



Meeting Notes

Date: Feb 28, 2020 **Time:** 10am-12pm
Meeting Title: Wellness Steering Committee **Location:** County Health- 2625 N. King St Birch Room

To call into meeting: 1-515-604-9788 PIN: 723-505

Meeting materials posted on Microsoft Teams

Committee Members	Present
Katie Wittekind	NAPEBT (phone)
Amber Baker	NAPEBT/ FUSD
Jen Moore	FUSD (phone)
Ginger Stevens	FUSD (phone)
Erika Philpot	County
Maggie Arellano	County
Rebekah Meyer	County
Shawna Bowen	Vera

Committee Members	Agency
Erin Tutay	CCRSB (phone)
Jen Caputo	City
Lynn Hill	NAIPTA

Roles

Note Taker	Amber Baker
Tech Issues	Amber Baker

Note: Agenda items may change order on the day of the meeting.



Agenda Item	Notes
10:00 Intro Activity	To bring group together and build collaboration among team-shared highs and lows
10:15 Sub Committee Updates	Motivational Inquiry timeline-retreat set to August 21st and Incentive changes won't be until 2021 plan yr. Marketing vendor is going well-look out for the Planner that's coming out this week and let Katie know if you have feedback , Well Site RFP is on hold until further notice, Awards Banquet will have 400 invites this year, and the selection of warrior of the year/ leader of the year per agency is March 6th 10am in County HR Weatherford room
10:30 Budget	Board voted to keep to the 5.7% increase that had been communicated by SEGAL and that was projected-leading to employee's expecting this increase. However, this will not cover cost and the Trust is looking to many ways to save \$600,000. Finance committee recommended Trust adopt a 20% of wellness budget, but not officially voted on due to needing to find more cost savings. Hope is to have an answer about budget after the March 26 th meeting. After Board direction, wellness committee can again look at next budget and can vote on priorities and spending ie outdoor ops etc...
11:00 Break	
11:05 Online Class Form	Admin vendor created form online submittal and is approved



	<p>by committee with hopes to collaborate with Vera's Event Request form to simplify process. Vera will communicate when form is ready to be added in. For now the request form for Wellness Offerings can be found in Teams under forms.</p> <p>All agencies utilize the form when hosting an event through NAPEBT funds/vendors to be submitted third Monday of the month prior to the event. & Shawna will let Marina know about the form</p>
11:15 Yoga Proposal	<p>Yoga rev is approved by committee for 600\$ of 50/session which is same rate as NAYC as a pilot to offer yoga per employee request at Flag High. Funds coming from new vendor services category. Wellness will track utilization and inform decision to continue next budget</p>
11:35 schedule	<p>Aug 21 retreat, May 6th Poker Run, Oct 22 Health Fair. Shawna will follow up with vera's interest in supporting Poker run</p>
11:40 Vera Update	<p>New Form is created including PERMAH topics. Seattle/Vera Headquarters is excited about Flagstaff progress and imulates our practices across some of their other clients-Expectation is the Event Form Request may also be tweaked and used at other locations. Stand By for more details of changes if needed and for a link to the form to be processed. Can request PT, Coaching, Workshops, etc... doc can be found in Teams under Feb meeting materials. Provide feedback on form as you</p>



	<p>begin viewing and using it. Also-review of sugar challenge support ideas was discussed, more to come next year with potential for webinars recorded and more people reached. MK ad Shawna will begin a relationship via Katie connecting them.</p>
<p>11:50 Agency Updates</p>	<p>Amber: Expressed gratitude for all she's learned from each person/agency and stated her intention to continue a relationship with the committee and contribute to the mission of NAPEBT as a consultant-shared a few of her ideas.</p> <p>Mountain Line: Had a successful Chili cook off with Abby as judge of most nutritious. Next month a charter will be proposed and voted on for the Wellness Committee</p> <p>County: beginner Yoga is going well where they use a recording instead of an instructor, Zen garden also a success. Margret will share the info of this with Jen from the City. Bring your kids to work day is getting kicked off April 23&24th with an event the 23rd from 930-1p where vera would like to join. Financial class will happen next month in conjunction with Financial Awareness month.</p> <p>City: March is nutritional awareness month and they are promoting NorAZHealth Care's Nutrition study> Iron Man Challenge will kick off in May again.</p> <p>NAPEBT: Financial Challenge coming up in April</p>



11:55 Task List Review & Up Coming Events	Reminder about the Environmental Support Scholarship that is due first week in April! All agencies eligible unless they were awarded last year (ehemmm CCC)
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NEXT MEETING DATE: March 27th..Reminder about the Environmental Support Scholarship that is due first week in April! All agencies eligible unless they were awarded last year (ehemmm CCC)

Task Item
Any are in red from this meeting