

Staff Wellness Team Minutes 9-28-2009

Present: Mary Butler, Carrie Miller, Ashley Muench, Kathy Buck, Sarah Skinner, Julie Westlund, Kelly Lehnert, Kim Bulgrin

Birthday Celebrations: We will be honoring staff birthdays three times a year. The schedule is as follows:

June, July, August, September: October 7th 12:40-1:00 3-12 library

October, November, December, January: Jan. 22nd 12:40-1:00 3-12 library

February, March, April, May: May 7th 12:40-1:00 3-12 library

We are doing this so that staff members can get together, socialize, and meet each other. Everyone is encouraged to come for cake.

Kathy is ordering the cake from Dahlstrom's.

Kim is getting napkins and cups from Shell Lake Bank.

Secret Pal: We had 22 people sign up for secret pal. Secret Pals have been assigned.

Pedometers: Most batteries are dead in them. Should we replace batteries or get better pedometers? The ones we have are very old and not accurate. We are going to look into the cost of more accurate ones.

Walking Poles: Our \$100 grant from WEA is here. We decided to purchase walking poles from Target at \$19.99 a set. These will be available for staff to check out.

Fitness Centers: There was discussion about talking with local fitness centers to see what they can offer the staff. Kim was getting information about Vitality Village. Sarah is contacting The Body Shop. Mary is contacting the Civic Center.

Kelly is contacting WEA to see if they offer partial reimbursement for workout center fees.

There was discussion about what we can offer staff to help support their workouts. We are looking for a calendar in which staff can chart their progress. More discussion about this topic at the next meeting.

Next meeting: November, 23rd. 3:30, 3-12 library