

**Staywell Meeting**  
**Wednesday, October 7**  
**4:15**  
**UEA Office**

**Attending:**

Nancy Smith  
Charlotte Furton-Walker  
Bonnie Lobert  
Rose Varga  
Denise Hirschman  
Leslie Montgomery  
Sharon Jones  
Marie Phillips  
Brian Vento  
Theresa Hasenauer

**5K Trail Run & 1 Mile Fitness Walk Recap**

Positive feedback:

- Great event t-shirts!
- All went smoothly

Suggested Changes:

- Identify volunteers with lanyard/names
- Spring 5K Run??
  - ~ End of April or first of May (need to check on other events at that time)
  - ~ target event for yearly programs
  - ~ more time to publicize with UCS
  - ~ typically a spring distance (fall runs are longer distance)
  - ~ motivating weather
  - ~ sat. vs sun (sat. preferred)
  - ~ schedule for this spring and then no fall event in 2010
  - ~ keep 5K run & 1 Mile walk (walkers can always walk 5K)
  - ~ competition between schools – register 5+ at \$15 vs. \$18
- Will vote on next time

Participants on race day (2009)

254 -170 runners & 79 walkers  
54 – 38 volunteers & 15 sponsors and their employees  
Total: 307 (up 50 from last year)

Finance Sheet

Income from registrations and donations \$5,017  
Expenditures \$3,259  
Profit \$1,759

**Wellness Grants**

- 2 grants: 1 for students & 1 for UCS employees
- form will be the same. Check off box at bottom if for student or UCS.
- continue to keep as 1 page form
- examples will be provided in body of email
- new grant amount - \$250
- Committee to judge grants: Denise, Sharon, Charlotte, Theresa Hasenauer, Leslie,

Brian Battaglia?, another person from administration

- criteria will be determined at next meeting
- Businesses also funding grants: Dr. Daude & Michigan Educational Credit Union

### **Metropark Passes**

- \$25 regular price - \$20 corporate discount
- Can order from 11/16 -1/15
- invite extended to all UCS employees
- forms will be available on website and in several emails

### **MESSA Magnets**

- Mona left message that MESSA will be providing UEA members with magnets that include Nurse hotline number

### **Staywell in Schools**

- Will be sending out email to Building Reps for wellness programs in place in their individual schools
- Information will be uploaded on our website

### **Misc.**

- Communications shared with all UCS employees (custodial, secretarial, aides, Central office)
- Charge for building usage to be discussed with Charlotte, Nancy, & David

### **NEXT MEETING:**

**Wednesday, Nov. 3**

**4:15**

**UEA Office**

Meeting Adjourned at 5:13