCE:

Chairperson Patty HOLETON, Becky Lenihan, Mary Davis, Jamie Petersen, Scott Belt, Jeanne Pfeifer, Ryan Avis, Katie Pattee, Victoria Larsen, Scott Manz, Jamie Smothers, Karen Foreman, Mark Shoemaker, Kerrie Snyder, Miranda Clark, Suzanne Tanner, Jamie Watts, and Margie Goracke.

Chairperson Patty HOLETON introduced Barb White and Denise Olsen with The Center, "One of Council Bluffs best kept secrets!" The Center has been in existence since 1981 where it was located in the Bingo Hall, starting out with approximately 6 programs a month to now over 90 a week at its current location, 714 S Main. There is only one other facility like it, which is based in Chicago. The Center receives no City, County, State or Federal Funding but rather earns its income from membership base and grants. Some of the many amenities the Center has to offer are: 92-degree lap and therapy, wheelchair accessible pool; Grab and Go Café; Polar age tests (tests your body age); massage therapist; fitness classes just to mention a few! Memberships are \$40.50 w/no classes, \$50.00 includes classes, 6 month and couples memberships are offered. Jamie Petersen asked what the largest class was (zumba or step aerobics). Ryan Avis asked how many members the Center had (1600) and biggest group they had (Jennie Edmundson Hospital with an average of 30-35 members). A "free" day designated for County Employees was mentioned. Mary Davis asked about group discounts and they said they would work with us on that. If you are thinking of giving it a try, punch cards are available for \$20.00 which gets you 5 classes. It sounds like the Center has lots and lots to offer, plus they adapt to the trends!

The committee thanked Barb and Denise for their time and information.

AGENDA:

Motion by Kerrie Snyder and seconded by Katie Pattee to approve the agenda for July 7th. Carried.

OLD BUSINESS:

Motion by Kerrie Snyder, seconded by Miranda Clark to approve the minutes from the June 9th meeting with the correction of the spelling of Kerrie not Kerry.

Mary stated that the open enrollment process was going well, with 75 employees completing their HRA online. Employees have until July 15th to complete the enrollment form, July 30th to complete the HRA and September 30th to get the physical. Mary will send an email reminder in regards to the above dates. She also stated that the July 1st paycheck should have reflected the Wellness Program incentive.

Patty stated that the \$100 gift certificates had been awarded to the winners of the logo challenge. Jamie Petersen has all of the media for the Logo. Patty said that she has a bulletin board in Juvenile Detention Center with posters and information on the Wellness Program. The logo is also on the County website. An email was sent to those on the committee distribution list. Vicki said that they cannot pull up the County website at the Jail.

NEW BUSINESS:

Patty stated that she feels that the group is “stagnant” in going forward. She and Mary showed the group some websites from other Counties (Linn, Douglas and Sarpy) to maybe get some ideas for the subcommittees. These websites have linked into the State which we could do as well. Jamie stated that he has about a total of 8 hours into the website maintenance thus far. He also stated that text content on the internet is “fair game” so we could add links to our website (i.e. Move Iowa, Quit Iowa, Choose My Plate-USDA). We could also add a comment form to email the committee, walking routes, events, etc. Several links were given to Jamie to add to the site. Patty continued to stress that we have to get moving forward to make this committee a success.

Other items discussed were:

Breaking into subcommittees for 30-40 minutes of the meeting to get ideas flowing, Healthier choices in the County vending machines, Future guest speaker ideas (Weight Watchers, CHI, IWCC-Jill Schurman, Wellness Coordinator)

Katee Pattee brought up the idea of offering an “incentive” to participate in activities offered. Miranda Clark said we just need to pick a date and do it, not just keep talking about it! Kerrie Snyder felt we should promote the 5k at Hitchcock in the fall. Jamie Petersen stated that polling such as, asking times that would work best for people to walk or if they would like healthier food choices in the vending machines could be done at SurveyMonkey.com.

At the next meeting, Patty said that we would break up into subcommittees for a good share of the time to get some ideas rolling on how to get employees involved and make the Wellness Committee a success.

Next meeting: August 4th, 2016 at 1:30 P.M.

Respectfully Submitted on behalf of Marilyn Jo Drake, Secretary:

Becky Lenihan, Auditor’s Office