

Well-Being Meeting Agenda

February 8, 2023

The Mission of the Stoughton Health Well-Being Program is to inspire, create and support a state of being happy, healthy and successful.

Staff Present: Andy, Mary, Autumn, Jen, Tina, Liz



Topic	Notes	Action Items and Person Responsible
Inclusion	If you could choose any view to wake up to every morning, what would it be? Liz- lake view with mountain behind Mary – ocean view with mountain behind Autumn – Saturday on the calendar Andy – mountain view in Alaska Tina – sister and brother-in-law’s beach house in VA Beach Jen – ocean	
Well-Being and HRA Data-update from Andy/Jen	Lowest categories- nutrition, sitting, weight	
Health Screenings – upcoming date and update from Andy	8/17 employees choosing coaching option after completing their health screening Visiting departments to solicit sign ups. Can employees stay punched in to complete their screening? 15 min coaching calls, on the clock?	Mary/Liz to check with Chris and Dan

<p>March and April Well-Being Activities</p>	<p>Tie to organizational needs</p> <p>March Challenge:</p> <ul style="list-style-type: none"> -Review HRA, identify what you'd like to change and email to the well-being team -create an anonymous survey and provide resources for education -collect data and provide education in the area identified -include coaching option in March challenge -Show summary graph from HRA data to show organizational trends <p>Next month: Employee blood pressure checks, scales, self-check unit in cardiac rehab, can use between 12:00-1:00 every day. 1st time meet with a well-being member? Choose 1 week and a well-being team member is there to intro.</p> <p>Blood pressure take home check out Repeat bloodwork if they'd like every 6 months, need new machine to check cholesterol</p> <p>Engage with Partners for funding</p> <p>Cardiac Rehab lunch hour – open for employee's to use, remind staff in DD</p>	<p>Mary to check with Laura re: Partners funds for home check outs and cholesterol device</p> <p>Jen will write March write up</p>
<p>Therapy dog</p>	<p>Melissa has name of an interested volunteer Amy Dunn and Roberta Sarow have therapy dogs Dogs on Call</p> <p>Weekly would be ideal</p>	<p>Mary will work on setting this one</p>

FNS/Cafeteria Update	Create MyPlate Signage Color coded utensils Danny exploring farm-to-table with local produce Andy/Mary to schedule meeting with Danny and Autumn to see what needs they have and begin making signs	Mary to set up meeting with Danny, Autumn, and Andy
Future Agenda Items	Next meeting: March 8	