

Agency Wellness Champions Meeting

Attendees:

| Name | Agency | Wellness Program |
|---------------------|---------------|-------------------------|
| Linda Feltes | MMB* | Work Well |
| Sally Peterson | MPCA | |
| Joseph Julik | MPCA | |
| Carol Diedrich | MSRS | |
| Sally Kupferschmidt | MSRS | |
| Colleen Siegel | MMB | P.O.W.E.R. |
| Tim Myer | MDH | Work Well MDH |
| Kim Engwer-Moylan | MDH | Work Well MDH |
| Kathy Drennon | DNR | |
| Alexis Donath | MPCA | |
| Mike Connolly | MPCA | |
| Scott Parr | MPCA | |
| Melissa Wenzel | MPCA | |
| Amy Krause Reader | MDOT | MnDOT Health & Wellness |
| Lori Belz | MDOT | MnDOT Health & Wellness |

*New name for Finance + DOER + MAD = Minnesota Management and Budget (MMB)

Welcome and Introductions

Sally Peterson welcomed us to MPCA and participants shared their favorite wellness activity at work.

Energy Break

Joe Julik lead us in a stretch break.

Building a Foundation for Wellness Programs

The richer the soil, the better plants will root. To that end, we watched “Batteries Not Included”, brainstormed and talked about ideas the video generated on the 10 essential energy sources that increase the odds for the successful introduction of new programs into your workplace.

Here are the notes from the easel pages. These are cryptic as I was facilitating the conversation rather than taking good minutes. (You had to be there...hint-hint.)

Commitment

Constantly remind employees of agency head support

And be sure leadership really does actively support, not just on paper

September 30, 2008

Agency Wellness Champions Meeting

Assist in finding resources or having activities, even for only 1 person that may need reinforcement.

Make time and resources available

Communication

Newsletter

Website

E-mails

Brochures

Posters

Actively solicit employees request/input—what do people want

Weekly reminders/tips to EE's (online)

Laminated tips and reminders to hang in cubes

Create name and identity for your program

Consistent

Plan—each week, each month

Program and events that can continue on

Flexible

Play with timing, of classes, say, to meet various schedules

Evaluate, be courageous, change course

Yoga classes-various locations (across agencies, even!)

Accountability

Talk with leaders

Build intrinsic incentives

Creativity

Ask ourselves what would motivate EEs/ what is it that's getting in the way or desired outcome and creatively address that

Flyers, Website—creative ways to reach people

Recognition

Employees recognized for walks with trophies or prizes.

Health and Wellness members formally recognized by mgmt/Commissioner

Have plan so do it regularly

Use existing recognition vehicles (eg. MDH has an online kudos board).

Respect

Find out what's there already/in the past

Acknowledge ideas; promote their classes, events, etc.

Ask for input

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Inclusion

- Build a team/committee
- Keep asking
- Include all employees in meetings

Fun

- Vendors/health fair promote wellness and info in a fun way
- Smile a lot

Certificate Awards

Linda thanked everyone for their 6 months of volunteer service to this state employee worksite wellness effort. Those not in attendance will have received a certificate in the mail. Thanks to Kim Engwer-Moylan for designing the certificates.

Your Vision

Tabled for next meeting, for lack of time.

Facilities Tour

Sally Peterson showed a small group her agencies blood pressure monitor station, and lead us on the Swede Hollow Walk that is convenient to all MPCA and DNR employees. MPCA builds their semi-annual apple walk and strawberry walk around this walk.

Next Meeting:

Date: Tuesday, Oct 28, 2008 1:30-3:30

Location: Minnesota Dept of Transportation

Agenda items: State cafeterias

Open enrollment

JourneyWell health assessment and wellness tools

Energy Break Leader: Linda Feltes