

Lake Central (LC) Wellness Committee Meeting  
September 14, 2011

Members Present:

Dr. Larry Veracco, Central Office  
Dr. Mike O'Connor, Central Office  
Bill Ledyard, Central Office  
Caryn Cruz, Bibich  
Lori Smith, Bibich  
Terri Budlove, Lake Central High School  
Melody Wolff, Homan  
Louise Tallent, Dean  
Francine Denecke, Kahler  
Ken Miller, Lake Central Freshman Center  
Lenette Belush, West Lake  
Jeanne Mrzlock, Clark Middle School  
Sharon Sporman, Omni-Franciscan Alliance  
Adrienne Bielfeldt, Grimmer  
Ann Downey, Lake Central Freshman Center  
Gladys Rediger, Food Service

- I. Minutes of 5/19/11  
The minutes were reviewed and accepted.
  
- II. Health Care Incentives  
Several members of the committee contributed to a discussion of how the district could offer health care incentives and how this committee can continue to support/influence reforms that increase employee health. The main points to consider as further research into the feasibility of offering incentives included:
  - Confirmation that incentives would align with decreased insurance costs. This would be a collaborative effort of planning with the Benefits Committee. Both the Benefits Committee and Wellness Committee are to provide support for one another in this initiative and those forthcoming. This type of cooperative effort will assist in the management of health insurance costs to district employees as insurance regulations come into play by 2013.
  - Health Care incentives could be offered only if the activity submitted was well documented and a legitimate health related activity; i.e. participation in runs, exercise classes, stop smoking programs, or stress management.
  - Utilization of the health survey conducted last year would be a framework for offering incentives. For example, the survey indicated staff would appreciate assistance in stress management which falls under the health care category of mental health.
  - Also, based on the health survey, set goals, aligned with incentives that help meet our ultimate goal of increasing the health of our employees. The result of offering incentives must match that goal.
  - Offering Flu shots at no cost or a very low cost was discussed as one of the first incentives. There may be discounted shot prices for an organization that has a large number of participants.
  - Offering blood screenings at a substantial discount through organizations like Health Check. One way to increase participation would be to offer the blood screenings one time every six months versus one time per year. A goal could be to increase this participation to half of our employees. Presently only 10-12% of our employees are taking advantage of this service.

- III. Wal-Mart Grant  
The Wal-Mart Foundation and Facility #8174 awarded a \$1000.00 grant to the Lake Central Wellness Committees for the important work of helping our school community become healthier.
- IV. Fall Back 5K Run  
The information for the Lake Central Education Foundation "Fall Back Walk/Run" has been distributed to all schools. The date for this event is Saturday, November 5, 2011. To increase participation this year two competitions are in place. One is the "Double Dog Dare" completion between schools to see who can have the largest number of participants. The second is offering a \$500 donation/award to a school club or organization that has 100 participants.
- V. Fitness & wellness activities around the district  
Dr. O'Connor shared the reports of various activities already taking place within the LC school that promote fitness /health. The activities included school wide programs as well as activities done in the classrooms.
- VI. Workout Request  
A Kahler teacher, Ann Marie Harmon, requested information on approval for organizing an after school free workout class at the local library. The class would promote healthy lifestyles through regular workouts to corporation employees and the public. Mrs. Harmon provided information that the library does not have space for this type of activity. However, if the scheduling of space would allow Mrs. Harmon could utilize LC facilities. She would need to present an outline to the Wellness Committee as to what the course would offer. The same is true of other LC employees who would want to lead health/fitness activities.
- VII. Valparaiso YMCA proposal  
Dr. O'Connor reported the Valparaiso YMCA is willing to offer a 15% discount on membership for LC employees. To gain this corporate discount the corporation would provide a person to serve as a liaison, usually someone from Human Resources, to distribute the corporate membership information to the employees and twice a year verify from a list provided by the YMCA, that the corporate member is still employed. We would also need to secure a minimum of 10 new members. The required memberships must be new. Once the 10 new memberships have been met, then current members can receive the discount.  
Omni /Duneland and the Dyer Curves also offer corporate discounts.  
Mr. Miller will check into the corporate discount policies at the Crown Point YMCA.
- VIII. Monthly Themes and Activities  
The committee discussed the proposed monthly themes submitted last spring. The following adjustments were made to the "LC Health Calendar":  
~ October – Get your Flu Shot and sign up for the LCEF 5K Walk/Run  
~ November – Participate in the LCEF 5K Walk/Run and Exercising over the holidays  
~ December – Healthy eating over the Holidays...Don't forget the exercise  
~ January – Focus on Physical and Mental Health in the New Year.  
~ February – Heart Healthy Month – Keep your heart healthy by participating in Health Check blood screenings.  
~ March – Nutrition Month – What is one healthy food you can add to your diet?  
~ April – Spring into Action – Exercise is a key to maintaining weight.  
~ May – The "end of school" responsibilities can rob you of exercise – offer tips on little things that can be done to keep muscles toned as the school year comes to a close.

IX. Miscellaneous

Committee members reported that their fellow workers would appreciate information on health issues that could be publicized through the Wellness Committee.

X. Meeting Calendar

All meetings will be at 4:15 p.m., 2nd Wednesday of the month, Administration Center.

- October 12, 2011
- November 9, 2011
- December 14, 2011
- January 11, 2012
- February 8, 2012
- March 14, 2012
- April 11, 2012
- May 9, 2012

Respectfully submitted,

Louise Tallent