

Staywell Committee Meeting Notes
Wednesday, April 29, 2009
UEA Office
4:15 – 5:15 P.M.

- **The Staywell CHALLENGE**
 - ~ Final week...ends May 3
 - ~ 119 Teams...357 Participants...31 Schools represented
 - ~ Oakbrook won lunch with greatest % of participants
(Next year provide lunch & 2 fruit trays so more schools can win)
 - ~ Prizes continue to increase from various businesses
 - ~ Teams e-mail only Grand Total...no individual scores
 - ~ The Source will be including “The Staywell Challenge” in upcoming newspaper

- **Race for the Cure – May 30**
 - ~ 14 members registered to walk on May 30
 - ~ Deadline to register is May 12
 - ~ 70 T-shirts ordered....will be worn on May 29 and at event
 - ~ T-shirts will be sent via district mail before May 15

- **NEHFD – May 20**
 - ~ 2 posters placed in each building
 - ~ Leslie is coordinating event at IRC (presenters & “tables”)
 - ~ Denise will coordinate refreshments
 - ~ 4 events that day:
 1. Fitness attire & athletic shoes worn
 2. Walk or jog for 20 min. E-mail Nancy to enter drawing for gift certificates
 3. Presentations at IRC
 4. 20% off purchases at Hansons

- **Wellness Journeys**
 - ~ Gail Schultz in May
 - ~ Several members have sent theirs (bonus point opportunity for “Challenge.”)
 - ~ Goal is to increase to 2 journeys each month

- **Great Lakes Wellness Conference in June**
 - ~ Congratulations to Elizabeth Racine-Gratti for winning the grant from MESSA!
 - ~ Several Staywell Committee members will be attending
 - ~ UEA Staywell Committee will provide a brief presentation on Friday

- **Staywell Budget**
 - ~ This year’s budget of \$3,000 has been spent.
 - ~ Due to no co-mingling of member’s funds, business monies, donations, registrations, etc. are deposited in National City account.
 - ~ Proposal for Staywell budget 2009/2010 will be drafted by Brian. The goal is to submit formal budget proposal to UEA Board of Directors before the end of school year.

~ Focus: more members are participating, programs will be expanded, and prevention is significantly less costly than treatment thus healthcare costs lowered

• **Member Survey provided the first week of June**

- ~ Will use online survey
- ~ Questions will determine participation in various programs and interest level of specific programs for next year

• **Sponsor appreciation**

- ~ Will work on this summer
- ~ Possibly desk calendars with contact information of partnering businesses

• **Last Staywell Meeting to celebrate this year's successes**

Wednesday, May 27

- ~ location and time to be determined