



“Building healthier lives for Douglas County employees by empowering lifestyle change through education and support.”

**MINUTES OF THE DOUGLAS COUNTY EMPLOYEES’ WELLNESS COMMITTEE
JULY MEETING
July 20, 2009**

Members present:

Kevin Colon	Kathy Goodman	Jan Johnson	Jennifer Beisheim
Diane Battiato	Jane Faust	Connie Lehman	Brian Burleigh

Absent Members:

MaryAnn Borgeson	Sam Ross	Mike Boyle	
Tina Acosta	Lee Lazure	Carol Jennings	Lesley Boulton

Also present was Mary Borowiak with United Healthcare.

The meeting was called to order at 1:30p. The committee was updated on the first session of the Health Challenge with Dr. Wiese and the number of employees participating.

The committee was presented with information from Commissioner Rodgers regarding a program called “Weigh In Wednesdays” sponsored by American Journal of Preventative Medicine. Individuals can go online to www.weighinwednesday.org and pledge to self-weigh each week to help promote weight loss. Information about the program will be presented in the August newsletter.

There was a request from the Health Center employees on the ability to utilize the patient recreation/fitness room during off time when not in patient use. Kathy Goodman will pursue this with Mr. Tourville to see if this is a possibility and report back to the committee.

There was discussion on the participation items for the health and walking challenge. Kathy presented the water bottle, pedometer and the whistle, compass and light key chain combo as items for the gift bags. She reported a total of approximately \$1500 to purchase the supply. The committee acknowledged and approved to go forward with ordering those items.

There was discussion on getting some media news attention regarding the Health and Walking Challenge. Brian Burleigh will contact Phil Rooney and have him work with Kathy Goodman on the best approach for the media attention.

Brian Burleigh reported that the med student, Midge Chandler who will assist the wellness committee in the needs assessment will be ready for the Cap Stone Program in the Spring of 2010. He will keep the committee posted as to when this will take place as the time approaches.

The committee was updated on the website development and the possibility it may be ready in mid September.

COMMIT TO BE FIT



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The committee was informed the wellness t-shirts are available for sale. Several members took a sample shirt to promote in their respective areas.

The committee was updated on the materials available through the Safety Council and a supply of items would be ordered to use in the gift bags for the challenge program.

Jennifer Beisheim gave an update the wellness sub-committee on the Health Center.

There was a question regarding the walking portion of the challenge which was explained to all.

No further business the meeting was adjourned with the next meeting will be August 18th at 1:30pm.