

2016 COS Wellness Committee

February 2, 2016 Meeting Agenda

2016 Committee Members:

John Hill (Water Plant)
Patrick Carroll (Police)
Meagan O'Neal (Finance)
Anne Sears (Community Development)
Donna Matthews (PW: Water C&M and Solid Waste)
Sarah McNeill (WWTP)
Krista Thomas (Fire)
David Von Canon (Golf)
Brian Martinsen (Sewer C&M)
Karen Ragland, Chairperson (HR)
Steve Little, Adhoc Member, Mark III Benefits

The City of Sanford's first quarter 2016 Wellness Committee Meeting is scheduled for Tuesday, February 2, 2016 @ 2P in the City Hall Council Chambers Conf Room. Agenda to include:

- **Review HR Director's Response to our 2016 Wellness Program Proposal** (20 min)
 1. Lunch-n-Learns – recommended changes:
 - In support of our decision to offer fewer sessions in hopes of increased participation, but would encourage continuously evaluating the effectiveness of the decision
 - Maintain a balance of popular topics with varied topics
 2. Physical Fitness Activities – recommended changes:
 - Approved four massage days, explore on-site foot massages

- **Review Existing Communication Tools** (10 min)
 - Table Topper – updated after each quarterly planning meeting
 - Employee Only Intranet Page
 - Flyers ****Increased Volume & Visibility**
 - Email Notifications
 - Employee Newsletter
 - Wellness Committee Ambassadors – word-of-mouth

- **Identify 1Q2016 Lunch-n-Learn Coordinators** (10 min)
 1. March – National Nutrition Month, Presenter: Andrea Groon (Coordinator: Karen Ragland)
 2. April – City Q&A Benefit Session, Presenter: Christy Pickens & Karen Ragland (Coordinator: Karen Ragland)

- **Identify 1Q2016 Activities Coordinators** (10 min)
 3. February- Wellness Awareness Fitness & Nutrition Week---2/1 thru 2/7 (Coordinator: David Von Canon & Donna Matthews)
 4. February, March, April – Step & Biggest Loser (Coordinator: David Von Canon)
 5. March – City vs County Basketball Challenge (Coordinator: _____)
 6. March—Nutrition 1:1 Counseling (Coordinator: Karen Ragland)
 7. April – Massage Days (Coordinator: _____)