

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

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Present: Chairperson, Pattie Pacella, Paula Medeiros, Anne O'Brien, Robert Espindola, Warren Rensehausen, and Tara Kohler

FAIRHAVEN,
MASS.

Absent: Mary Kellogg and Shallyn Rodriquez

Pattie Pacella, Chairperson opened the meeting at 4:53 with a quorum; and advised the meeting was being taped and recorded.

Ms. Pacella announced there was an opening on the Committee, as Amanda Blais has resigned. She advised that there are two seats opened for any employee or staff that could commit to the Committee. All welcome to apply, by sending a letter request to the Board of Selectmen.

Minutes: June 6, 2019 – There were not enough members present at this current meeting that were at the June 6th meeting to amend the minutes to have them approved; likewise on the August 1, 2019 meeting .

Ms. Pacella tabled the minutes to be approved at a future meeting.

Treasurer's Report: Mr. Rensehausen gave an overview of the current monies in the account for Wellness. The Wellness Grant had a balance of \$38.32; the Wellness Gift Account (used for Biggest Loser, monies in/monies out) was \$82.25; and the Town appropriation was \$7,500 – no monies taken out as of yet.

Anne O'Brien made a motion to accept the Treasurer's Report as given and was seconded by Ms. Medeiros, the motion passed unanimously.

Next Step Challenge – Ms. Pacella advised a new step challenge was underway. Ms. Medeiros reported that 42 people were signed up for the challenge, with 5 new people joining this time around.

Ms. O'Brien thanked the School Department, who won the last challenge for their patience, as they received gift cards but there was a delay in getting to them because school ended and it was an oversight, they have since been sent, and Ms. O'Brien thanked them for their patience.

Ms. Medeiros stated the challenge underway ends the last week of October. She said there were two new people that joined from the Police Department, everyone was happy to hear this. The Committee agreed to wait until the November meeting to award prizes/gift cards.

Diabetes YMCA –Dara – Discussion – Ms. Pacella stated that the pre-diabetes awareness program is something that is offered by the Wellness Committee yearly. She stated that Ms. Dara/YMCA program had done a video in the past, and perhaps we could send out to employees encouraging them to apply to see if they would qualify for the program. The pre-diabetes are made up of weekly classes, and a year membership to the Y.

Discussion took place to offer up to 3 individuals, or up to \$1500 to be paid by the Wellness Committee for anyone who would like to join; along with the video being sent to people and be entered in to a raffle to win 1 of 2 \$25 gift cards if they watched the video and answered a couple of questions about the video. This way, we could see that people are actually reading and watching information that we send them.

Mr. Espindola made a motion to award 2 gift cards, \$25 each for any individual who watched the video and then documented in an email in answering two questions about the video and was seconded by Ms. O'Brien. The motion passed unanimously.

Ms. O'Brien will discuss with Ms. Erin Costa about setting up the video and sending it out.

Brochure (Pattie) – WW & Classes & More: Ms. Pacella stated she had put together an informational brochure and would like to see it printed utilized to attract more employees to the Wellness initiatives. Ms. Kohler stated that the school development day was October 11 and October 17, 2019 and she would be happy to have the brochure available for people; as well as Ms. Pacella said they could offer to anyone who wants one a measuring cup & wellness card (as was purchased at end of fiscal year 2019).

Ms. Kohler will work with Ms. Costa on the brochure to have available for the October 17, 2019 day. Ms. Kohler advised of a QR code that she could possibly work with Ms. Costa in creating. Ms. O'Brien will look into the Town's new system to see if that's possible.

Mr. Rensehausen asked for under "Did you know", that we add the \$110/year Rec Center membership that is available and that HMO BCBS will give you back that amount in March of next year. So it's a win-win.

Mr. Rensehausen made a motion that the brochures be made and Ms. Kohler to work with Ms. Costa for the school development date and was seconded by Ms. O'Brien. The motion passed unanimously.

Classes/Scheduling Ideas:

The Committee discussed the classes at the Rec Center and that Mr. Rensehausen was agreeable for employees to attend the classes and he would bill the Wellness Account at \$5.00/the drop in rate of the class (if you were a member).

Mr. Espindola made a motion to appropriate up to \$250 for Rec Center incentives, which included classes for employees and/or volleyball and was seconded by Ms. O'Brien. The motion passed unanimously.

Discussion ensued about offering classes at Rec Center through mini-grants if people wanted to apply through the Wellness Committee directly; also Mr. Rensehausen agreed to look into if an instructor could do an afternoon class if there were enough participants.

Ms. Pacella advised there were a couple of Kickboxing classes taking place at Barley Wellness and there are always different options for a newer exercise class if people wanted to attend.

In other business, Ms. Pacella stated that a team of people including Ms. Medeiros, Ms. O'Brien and Mr. Rees met with BCBS to hear their ideas about putting a program together to track the 'points', which the Committee has always discussed and put as their goal to be able to offer incentives to employees whether it be a day off or a big prize, in utilizing the wellness incentives. She said more would be forthcoming.

Also in other business, Mr. Espindola stated he wanted to bring to his Selectman's goal meeting what goals Wellness was trying to achieve long-term and wanted the opinion of the Committee members. He said that it seemed most recently there was criticism over comp time and the focus should be more on all the positive incentives that were being put forward by having a robust Wellness Program for Town Employees. He and Ms. O'Brien will meet with Mr. Rees to put their ideas forward.

Warren Rensehausen made a motion to adjourn at 5:55p.m. And was seconded by Ms. Kohler. The motion passed unanimously.



Pattie Pacella

Note Taker, as Mary Kellogg was absent