Date: April 5, 2013

To: Duluth Joint Powers Enterprise Trust Participants

From: Audra Flanagan

Subject: "Bridge to Wellness" program update

It has been an exciting and busy year for the "Bridge to Wellness" program. We can pride ourselves with operating under the principles of our Vision and Mission statements by creating a supportive environment that will lead to a healthier and productive life as well as providing diverse programs to enhance our lives through the benefits of life long wellness.

Here's a recap of 2012 "Bridge to Wellness" events:

- February 2012 health fair; the purpose was to make benefit-eligible employees and retirees aware that a wellness program exists, to encourage participation in the various activities, and to motivate employees and retirees to get and stay involved.
- April 2012 Employee and Retiree Interest Survey; 280 employees/retirees participated.
- Participated in our first Community Wellness Day, which is a national event that focuses on educating members of our community about health, safety, environmental and financial wellness. At the same time it afforded us an opportunity to convey our "Bridge to Wellness" brand to the community. Approximately 20 employees attended.
- June 2012 - the "Bridge to Wellness" sponsored their first Grandmas Marathon and Garry Bjorkland Half Marathon Corporate team challenge.
- Developed a "Bridge to Wellness" internet site to help raise awareness and provide education and support for the ongoing wellness mission. (www.duluthmn.gov/bridgetowellness)
- Sponsored Long-Hot Summer Challenge from June to August 102; 142 employees participated.
- Developed and approved a three-year Strategic Plan; the JPE Trust Board approved in July 2012.
- October 2012 - held a Health Fair at the DECC. Health Assessments and Biometric screenings were offered as well as flu shots. Approximately 300 attended.
- A Communications sub-committee was formed and an official Communication Strategic Plan was developed and approved at the September 2012 JPE Trust Board meeting.
- Provided an opportunity for employees to participate in a health assessment. The purpose of the assessment was to analyze the health risk factors of our plan members and to use it as a tool to determine the types of activities the Bridge to Wellness Committee should offer to target the medical conditions that are of concern. The most common areas of interest or concern were:
    - Weight management
    - Heart disease
    - Diabetes
    - Tobacco use
    - Back pain
    - Emotional well-being

The health assessment results have enabled the "Bridge to Wellness" committee to determine the best types of activities and topics that will be the most impactful for participants. As a result, 2013 events will include:

- The "Lose Weight in Eight" challenge concluded in March; 80 participants formed 11 teams and lost 320.60 lbs.
- "Bridge to Wellness" is co-sponsoring motivational speaker Chris Crowley author of "Younger Next Year" on Thursday, April 11th at 7:00p.m at the DECC Symphony Hall. This event is FREE.
- 4th Annual Northland Community Wellness Day on Saturday, April 27th, 2013 at UMD's Romano Gym. 50 community vendors will focus on personal health, public safety, financial wellness, and environmental health. Children's games and activities with UMD athletes will be part of the fun. Paul Batz will speak at 1:00pm in the Marshall Performing Arts Center about "What Really Works; Blending the seven Fs for the life you imagine". This event is FREE.
- The Duluth Airport Authority is a sponsor of the YWCA Mother's Day walk/run.
- The "Walk to Key West" challenge will begin in May 2013.
- Sponsor a Grandmas Marathon and Garry Bjorkland Half Marathon Corporate Challenge Team.
- Another physical challenge will be planned for the fall 2013.
- Health Fair at the DECC on September 17th, 2013 where biometric screenings, flu shot, and health assessments will be available.

Thank you to the following "Bridge to Wellness Committee" members for planning, advertising, and executing these diverse programs to enhance our lives through the benefits of life-long wellness:

Danielle Bolf
Kathy Carver
Keely Downs
Chuck Froseth
Cookie Gilmore
Ryan Green
Ken Gustafson
Lisa Larson
Ramona McCree
Marty Mehling
Annette Nemec
Amy Norris
Tari Rayala
Eric Schlacks
Charlie Smith
Marlene Van Puymbrouck
Jane Wester
Kim Wick
Abigail Wright

Please visit the Bridge to Wellness website, at www.duluthmn.gov/bridgetowellness for more information on upcoming events.

Sincerely,

Audra A. Flanagan
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City of Duluth