

Staywell Meeting
November 4, 2009
UEA Office

Attending:

Nancy Smith, Denise Hirschmann, Rose Varga, Brian Vento, Barb Bair (Central Office), Marie Phillips, Debi Daguanno (UPPA Rep.), Mona Tropf (MESSA), Teri (MESSA), Theresa Hasenauer; David Kenewell

Yoga

- Flyer (attachment in weekly emails & www.ueastaywell.org)
- Body Image providing facility free
- 23 participants
- 3 more sessions
- offering FREE Zumba Class to UCS on Dec. 8 4:30-5:30

Maintain, Don't Gain

Target: Obesity

- Nov. 23 – Jan. 4
- Purpose: don't gain weight through the holiday season
- Informational and tracking sheet (attachment in weekly email & www.ueastaywell.org)
- Prizes: gift certificates from Hansons & Dick's Sporting Goods
- Survey Monkey to be used.
- Pregnancy points needed to be added.

Wellness Grants

- Two types of grants this year (wellness programs for UCS employees & students)
- Deadline Dec. 4th
- Application and criteria (attachments in weekly email & www.ueastaywell.org)
- Mich. Educ. Credit Union & Daude Family Chiro. are each sponsoring a \$250 grant
- Individuals determining grant recipients: Denise Hirschmann, Bryan Battaglia, Charlotte Furton-Walker; Claudia Daude; Sharon Jones, Leslie Montgomery, Theresa Hasenauer
- Denise: set up date & location after deadline on Dec. 2

5K Trail Run & 1 Mile Fitness Walk

- Kohls' check for \$500 was sent
- Will contact them again next year
- Kohls provided 5 volunteers to help with 5K on race day.
- Survey results: fall run favored over spring, Saturday favored over Sunday. Obstacle course was favored by many. Working with community (Doug Curtis) to provide equipment for the obstacle course.

Metropark Passes

- Nov. 16-Jan. 16
- Included in weekly emails and www.ueastaywell.org

- 56 passes already sold, \$20 instead of \$25 sold as a service. No profit, just promoting fitness and wellness.
- 375 sold last year

Van Buren ISD

- Supt. Mills suggested having a video conference with both wellness groups.
- Purpose: sharing ideas, get to know them
- Dec. 2 meeting at board office with video conferencing (Barb will set it up.)
- Focus on most successful events such as: 5K & Wellness Grants
- Looking for some sort of competition with the district. "East meets West"
- Walk in Lansing, biking, ?????

Chris Johnson presentation

- MLK day, Jan. 18
- VanBuren ISD
- Committee invited to go to presentation.

Mona (MESSA)

- health promoter for MESSA
- Magnets for Nurse hotline (MESSA)
- Helps reduce health care costs by being healthy.
- Great Lakes Wellness Conference
- Mayo Clinic portal: interactive weight loss program, recipes, module for stress management, module to stop smoking, fit for every body program, etc.
(messa.org, health resources, mayo embody health, registration page)

School Employee Wellness Grant

- Up to \$1000
- Deadline Dec. 2
- Leslie, Rose, Nancy, Denise are working on grant
- Recipients receive press releases to State's governor, Supt. of Education, Local Reps from DHPE

New website to try: hungrygirl.com

- Recipes, ideas, point values, etc.

Next meeting at Central Office on Wednesday, Dec. 2nd.