

Agency Wellness Champions Team Meeting

October 27, 2009

Attendees:

Name	Agency
Chris Barth	DOC
Sandi Arvin	Labor and Industry
Amy Sanda	Mn/DOT
Linda Feltes	MMB
Debbie Lerdahl	Admin
Jenny O'Brien	Labor and Industry
Kim Engwer-Moylan	MDH
Colleen Cooley Schmitz	DNR
Jazmine Marie Garcia	Revenue
Joanne Prillaman	Tax Court
Mike Connolly	MPCA

Welcome and Introductions

Sandi and Jenny welcomed the group.

Updates

Joanne: Arranged for AnnaLee Wolf to teach yoga, a referral by Linda Feltes. AnnaLee has taught at MDH for many years. Employees have been appreciative of the convenience and are willing to pay. Started with 30 participants. Are averaging 20.

Judicial hosted a successful healthy potluck. No food parameters, just communicated definition of healthy through conversation. Would like to host another but concerns about spreading H1N1 are a barrier. May have a serving team rather than people helping themselves.

Chris: finding it hard to pay instructors. Some solutions offered for Chris to consider included: using staff to lead classes or demos after work such as pottery, golf, areas in which they may be certified; have instructor just come in for a demo; i.e. workshops vs. classes then people can find a class on their own. Group encouraged Chris to not be afraid to charge for classes.

DOC-Red Wing is also working on getting and communication calories in the cafeteria meals.

Linda: Thanked many who participated in policy survey. Many policies lacking! If you would like to know what other agencies are doing in a particular policy area, please ask Linda.

Linda completed interviews with several state leaders in wellness. They are our new "Featured Employees". Please visit this extranet link to read these interviews. They will leave you hopeful and inspired: <https://extranet.mmb.state.mn.us/workwell/employee.htm>.

For anyone interested in training to be a health coach, the U of MN's Center for Spirituality and Healing offers a two year graduate certificate for health coaches or two 4-day weekend CEU

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courses for a less intense curriculum. Learn more at: www.csh.umn.edu, click on education programs or call 612-624-5166.

A group of about 30 at MDH are participating in a Blue Zone project together. A larger group is looking at what it will take to be a "Blue Zone" building. The official Blue Zone project is developing a certificate for this.

Debbie: Admin is hosting 2 45-minute tai chi classes each week. They had difficulty getting the ok for putting the price for the classes in the posters. It is \$3 per class.

Debbie suggested Linda might wish to interview Commissioner Sheila Reger as a leader in state employee wellness.

Colleen Schmitz is a new Wellness Champion from the Dept of Natural Resources (DNR). Welcome Colleen! She is in HR at DNR. Previously, DNR has hopped on the PCA bandwagon. She looks forward now to both agencies working together.

We shared ideas about how agencies with offices around the state can reach all. Suggestions included:

- Level of involvement depends on the regional manager
- Let the district offices figure things out; often they can fly under the radar.
- Facilitate these offices teaming up, sharing ideas about what works for them
- Communications/posters can reach all

Jazmine: Revenues Board on Fitness meets once a month. Jazmine teaches yoga and encourages that it be practiced at home. There are 250 members in their fitness center, or about 10% of building employees. The cost is \$50/year. They have 13 lockers. The fitness center has slowly grown to 3 rooms, one with weights and machines, one for classes, and showers and lockers. All team members have responsibilities, including cleaning lockers.

Amy: DOT's wellness committee has 5-6 new members and several new officers. The committee includes a member from Workers Comp. They continue the weight loss challenges. They offer Pilates for \$14 per session, and free, employee-led yoga classes, which attract a small # to a small space. They routinely offer chair massage every week or two weeks. It reduces stress and increases morale.

The DOT fitness room has 150 or 160 members out of 7-800 in the building.

Mike Connolly: thanked Mn/DOT for sharing their newsletter with other agencies. (The newsletter and website is indeed available for all.)

There is interest at PCA in Weight Watchers. (There is a group at DLI across the street. Also, one can search WeightWatchers.com for meeting by zip code.)

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PCA has a Challenge 500 that is a competition between St. Paul and all their regional offices. You run 50 and bike 100. Linda asked Mike to put information on how this is set up on the Work Well extranet, or send to her to put up for all to access.

Sandi: JourneyWell is coming for a lunch and learn. The Commissioner requested a blood drive.

Energy break

Amy led us in tai chi moves.

2010 Plan

Linda proposed a monthly calendar of campaigns for 2010. This plan will help us focus on various systems, such as establishing a communications plan for your wellness program, or policies, such as a healthy eating policy, or environmental/facilities assessment or change, such as how inviting are the stairs and can they be made more inviting.

Please find the plan attached below.

People thought the calendar was both helpful to focus their work and very ambitious. Linda sees it as her responsibility to bring resources and support in each of these areas each month. She imagines that an agency may grab and go with one campaign for a month, a quarter, or for the year, depending on each agency's interest, culture, strengths, staffing and resources. We committed to being flexible with the plan, and understand that each agency wellness champion or committee can take what is useful and leave the rest.

Next Meeting

Tuesday, December 8, 2009*

1:30-3 PM

MN Dept of Revenue

600 North Robert St.

St. Paul, MN 55155

Invited speaker on "Using Humor to Create a Healthy Workplace"

Linda Hutchinson: <http://www.haha-team.com/main/programs.htm>

You won't want to miss her!

*Please note: date of meeting has been changed. This meeting replaces our regularly scheduled Nov 24 and Dec 29 meetings.

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Work Well Wellness Champions 2010 Campaigns

Month	Campaign	Co-lead (w/ Linda Feltes)
Jan	Check for Health Environmental Assessment	With own wellness committee or with Linda
Feb	Communications plan (samples: MDH, Mn/DOT, others)	
Mar	Add public transportation link and bike rack and walking route information to agency directions/parking Web pages	
Apr	Learn or develop standard for bike racks/employee. Assess/request bike racks.	
May	Tobacco Policy education and enforcement Health insurance coverage of quit plans (World No Tobacco Day)	
Jun	Catering Policy/Vending Policy/Options/Attach links to Cater to Health	
July	Lockers/ showers/access and cost of fitness center	
Aug	Inclusion of Wellness in New Employee Orientation Wellness Walkabout	
Sep	Assess balls/strikes/home runs and errors of wellness committee	
Oct	Health Insurance Benefits/Benefit of Health Assessment + Coaching (Open Enrollment)	
Nov	Stairwell assessment/Take the Stairs campaign (w/ pre-and post count)	
Dec	Fruit baskets to every commissioner	

Jan 2010 Check for Health

Misc. other:

Pilot wellness program with health plan.

Evaluation