



City of Des Moines
Employee Wellness Committee

April 23, 2008

1:30 p.m.

Archie Brooks Community Center

Minutes

ROLL CALL

	Larina Blad, Police			Kerri Przybylski, Fire
	Phil Dally, Public Works		x	Diane Rauh, City Clerk
	Brent Harris, Police		x	Doug Romig, Parks
	Dave Leever, Fire			Adam Smith, Public Works
x	Linda Main, City Clerk			Rebecca Trickey, Housing Svc
	Heather Brady, HR		x	James Wells, Human Resources
	Shelly Nurse, IT		x	Bart Winter, City Manager
	Joe Sposeto, Public Works		x	Dan Ritter, Finance
X	Jim Fromm, Engineering			

Discussion:

1. **Presentation of Program at Council Workshop.** Doug will make a presentation at the April 28 Council Workshop.
2. **PHA Data Input List** – Committee Members will be Trainers and Volunteer to assist employee with input. Linda, Rebecca and Bart will volunteer one-on-one.
3. **PHA campaign** – 3-month time period. Discussed ways to keep this in the front of everyone’s mind:
 - Payroll Stuffer
 - Bulletin Boards
 - Email blasts
 - web Page
 - Dept. Director reminders to employees
 - lunch and learns
 - City Wellness Website – (Bart, Diane and James will meet).
4. **National Walk at Work Event, April 30:** The City of DM employees were invited by Welmark to join them. The Committee agreed to sponsor and support this initiative.
5. **New Business:** James will ask for help with stuffing envelopes for the direct mailing. Also discussed organizing walks (CEFROW) and a biking club for City Employees.
6. **Next month meeting agenda:**
 - **Discuss lunch and learns**
 - **Discuss awareness of smoking cessation benefits already in place**
 - **Confirm committee membership roster**

NEXT MEETING – Wednesday May 28, 1:30PM -2:30 PM
Archie Brooks Community Center

Respectfully submitted,
Diane Rauh

May 12, 2008