

Minutes
Agency Wellness Champions Team Meeting #19
December 8 2009
1:30 pm-3:00 pm
MN Department of Revenue

Present:

Linda Feltes	MMB
Colleen Cooley Schmitz	MNDNR
Kris Valley	Retirement Systems
Debbie Lerdahl	ADM
Jody Saum	Tai Chi instructor
Colleen Siegel	MMB
Sandy Stolt	Retirement Systems
Shannon Tupper	MMB
Bob Eder-Zdechlik	MMB
Margi Singher	Visitor-Ramsey Cty.
Jenny O'Brien	Labor & Industry
Kim Engwer-Moylan	MDH
Mike Connolly	MNPCA
Sally Kupferschmidt	Retirement Systems
Tricia Grimes	Office of Higher Education
Steve Pofert	Revenue
Jazmine Maria Garcia	Revenue
Patricia Fox	Century College

Tape of session requested by:

Amy Sanda	MnDOT
Chris Barth	DOC
Jill Frederickson-Kratzke	MSU
Diane Roggow	MSU

Presenters:

Linda Hutchinson
Greg Castigliani

Introductions

Jazmine introduced the meeting and welcomed everyone to the Department of Revenue. Linda Feltes introduced the speaker Linda Hutchinson. Linda, founder of Hutchinson Associates (Ha!), is a national keynote speaker, adult educator, consultant and author with over 30 years of experience designing and delivering programs for corporations, non-profits, and professional associations such as (to name only a few):

- Mayo
- IBM
- Cargill
- General Electric
- 3M
- Etc., etc., etc.

Guest Speaker

Linda Hutchinson presented on "Using Humor to Create a Healthy Workplace"

After some great, active, fun warm-ups, Linda shared the following main points:

- Only 10% of laughter is from jokes. There are many other ways to get people laughing. It's important to incorporate fun into the workplace and life
- Positive contagiousness can have a great effect on both work and life settings
- Laughter or lack of can be a diagnostic tool
- There are three types of laugh:
 - He, he, he—facial laugh
 - Ha, ha, ha—chest laugh
 - Ho, ho, ho—belly laugh
- Whether genuine or forced, laughing can have a very positive impact on the body and overall health
- There can be barriers to humor such as:
 - Personal history
 - Fear of response
 - Gender barriers
 - Religious background/culture
- There are many ideas to incorporate humor into the workplace (ideas brought forward by Linda as well as the group):
 - Laugh cart
 - Put together humor gift baskets (x3)
 - Keep a humor file/journal
 - Cards of humor (pass out in public, such as while in line)
 - Hanging jokes or passing out jokes at work
 - Get together socially and have fun
 - Set time aside at lunch to watch sitcoms or funny movies
 - Incorporate funny slides or jokes into "heavy" topic presentations or discussions
 - Pass around a "trophy" to the lowest achiever of the week (ie—lowest number of sales has to keep the trophy for a week)
 - Keep props/funny items in your office
 - Sharing appropriate cartoons
 - Humorous videos over the lunch hour
 - Giving humorous trophy to employees for accomplishments or other activities that employees either did or didn't do (the idea came from someone whose husband is in sales and they would pass around a goofy trophy to the person who was the lowest seller each month...just to lighten them up a bit)
 - Starting off a meeting with something funny or add some humor to the agenda
 - Put together a list of questions you have been asked that may be funny questions
 - Youtube – baby laughing – Ellen Hawaii Chair – Where the heck is Matt? etc.
 - Ramsey County Active Living (website) - Musical Steps
 - Show a funny clip
 - Dress for topic of discussion – if possible. (Have funny props)
 - Laughing Yoga
 - Retelling of stories, or funny jokes
 - Lighten up conferences or meetings with skits
 - FISH film (using in the workplace)
- We took time to consider and share what, from a list Linda provided, couple of ideas to generate humor we would apply to our worklife.

- What Linda provided today was a demo. She is available to present at your agency. Or consider sharing her with other agencies by working together to bring her back. She can be contacted at www.haha-team.com. Or just visit her sight for a giggle.
- Linda's 2 handouts are below.

