

# Agency Wellness Champions Team Minutes

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January 28, 2014

**Notes:** Sandy Stolt—thanks!

**Energy Break:** Genny Johnston—thanks for the Zumba warm-up!

## In Attendance:

In Person:

Linda Feltes  
Catherine Ryan  
Lynn Burwell  
Genny Johnston  
Debbie Lerdahl  
Lorelei Peters  
Nikki Trifilette  
Sandy Stolt  
Ang Croisant  
Lauren Burks

Sandy Karnowski  
Denice Malone  
Elizabeth Ossers  
Mark Fiers  
Barb Sporlein  
Lorelei Peters  
Ned Rousmaniere  
Beth Lundholm  
Stacey Phillips  
Sally Kupferschmidt

## Via Ready Talk:

Melissa Jensen  
Bonnie Johnson  
Susan Bishop  
Brenda Tuma  
Michelle Huettl  
Angie Sechler  
Mao Vang  
Alla Slutsky  
Jessica White

Sheryl Goldberg  
Christine Wojdyla  
Kim Engwer-Moylan  
Eileen Brooks  
Patricia Fox  
Deb Loy  
Ashley Kalbes  
Jill Haring (StayWell)  
Krisann Calhoun (StayWell)  
Cathy Durbin (StayWell)

## Presenters:

Mark Fiers—MnDOT  
Ang Croisant—StayWell

## StayWell's Eat for the Health of It

Ang provided an overview of the Eat for the Health of It campaign, which Staywell will roll out to all insurance-eligible state employees , with registration beginning early March and the 6-week campaign running mid March through April.

Agency Wellness Champions are asked to support the campaign though forwarding communications to intranets, emails and bulletin boards, as well as participating in the campaign. In a sense this campaign is

a trial run to see if working through the AWCs is a good delivery mechanism, and how can it be improved. So please make note of and share your comments with Ang. ***(Please click on presentation below to learn more)***

## Maximizing Usage of your Fitness Center

Mark Fiers ran through his strategies for improving the Transportation Buildings fitness center and ways he has promoted its use. ***(Please click on presentation below to learn more)***

## Updates

- MDH – All are warmly invited to Year of Worksite Wellness kickoff at Capitol Rotunda next Friday!
- MnDOT - honoring in February; Wear Red for Heart Health Month, Wear Pink for Anti-Bullying Day, Wear Teal for Ovarian Cancer Awareness & holding a Health Fair. Looking for Certified Trainers to do group exercise etc.
- Admin. - is promoting Wear Red for Heart Health Month in February, starting a softball team in the spring. Held sessions on; This is Your Brain on Physical Activities & Financial Wellness by the HiWay Credit Union
- MN Housing & Finance - has a biking, running & walking club also Weight Watchers Meetings
- Century College - is having a mediation session at their location
- DOR - is putting out a quarterly wellness letter
- Human Services - gave a presentation on Wellness to Sr. Leaders, that was well received
- MSRS - has an employee that was chosen from the Twin Cities Live Show to participate in a 12 week program for physical activity and weight loss

## Next Meeting

**Note: Change in location. MDH will host in the Golden Rule Building**

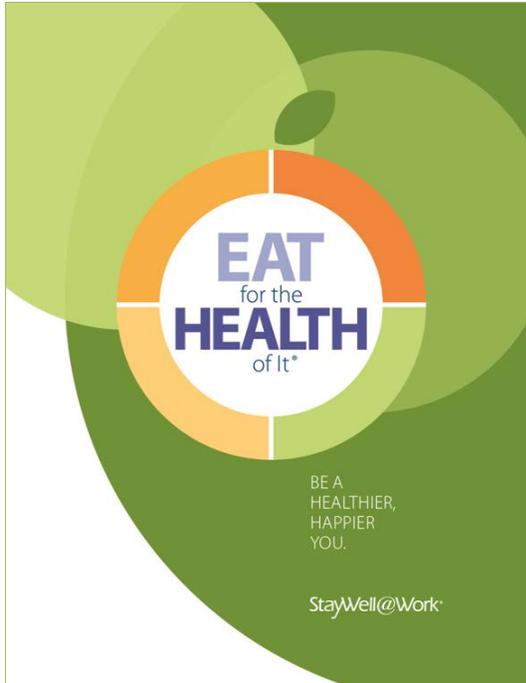
Tuesday, February 25, 2014

1:30-3 pm

Golden Rule Building, Room LL40

BCBS presents “Creating and Sustaining a Culture of Health, Part I”

***(please click on 2 presentations below to learn more)***



1<sup>st</sup> state-wide  
campaign of  
2014 begins in  
March



## MnDOT Fitness Center- January 2014