

**NOTICE AND AGENDA OF MEETING OF THE NAPEBT WELLNESS COMMITTEE OF THE  
NORTHERN ARIZONA PUBLIC EMPLOYEE BENEFIT TRUST**

Notice is hereby given to the general public that the NAPEBT WELLNESS COMMITTEE will hold a meeting open to the public on **Friday January 11, 2019, 10am-12:00pm County Health Department 2625 N. King St. Birch Room, Second Floor.**  
**Call In Option: 1-641-715-3580 PIN: 594430**  
**Link to supporting materials on SLACK**

**NOTES**

1. CALL TO ORDER

2. COMMITTEE MEMBERS AND ALTERNATES:

Katie Wittekind	NAPEBT	Jen Caputo	City
Amber Baker	NAPEBT	Lynn Hill	NAIPTA
Jen Moore	FUSD	Allison Duff	Vera
Tasha Wilson	County	Julie Almond	Vera
Mike Townsend	County	Shawna Bowen	Vera
Rosa Mendoza-Logan	CCC		
Jeanie Confer	CCRS		

3. AGENDA ITEMS

A. Intro Activity: Shared Distinctions

B. Agency Updates: *Skipped for time*

C. Parenting Classes\* *decision to offer 2 sessions of 3 class series and one stand alone family session following the 2 sessions*

*Wellness Committee pts event series-once a week for parents of any age child-most relevant for teens.*

*-how to speak to teens about sex health*

*-resources and enabling*

*-Healthy sexuality & expression of sexuality*

*Options for parents & kids together or just parents*

*No Cost..Access? (in person & webinars) willing to*

*Minimize stress of parent, and community.*

*Stream from City chambers*

*Could do lunch & evenings over summer*

*6 week parents & then kids & parents together-in person & online*

*Meal for events*

D. Mindfulness Structure of Classes\*

*Priority: train the trainer\*\*-Naipta recommends 1hr train the trainer to see interest & then sits after 4x 30min session*

E. Awards Banquet Subcommittee\*

a. Warriors & Leaders of the Year Selection March 1<sup>st</sup>

b. Help from Jen Caputo & Tasha for decorating day of

F. Retreat\*

a. KT Strategic planning? 3 yr plan goals/ objectives drafted by steering committee, brought to agency's committees, back to committee to decide.

b. Alt incentive topic conversation lead by Rob? March 8<sup>th</sup> the more perspectives the better

*Creativity won't be there for the second topic*

*Do we need employees outside of well committee's input on 3 yr plan?*

*Survey of next 3 yrs? Or tiered approach from agency?*

G. Location Form will be updated by KT and added to SLACK

- H. Environmental Scholarship\* due April 1<sup>st</sup> & selection April 5<sup>th</sup> through Vera, Wellness Team & Agency's not participating in proposal
- I. Sugar Challenge
- J. Vera: Marketing, Integration, and Engagement
  - a. KT Create draft w/ vera for marketing then brought to committee
  - b. Could do outreach for meetings- Roadshow
- K. Annual Survey *KT*
- L. Review Program Plan
- M. October Action Items
  - a. NAPEBT will check back with agencies about tracking time spent on wellness committee meetings, and trust meetings
- N. November Action Items
  - a. Who's presenting your agency's awards at the banquet? Let us know by Feb
  - b. Amber will reach out to Michelle to decide Mindfulness train the trainer and 30min sit details
  - c. Feb 28<sup>th</sup> employee nominations due -send to shawna vera
  - d. Katie will go through 3 yr plan to create recommendations
  - e. Each agency will go through their agency specific objectives and gaps by april's steering committee meeting
  - f. Vera will integrate for 3 yr plan
  - g. Katie will add capacity at locations to specify cooking demos, yoga/pa?
  - h. Add allie & shawna & Julie
  - i. Add road show/ outreach to next meetings for vera
  - j. Kt will go through & send out survey and get emails in response to chandes and additions

\*(Decision)

Tabled:

A. MEMS Pool

B. Compass

Not to over exercise our strengths