

## WELLNESS COMMITTEE MEETING MINUTES

Monday, February 15, 2021

The meeting was called to order by Brenda Clabbatz at 1:34 PM.

Mrs. Clabbatz began the meeting by thanking Melissa Turben and Rachel Cragg for doing a great job with the monthly Wellness Newsletter.

Brenda noted that Rachel would need to contact the Corry Hospital now to schedule the flu shots for next fall.

She also stated that Melissa and Rachel will want to start planning for the Health Fair for next year now. It usually takes place every three years on the February in-service day. Brenda said that she has a contact from Highmark that is willing to come down and do body scans to show marker areas where improvement is needed. They return later in the year to re-evaluate everyone that does the scan to look for the improvement. Brenda will give Rachel that contact information. Rachel said she will be contact retiree, Patti Brown for input on planning such an event.

Stephanie Donoghue said she has had several different employees reach out to her for help with weight loss and movement challenges. People are needing a moral boost and motivation as the restrictions from the pandemic continue. After much discussion, it was agreed that perhaps setting up a shared Google doc where people may enter their steps for one week and then enter each week to compete against themselves. It was also suggested that some tips can be shared in the next newsletter on items to help people move more such as parking farther away from the building or walking a lap around their building after eating lunch or purposefully walking down the hall between classes or once per hour. Just getting up and moving proves to help with physical and mental health.

Katy Hoover reported that the meal giveaway is going very well. The café is now also providing meals for the Christian Alliance Academy for seven days a week along with the YMCA. Remote students receive in total meals for seven days a week. Meals are also provided to Pre-K through grade 6 for the weekend. Katy is very happy that children are getting good healthy food into their hands.

The Assessment tool is on the new website which should be rolling out any day.

The MHS and CAIS are both still working towards being Blue Zone certified and the District as a whole is moving towards the worksite wellness. Katie Hoover will check her email from Jen Eberlein, from Blue Zones, and get her the information she needs.

The next meeting will be on Friday, May 7<sup>th</sup> at 9:00 AM.

Bill West noted that he has starting to fill out the paperwork for the summer foods program. However, it is unclear at this time what this program will look like as COVID-19 continues to restrict so much.

There being no further business, the meeting adjourned at 1:48 PM.

Respectfully submitted,

Lynette S. Willis