

# **STAYWELL COMMITTEE MEETING**

**Wednesday, May 12, 2010**

**4:15 - 5:15 P.M.**

**Bigby Coffee (51185 VanDyke)**

**Attending:** Denise Hirschmann, Leslie Montgomery, Rose Varga, Erin Zacharski, Brian Vento, Nancy Smith, Marie Phillips, Liza Parkinson, Shelly (Daude Chiropractic), Jeff, Wendy, Dorothy (MECU)

## **• Staywell Challenge (recap)**

- Survey open until Friday (helpful for next year's planning – 45 have replied so far)
- Prizes awarded to Top 16 Teams & 10 Lottery Drawn Teams (sent to teams this week)
- Will review survey data this **summer**

## **• NEHFD - Wednesday, May 19**

- posters placed in each building
- media release sent to local newspapers to encourage UCS community to participate
- #1 Wear appropriate athletic attire and shoes
- #2 Walk or jog for 15 minutes
- #3 Get your students moving
- click on monkeysurvey link to answer if participated (include name & school to enter drawing for prizes)

## **• Race for the Cure - May 22**

- 26 team members on Team UEA 4-A-Cure (2 breast cancer survivors)
- all members have received their packets & are excited about event
- 29 t-shirts ordered (\$80 given as donation)
- Wear PINK or Team UEA-4-A-Cure t-shirts on Friday, May 21

## **• Facebook**

- Total of 57 fans
- Leslie is updating with reminders of events
- Now "Friends" with Stony Creek Metropark
- Leslie will "Friend" Daude Chiro; MECU; Hansons; Stony Creek Running Club; MEA (Doug Pratt); Fred Baker (MESSA)
- Will meet this **summer** with Photography by Lois to expand ideas for use

## **• Onsite Wellness Presentation**

- Dr. Daude assisting with survey of members to gauge interest

- Schools given choice of topics. They schedule time for presenter to come to them
- Working on a form for schools [min. number in attendance, topics, times, dates]
- Create a form for businesses [provide us with a powerpoint of presentation]
- Invite ALL UCS employees in that building
- Other schools can be invited
- P.D. hours???
- **Summer topic**

• **P.D. Hours for Staywell sponsored events**

*“The UEA Staywell Board of Directors would like to propose the following: 1 hour of Professional Development for a pre-approved Staywell Healthy Living Presentation.”*

- meet with Liza in the **summer** regarding this subject (contractual)
- Jeff (MECU) wants to collaborate

• **Staywell on UCS Quicklinks??**

- will follow up with David S. & Mike S.

• **Metropark passes**

- Over 600 sold!
- Deadline for this school year is Friday

• **By-Laws**

- Staywell By-laws will be drawn-up this **summer** by Sub-Committee
- Bring before whole committee
- Liza will assist
- 2 Trustee positions added to Bd. Of Dir.
- Photograph taken of Bd. Of Dir. for homepage of website (by Photography by Lois)

• **Summer Ideas**

- Will send an email bi-monthly to committee members to bike, walk, or run at Stony Creek

• **Sponsors**

- New look on “home page” underway
- will write letter to current sponsors (\$100 annual fee)
- frames delivered to sponsors (favorable response)

- **Staywell Meetings next year**
  - Tuesday
  - 1<sup>st</sup> Tuesday of each month
  
- **Desk Calendar (Liza proposed)**
  - UEA desk calendar that will include all Staywell meetings and events
  - Jeff (MECU) will partner with us in that effort
  - **Summer** topic
  
- **District T.V. Channel**
  - How can we get Staywell programs included?

**Last Official Staywell Meeting of the 2009/2010 School Year**

**Subcommittees will meet during the summer**