Tour

A few were able to stay for a tour of Revenues Cardio, Weight and Class rooms, and shower and locker areas. Very fine!

Program Updates

At Linda's request, a few mailed updates in advance that were made available at the meeting, and below:

Laugh Yourself Happy:

Humor & Other Ways of Reducing Stress

By Linda Hutchinson, www.haha-team.com

I. Introduction

II. Benefits of Humor

- A. Relationships - partners, family, work, world, self**
- B. Learning**
- C. Calling forth creativity**
- D. Reducing stress**
- E. Healing**

III. Barriers to Healthy Humor

IV. Best Ideas - give the gift of humor

V. Being in Action - choose 2-3 ideas

Agency Wellness Champions' Updates for 12/8/09

Updates from Linda Feltes (MMB)

1. An insurance policy for State employees who lead wellness or fitness classes is signed, sealed and delivered! In order to be usable, your agency will need to have instructors complete, and have on file, the instructor application. A version can be found on the Work Well extranet. You can use this version or adapt it and brand it for your own wellness program.

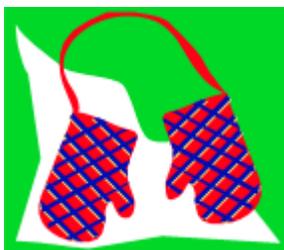
Work Well Wellness/Fitness Leader Application:

<https://extranet.mmb.state.mn.us/workwell/resources.htm>

2. If you would like your wellness program to be considered for a Wellness Council of America (WELCOA) award, talk to me! Here is more information:
<http://www.welcoa.org/wellworkplace/index.php?category=19>
3. I had the opportunity to lobby my Assistant Commissioner Judy Plante for attention to worksite wellness at the Assistant Commissioner level. She will use the PowerPoint I developed to talk with the AC's, perhaps in January. If you would like a copy of this presentation, let me know. I will pass on the date of her presentation in case you would like to send an e-mail to the AC's in your agency to encourage them to attend/tune in.
4. 2010 Calendar: next month we will begin our focus on our monthly strategies. The first will be to be to conduct an environmental survey of your building/agency. It's really a walkabout. It's even kinda fun and you can team up with others in your agency or I would be happy to do it with you. It's important for us to be collecting information in support of our efforts. By 2011 we should be rocking!
5. Linda met with Pfizer to review their Beat the Pack smoking cessation program. They will present in 2010. However, if you would like tools earlier, please talk with Linda. Samples were shown at the meeting.

Other MMB news:

1. Open enrollment rocked!
2. MMB's POWER committee is keeping it simple this month. They are collecting tips and recipes for staying healthy this month and posting it on their intranet site:



If you have a healthy tip or recipe to share please send it (or a link to it) to:
[Denise Rowan](#)

Enjoy a healthy holiday

Healthy tip:

 [Understanding and managing holiday stress](#) (12/3/09)

Healthy recipe:

 [Pomegranate and Banana Salad](#) [Suggested by Dawn Cvengros] (12/8/09)
 [Weight Watchers' Cajun Crab Cakes](#) [Suggested by Roxanne LaPlante] (12/7/09)



- [Weight Watchers' Pumpkin Muffins](#) [suggested by Denise Rowan] (12/3/09)
- [Weight Watchers' Baked Shrimp in Lemony Garlic Sauce](#) [Suggested by Roxanne LaPlante] (12/3/09)

[Return to home page](#)

Jenny O'Brien (DLI)

The Health Promotion Committee at the Department of Labor and Industry (DLI) is in the midst of its annual sock-drive for Listening House of St. Paul. We are having a Red Cross blood-drive on Mon., Jan. 11. We are also in the beginning planning stages for our in-house Winter Olympic Games in February (we had Summer Olympic Games in August 2008 that were well-received).

Christopher Barth (DOC)

- I am working with our IT staff on developing a central Wellness site for our agency. Many facilities have their own site, but some do not.
- I am doing a Wellness presentation to the DOC Field Services staff in February.