

Staywell Meeting
Wednesday, October 7
4:15
UEA Office

Attending:

Nancy Smith
Charlotte Furton-Walker
Bonnie Lobert
Rose Varga
Denise Hirschman
Leslie Montgomery
Sharon Jones
Marie Phillips
Brian Vento
Theresa Hasenauer

5K Trail Run & 1 Mile Fitness Walk Recap

Positive feedback:

- Great event t-shirts!
- All went smoothly

Suggested Changes:

- Identify volunteers with lanyard/names
- Spring 5K Run??
 - ~ End of April or first of May (need to check on other events at that time)
 - ~ target event for yearly programs
 - ~ more time to publicize with UCS
 - ~ typically a spring distance (fall runs are longer distance)
 - ~ motivating weather
 - ~ sat. vs sun (sat. preferred)
 - ~ schedule for this spring and then no fall event in 2010
 - ~ keep 5K run & 1 Mile walk (walkers can always walk 5K)
 - ~ competition between schools – register 5+ at \$15 vs. \$18
- Will vote on next time

Participants on race day (2009)

254 -170 runners & 79 walkers
54 – 38 volunteers & 15 sponsors and their employees
Total: 307 (up 50 from last year)

Finance Sheet

Income from registrations and donations \$5,017
Expenditures \$3,259
Profit \$1,759

Wellness Grants

- 2 grants: 1 for students & 1 for UCS employees
- form will be the same. Check off box at bottom if for student or UCS.
- continue to keep as 1 page form
- examples will be provided in body of email
- new grant amount - \$250
- Committee to judge grants: Denise, Sharon, Charlotte, Theresa Hasenauer, Leslie,

Brian Battaglia?, another person from administration

- criteria will be determined at next meeting
- Businesses also funding grants: Dr. Daude & Michigan Educational Credit Union

Metropark Passes

- \$25 regular price - \$20 corporate discount
- Can order from 11/16 -1/15
- invite extended to all UCS employees
- forms will be available on website and in several emails

MESSA Magnets

- Mona left message that MESSA will be providing UEA members with magnets that include Nurse hotline number

Staywell in Schools

- Will be sending out email to Building Reps for wellness programs in place in their individual schools
- Information will be uploaded on our website

Misc.

- Communications shared with all UCS employees (custodial, secretarial, aides, Central office)
- Charge for building usage to be discussed with Charlotte, Nancy, & David

NEXT MEETING:

Wednesday, Nov. 3

4:15

UEA Office

Meeting Adjourned at 5:13