

Stretch Break

Led by Rita Hutton as Jarvis re-capped Walk @ the Capitol event

What's working for you being a part of this group?

Rita Hutton-DOT

- Share Ideas
- Not duplicate resources

Alexis Donath-MPCA

Amy Krause-Reader- DOT

- Working Together
- Build Connections
- Connect at state level

Lynn Frank- DOT

- Be able to use each other's resources.
- No need to reinvent when other's have already done it
- Share MN DOT website

Colleen Siegel- Finance/DOER

- Excited that Wellness is up and running again
- Use others resources and get ideas
- Get motivation

Julie Joyce –Finance/DOER

- Meet others at different agency's
- Excited about worksite wellness

Jarvis Keys-DOT

Karen Hanauer- Finance/DOER

- Opportunity to make in road's into health, be examples
- Share strategies

Dawn Cvengros- Finance/DOER

- Health Risk Management
- Nice to see wellness end built up

Marilyn Looney-OET

- HR resources are limited
- Bring employees information that will make a change
- Host events like Go Red, Cancer month.

Tim Myers-Dept of Health

- Collaboration

Linda Feltes-Finance/DOER

- Support your needs and interests as we build programs in State agencies.

Kim Engwer-Moylan-Dept of Health

- Work deals with wellness
- Gather information from other programs
- Work on including victories, struggles and share frustrations with the group.

Building Management Support for Worksite Wellness-Linda Feltes

(Power Point attached for your use.)

- 1) Bring your posse
 - a. Bring employees with you when meeting with Middle Management or Upper Management.
 - b. Create buy-in for your program
 - c. Have testimonials-(collect them before meeting)
- 2) Give kudos
- 3) Make the business case
 - a. Share evaluation data
- 4) Show what exists
 - a. Vision
 - b. Mission
 - c. Goal
- 5) Show what is planned
- 6) Show what managers can do as role models
- 7) Ask for what you need
 - a. Ask to share their vision of the wellness program
 - b. Ask to dedicate resources
 - c. Encourage them to encourage supervisors
 - d. Encourage them to be a leader among others
- 8) Small shifts yield big results

Featured Agency: Minnesota Department of Transportation (Amy and Lynn)

- 1) Manage a training team
- 2) Set aside an hour for recognition ceremony
 - a. Deputy Commissioner will be handing out certificate
 - b. MN DOT photographer will be there
- 3) Make Managers aware of those who are utilizing their time for wellness
- 4) EE recognition program
 - a. Hoping to get more middle management support
 - b. Framed certificates
 - c. Be clear and up front with HR and Managers

MN DOT Presentation

(Power Point attached.)

- 1) Resources
- 2) Employee powered wellness

- a. Employees on the wellness committee don't have to pay the annual fee for the fitness room.
- b. Fitness center open from 5am-7pm
- c. Need to meet the needs of Transportation employees first and then open to others unless the classes get too full.
- d. Email list for newsletter
- e. Workplace wellness purchased through HR budget

Progress Reports

Colleen Siegel-

- a. Top Health Newsletter and Order form for those who would like to purchase the newsletter.
- b. Buy in support from others who are in different state agencies but in the same building.

Alexis Donath-

- a. MN Pollution Control Agency-After a presentation, 50+ EEs participating in a CSA (Community Supported Agriculture farm), which means they have bought shares in a local farm and receive fresh local produce regularly.

Ideas for other Brown Bags:

- a. Master Gardeners need to get hours in to keep certified.
- b. Farmers Market

Check for Health

Linda presented a new tool, Check for Health, (attached) to help us assess our worksite's health environment. This tool will help you get your bearings on your work environment and start to create evaluation data to support your program. Linda encourages you to complete the Check for Health, and please send her a copy to add to her statewide assessment.

Facilities Tour

Our host, Tim Myers, led us on a tour of the Freeman Exercise Room, Fit Pit, Quiet Room and a Lactation Room. Thanks, Tim, for hosting us.

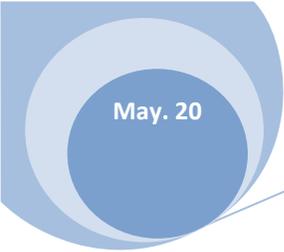
Next Meeting

Tue, June 24 from 1:30-3:30

MnDOT

G-13 & 14

395 John Ireland Boulevard, St. Paul, MN 55155



May. 20

Agency Wellness Champions Meeting #3