

Wellness Committee
May 3, 2019 – 4:45pm
Banquet Room

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TOWN CLERK

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Present: Pattie Pacella, Paula Medeiros, and Amanda Blais, Tara Kohler, Denise Valois

Absent: Mary Kellogg, Warren Resenhausen, Robert Espindola, Shallyn Rodriquez, and Anne O'Brien,
FAIRHAVEN,
MASS.

Pattie Pacella, Chairperson opened the meeting at 4:52 with a quorum.

Minutes: April 18, 2019 – Denise Valois made a motion to approve the minutes and was seconded by Tara Kohler. The motion passed unanimously.

Treasurer's Report: Mr. Resenhausen was not present to give the report.

Biggest Loser: Pattie Pacella reported that the Biggest Loser Weight Loss Challenge has ended. As we keep the winners name anonymously, Ms. Pacella reviewed the winners by "team". There were four teams, made up of Fairhaven High School, the Recreation Center, Council on Aging, Town Hall, Middle School, and Administration Building as well as Wood School. Ms. Pacella reported approximately 25 total individuals, give or take for those that dropped out & 149 pounds lost in 12 weeks!! Wow! The Biggest Loser however, is calculated by % of body weight loss. Each 'team' top winner receives 75% of monies collected and the other 25% goes to the top winner of all the teams combined.

Ms. Valois made a motion to pay out with the winnings to the winners at the 75% and then the 25% to the top winner of all: RC1 for Rec Center & COA; FHS-02 for FHS, ADM 02 – for Town Hall, Admin & Middle Team, and WS3 – for Wood School; and FHS 02 as the top winner. The motion was seconded by Tara Kohler; and passed unanimously. Ms. Pacella will work with Mr. Resenhausen to get the winners paid.

4th Annual Employee Wellness Health Fair:

A brief review of the Health Fair was had. Everyone agreed it was disappointing to have such a low turnout of employees; however the connections made with and through the vendors was a plus.

Ms. Valois stated she heard positive responses about the 20/20 Van. Ms. Pacella stated she did a video of her own eye exam on the 20/20 van that will be incorporated with the video done on the wellness health fair. Ms. Pacella stated that once done, maybe we can send it out to employees with an incentive to watch it. We can discuss at future meetings.

Ms. Pacella advised that her and Ms. O'Brien were having discussion on possible thoughts for next year and why not turn the one day health fair into 'mini' healthy sessions at each department building, to attract the workers at that specific location. Committee members agreed that might be an easier way to get people interested/involved. More discussion to follow in the next few months.

WW Update: Ms. Kohler gave a quick overview that Weight Watchers had ended, and there was a steady seven core people that wanted to continue with it, but the leader has to have a minimum of 10-15 to hold the class. Ms. Kohler was hoping that someone from WW would be at the health fair to try and gain interest, but there was no feedback returned from WW. (Who sometimes is very difficult, corporately to work with for incentives, etc, per Ms. Pacella and Ms. Kohler).

Ms. Kohler was trying to get to the 15 people for a 26 weeks of WW at \$217; 17 weeks at \$158 or 12 weeks at \$132. Which the 12 weeks is what the last 3 sessions have been. She discussed somehow doing an incentive to really get people on board with this healthy lifestyle, not necessarily a 'diet plan'; as WW meetings are really designed around eating healthy.

The Committee discussed possibly offering a discount monetarily for the difference of the \$132 to the \$217, which would be \$85 to a # of people, maybe the first 10 (\$850); or paying WW directly for up to a certain number of people who commit to the program. Ms. Kohler would like to restart the class in May to really keep people motivated.

Committee discussed having fit bits that could be used, maybe 1 or 2; and really trying to get the word out to individual buildings, vs. having an information/sign up at just one location – it doesn't seem to work when we are asking people to participate in one thing at one building.

Ms. Pacella advised maybe just getting 1-2 people from the Wellness or the core WW group to go to the different schools with Ms. Kohler at the end of the day to see if they could offer an incentive (raffle a basket off at each department, for those that committed to the program with a sign up).

Ms. Pacella also brought up the idea of creating a 4x6 postcard to go out with paychecks, to a) inform who the Wellness Committee is and how we came to be; and b) what's coming up in the next few months. We could add the WW incentive program for 'healthy living', and perhaps offer a CPR-First Aid (Epi Pen/Narcan) class to those who are interested as well. The CPR class is offered at \$55 pp and the person would be certified in three different things, plus get the certificate through the American Heart Association. (Dan Shea, from the BOH is a certified instructor).

Between Ms. Kohler and Ms. Pacella they would look at postcard prices and report back to the Committee in creating them and getting information out.

Denise Valois made a motion to have the Chairperson, Ms. Pacella work on getting the cost of the postcard for wellness and be able to make the decision to send it out with the information to town employees, within the next week. The motion was seconded by Tara Kohler. The motion passed unanimously.

Funds able to expend:

The Committee didn't have a breakdown of leftover monies, but did approve at a recent meeting to purchase the Staples stand up desks up to \$200; for a few people on the wait list. Ms. Pacella to review the minutes at what was authorized and report back.

Step Challenge Update: Paula Medeiros reported that approximately 45 town employees are part of the current step challenge and it ends on May 20th. Tara Kohler stated she has received feedback that people like to challenge themselves with their own steps, but also feel like they'll never get to first or second place "or those high steppers"; so she wondered if more emphasize for awards be also put on those that maybe our "most improved"; or reach a certain # of steps daily (required steps). Ms. Medeiros stated that she receives a weekly report and wouldn't mind highlighting it to most improved, or daily steps met (Ms. Valois recommended 10,000 as that's the healthy number of steps that DPH recommends). Ms. Kohler stated it was just to really keep people motivated in continuing the step challenge.

Ms. Kohler also recommended perhaps a 'survey' after the challenge to those who participated who can report why they do it, what they like or dislike about it. Committee agreed to wait until the June meeting to vote on awards.

In other business, Denise Valois spoke about recently having a guided walk tour through Wood School trail (behind Wood School) with the Buzzards Bay Coalition. This may be something that might be a 'pop up', let's just do it..offer it and see who attends. Ms. Kohler had the idea of 'pop up' classes or offerings as something that might be a better way to attract more people to the resources we offer. There were lots of good discussion to continue to be proactive to allow for healthy lifestyle living option to Town Employees.

Denise Valois made a motion to adjourn and was seconded by Paula Medeiros. The motion passed unanimously at 5:45p.m.

Respectively,

Amanda Blais
Secretary for Meeting