

**Wellness Committee**  
**January 10, 2019 – 4:45pm**  
**Banquet Room**

RECEIVED  
TOWN CLERK

2019 MAR -5 P 3:51

**Present:** Pattie Pacella, Anne O'Brien, Mary Kellogg, Tara Kohler, Denise Valois, Paula Medeiros, Warren Rensehausen, Bob Espindola, Amanda Blais

FAIRHAVEN,  
MASS.

**Absent:**

**Minutes:** December 6, 2018 – Anne O'Brien made a motion to accept the minutes and was seconded by Denise Valois. The motion passed unanimously.

Chairperson, Pattie Pacella began the meeting by welcoming Amanda Blais to the Committee. Amanda requested to be on the Committee through the Selectmen and our happy to have her.

**Treasurer's Report:** Warren Rensehausen explained there is no report as there have been no monies spent.

Warren went on to report that he had purchased 13 Stand Up desks through Ocean State Job Lot, as they were having an 'inside deal' of \$150.00 per desk, and then you got \$150 crazy deal gift card. Warren was able to purchase 13 desks and then got \$1950.00 in crazy deal gift cards.

Discussion on different ideas to use the cards, but no one thinks they expire. Different ideas – were workout stuff, baskets to raffle offer. Bob Espindola suggested if the desks go on sale again, perhaps we could buy a few more. Tara Kohler suggested a fitness tracker. For now, everyone agreed we'd keep the cards with Warren but know we have them.

**Weight Watchers:** Tara Kohler reported that another member had reached goal. Everyone was very excited, that now made 3 individuals since the classes first began in April 2018.

**Winter Step Challenge:** The sign up for the winter step challenge is taking place currently, employees can sign up through ahealthyme.com (if they have town insurance they can sign up until 1/20/19, if they are not town insurance employees they have until 1/13). Paula Medeiros stated she would be available if anyone needed help signing up or a code – as some members don't have the Town insurance and need a code to sign in.

Discussions around raffling off two fit bit charge(s) to people who have never participated in a step challenge and sign up by 1/11/19. Anne O'Brien and Paula Medeiros to send out an email on Friday, January 11<sup>th</sup> a.m. to offer this.

Anne O'Brien made a motion to raffle off two fit bits and was seconded by Denise Valois. The motion passed unanimously.

Discussion on offering a onetime up to \$50.00 reimbursement on a fitness tracker for employees. This may encourage those who want to purchase a fit bit or something else the motivation to purchase.

Tara Kohler made a motion to reimburse up to \$50.00 for a fitness tracker, not to exceed \$1,000; and was seconded by Bob Espindola. The motion passed unanimously.

**Volleyball:** Bob Espindola stated he would spearhead volleyball games to see if he can get some games being played in the next few weeks. Warren had stated he would offer the Rec Center at \$15.00/hour.

Bob Espindola made a motion to approve up to \$180 for volleyball at the Rec Center up to six weeks and was seconded by Tara Kohler. The motion passed unanimously.

**Discussions with Mark re: Wellness in FY20:** Bob Espindola and Anne O'Brien stated this is an on-going discussion and something that needs to be a part of the Collective Bargaining Agreement.

Anne O'Brien mentioned reading about a mobile van called 20/20 that offers vision tests. She will reach out to them on cost.

Bob Espindola mentioned some good wellness initiatives in the latest MMA Wellness newsletter.

Tara Kohler asked someone to look into something called, gymss.com; which she believes offers people to take a class at their closest gym. Paula Medeiros stated she or Anne O'Brien would look into it.

**4<sup>th</sup> Annual Wellness Health Fair for Employees:** Committee agreed to April 11, 2019 for wellness health fair. Will start planning at next meeting.

**Wellness Spotlight:** Pattie Pacella advised that she would be willing to work with the Cable Director to put a video together about Wellness and offer it to employees to review. Bob Espindola offered a thought to have a Wellness Champion on a monthly basis. Pattie Pacella to discuss. Perhaps the first wellness champion can be an employee who has met lifetime through WW.

Mary Kellogg stated that she had put in grant money into the Board of Health budget to get some dispensaries throughout the Town that offered bug repellent and sunscreen. Ms. Kellogg stated that she would love the Wellness Committee to sponsor one at DPW for those men/women that are outside all day.

Everyone thought it was a great idea and more than enthusiastic to participate.

Tara Kohler made a motion to appropriate up to \$1,000 for this Wellness Dispensary at the DPW and was seconded by Anne O'Brien. The motion passed unanimously.

Paula Medeiros made mention of information that is offered through the ahealthyme.com website and would encourage others to take a look at it.

The meeting adjourned at 5:45pm.

Respectively,



Mary Kellogg  
Secretary