

Agency Wellness Champions Team Minutes

March 25, 2014

In Attendance:

In Person:

Linda Feltes
Lynn Burwell
Debbie Lerdahl
Nikki Trifilette
Sandy Stolt

Sandy Karnowski
Ned Rousmaniere
Sally Kupferschmidt
Washington Nguyen
Ashley Kalbes
Cindy Schneider

Tamara Bohmert
Cori Huffman
Julie Joyce
Bob EZ
Susan Bishop
Deb Loy

Via Ready Talk:

Eileen Brooks
Jacquelyn Klein

Bonnie Johnson
Alla Slutsky

Christy Husby
Jessica White

Aggregate Results from StayWell and Work Well: How to Interpret and Use Them to Promote Your Program

Presenters: Linda Feltes and Ashley Kalbes

Use both of these data summaries to build the case for employee wellness to senior management. Present at least annually. Ashley requests, through her supervisor or HR, to present in the beginning of the year and a few months later presents a plan. Within the plan, builds in options for managers to have a say. Please see PowerPoint presentation on page 2.

Energy Break

Julie Joyce. Thanks, Julie!

Planning a Health Fair?

Please see content beginning on page 3 on expanding beyond the typical health fair, towards a wellness convention.

Next Meeting

Tuesday, April 29, 2014

1:30-3 pm

Ladyslipper Room, Centennial Office Building

Topic:

Creating and Sustaining a Culture of Health, Part 2

Agenda

1:30 Welcome, Intros

1:35 Aggregate results from StayWell and Work Well: How to interpret and use them to promote your program

2:15 Energy Break

2:25 Health Fair Planning

2:40 Round Robin Updates

Rapid updates—one item to share with colleagues

Next Meeting



Note: In order to view the presentation at left, just right-click the slide and select Presentation object - > Show. This will open up the presentation in PowerPoint under view mode. Use the normal navigation tools to advance the slides (page-down, right arrow, or mouse click – whichever you're used to using).

Instead of a health fair, how about a Wellness Convention?

Compiled by Linda Feltes 3/14

- At our health fairs, let's provide more than just information. No tables with just handouts.
- Behavior change requires these four elements: *awareness, motivation, skills, opportunity*. How can you provide these? How can vendors create interaction?
- View wellness through wide lens: financial wellbeing, mental wellbeing, physical wellbeing, social wellbeing, career wellbeing and so forth.
- Be sure to create a role for senior managers and supervisors, unions, and employees with untapped wellness skills.

Handle the Logistics

Date

Location:

- Cafeteria during off hours? Our cafeterias are generally public spaces, so all invited and easy access for all.
- Provide driving and parking directions. Also provide bus routes and bike rack information
- **Budget:** food, stage, decorations, invitations

Partners

Possible Events

- Different groups responsible for a 20 minute time slot on stage for demo, whatever
- Game show with commissioners, supervisors, sr. managers
- Fitness & cooking demo for 15 minutes every 20 minutes
- Cafeteria sample healthy menu items
- Invite Governor to give out Governors award to lead agency in wellness
- Existing class instructors-yoga, Zumba, kettle bell

Other ideas

Agency competition goal specific to size of agency, all accomplishments converted into calories burned
Arthritis Foundation, American Heart, American Diabetes, Be the Match, etc.

Ask a StayWell health coach and give people 10 minute appts.

Ask LifeMatters—invite our EAP and let people make appts.

Blood pressure checks

Chair massage by appt.

Demo Ergotron standing desks

[Eat Well Work Well](#)

Financial wellbeing— LifeMatters can cover this topic. Or invite Hiway Federal Credit Union

Let event serve as launch for walking groups, bike commuting groups, running group. Give people opportunity to sign up and commit to getting back to them.

Metropolitan Area on Aging, Senior Linkage Line

MnDOT transit (walk/bike...)

Music by state ees?

[Nice Ride](#) bike demo

SEGIP Health Solutions quiz/hand out old SEGIP reports?

St. Paul farmers' market/CSA sign ups

Working caregiver support expert

"Own your Future" campaign

MDH Garden Club + organization for donate your produce

MN STAR program

Existing instructors (Steve Ayers at DOC, Genny Johnston at ADM, Linda Feltes at MMB...)
Metro transit? For bike rack on buses (Damien)
Freewheel re. winter biking
MDH Vaccine Division—why vaccinate?

Usual suspects

Health Plans
Dental plans

Request health vendor participation: <http://www.mmb.state.mn.us/meet-request>

Rules of Conduct in Public Space

Evaluate

Count attendance Evaluate satisfaction with a [SurveyMonkey](#) to all with 3 questions.

Sample Invitation to Vendors

Please accept our invitation to participate in the (Event Title)

Event details:

Time, date

Location

The State of Minnesota's Work Well program is looking for contributors to a wellness fair. Preference will be given to contributors who will provide our employees with new skills, motivation and opportunities. Space is limited.

Unlike a typical health fair, contributors will not simply staff a booth and hand out incentives. We are recruiting contributors who are able to:

- Provide one or more 15-minute demonstrations for how to live well. You must be able to set up and break down your demonstration quickly and cleanly.
- Create an opportunity for employees to interact with you and/or each other.

Tables, chairs and electricity will be provided.

Demonstrations might include:

- 15 minute mini-fitness classes, such as
 - Yoga
 - Kettle bell
 - Tai-chi
 - Jazzercise
 - Hula dancing
 - Try a standing desk
 - Bike commuting
 - Manage your illness with exercise and relaxation
- 15 minute health cooking demo, such as
 - Cooking with kale
 - Raw foods demo

- Vegan demo
- Adding fruit to your salad

Opportunities to interact may include:

- Stump your Wellness Champion
- Game show with Commissioner
- See Yourself as a Caregiver

Other ideas are very welcome. Please contact one of us to learn more.

Please note: Sales of products or services are strictly prohibited. Employees may be given handouts with contact information. Discounts offered to State of Minnesota Employees must also be available to the general public.

With respect,