

**Bridge to Wellness
Meeting Minutes
September 8, 2015**

Members Present: Library- Maureen Maloney; Finance – Ashley Lent; HRA – Lenelle Hrabik; Construction – Chris Edwardson; Attorneys – Danielle Erjavec; Workforce Development – Karissa Swenson; DECC – Annette Nemec; DAA – Kathy Carver; HR – Shannon Sweeney; Public Utilities – Eric Schlacks; Street Maintenance – Doug Peterson

1. Approval of Minutes

Motion: Ashley Lent
Seconded: Maureen Maloney
Motion passed: Approved

2. Move or Bust Challenge

Move or Bust starts September 21st- November 1st. Minutes based challenge against St. Louis County employees. Format same as last year, hoping for more participation this year to beat County! Weekly prize drawings will take place, and there will be prizes for top 3 female and male overall winners. All participants will receive t-shirt if City beats County.

3. Health Fair updates

- a) The committee was asked for other ideas for presentations and suggestions were:
 - i. Stretching (Importance of and easy stretches to do)
 - ii. LSC Massage students discussing the importance of release of muscle tension/massage
 - iii. Eye exam information
 - iv. Essential Oils
 - v. Meditation
 - vi. WLSSD – Household Cleaning supplies

This was mentioned last time, but the presentations we have lined up are: Sole Essentials will present on foot health, the Chef Marshall O’Brien group will be presenting on Smart Eating and students from Exercise Physiology and Physical Therapy departments will be conducting Wellness Assessments and Functional Capacity Evaluations and will also be conducting presentations on prevention of degenerative joint diseases, exercise and healthy living recommendations.

- b) Description of what the CSS students are providing:
 - i. **Functional assessments** will focus on lifting / carrying body mechanics and posture. Students can have an area set up for lifting, carrying, pushing / pulling if materials are available and also assess seated and standing posture. Recommendations can be provided for good body mechanics.
 - ii. **Wellness assessments** will consist of Resting Heart Rate & Blood Pressure, Body Composition, Cardio-Respiratory endurance (3-min Step Test), Flexibility, ECG and Strength test. All information from this assessment will provide the participant with a baseline of their health, providing them with a comparison to other adults in their age group (and if they want further assistance with putting together a fitness plan, can talk to their wellness coordinator).

- c) The idea of doing some demonstrations in the lobby area was presented to the committee and there was approval of the idea of having short (10-15minute) demos such as Ballroom dance, pilates Yoga and/or adaptive yoga, balance exercises and possibly other ideas.

4. Ergonomic Assessments/Stretching program

Angel informed the committee that she is working with departments to conduct ergonomic trainings and assessments. At Public Works for example, an overview of what an ergonomically correct seated work space and a standing work station should be like was presented. The library will be focused on both the workspace and on lifting/carrying. If individuals would like a work space evaluation, Angel is willing to conduct those, as well as group trainings.

5. Wellness Scorecard

The concept of a Wellness Scorecard was presented. The design of the scorecard is based on forming the wellness program into an actual program, focusing on a holistic approach to well-being for employees. With the scorecard, participants would be potentially eligible for gift cards, a PTO day and reimbursement for health/wellness program or activity (this would be a tiered structure – complete x-amount of categories or accumulated points to receive the rewards). The areas of well-being include: Physical, Environmental, Social, Emotional, Intellectual, Financial, and Spiritual.

6. TLS Program Reminder

Transitions Lifestyle System program is a 12-week program focused on weight management. The program was offered last year and Michelle Russell, CHHP, will be conducting the sessions again starting September 16th. It will be held Wednesdays at 5pm in City Hall. There is a fee for the program, however if someone would like to be reimbursed, they could receive a referral from their doctor and use their FSA to pay for it.

7. Wellness Days

September 24th from 5-7pm, there will be a hike on the Superior Hiking Trail for any/all employees (back-up date will be Tuesday, September 29th). Anyone and everyone is welcome to come and “hike” with me – meeting at the Depot parking lot (thanks Maureen for the suggestion).

8. Next meeting is October 13th, 2015 at 2pm at City Hall.