



City of Des Moines
Employee Wellness Committee Minutes

November 19, 2008

1:30 p.m.

Naucalpan Conference Room – City Hall

ROLL CALL

			x	James Wells
x	David Coy			Richard Brown
	Kris Klop			Brent Harris
x	Diane Rauh		x	Linda Main
	Rebecca Trickey		x	Doug Romig
x	Heather Brady, HR			Percy Coleman
x	Jim Fromm			Joe Hogan
	Dave Leever		x	Shelley Nurse
	Dan Ritter			Joe Sposeto

Discussion:

1. **Employee Gift Cards:** Heather reported that all have been distributed to Departments, and she has not received all signature pages back. 351 have been issued so far, with next deadline to be end of November. Employees who have an “unfinished” PHA will not receive a gift card.
2. **Mission Statement – On hold.** Connie sent info to James in October.
3. **American Cancer Society** – Lauren Lukaszewski from the American Cancer Society spoke to the committee about their Smoking Cessation Programs Quitline and FreshStart and the associated expenses for participating. They want to partner with the City of Des Moines, and use their resources to communicate with City Employees. James asked for information on their success rate. It was agreed that a CDM Blast would be sent about the Great American Smoke Out event. James and the committee agreed that we should put effort into smoking cessation programs for City employees.
4. **Lunch and Learn** – Held Nov 13 – Healthy Holiday eating \$12 cost per person. Total cost was approx \$400. Diane will ask Department Directors for any volunteers to host a Lunch and Learn outside of City Hall.
5. **Monthly Newsletter** – James Fromm suggested that the committee issue some time of communication each month – email blasts about upcoming events, committee info, link to the website, etc. The committee will discuss this again.
6. **Field Personnel** – the Committee discussed ideas on how to get field personnel involved in the Wellness program.
7. **Fitness facility/Space Study** – Doug will check with Don Tripp to determine the feasibility and expense for the exercise room and locker rooms.
8. **Health Clubs** – Heather created a letter to send to area health clubs to determine their interest in offering a discount to City Employees. We will need to create the list of gyms to receive the request.

9. **New Business** – Heather and James met with a Drake professor about an opportunity for them to assist the City with the Wellness Program for the next few years.

10. **NEXT MEETING** – Will be January 28, 2009. Topics include:

Smoking Cessation Program

Committee Budget

PHA data

Committee Structure – Champions

Alternate Locations for Lunch and Learns

Respectfully submitted,
Diane Rauh, January 28, 2009