

Calvert County Wellness Committee
Regular Meeting
September 18, 2019
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MEMBERS PRESENT:

Victoria (Tori) Boschert, Liisa Donohue, Lindsay Halterman, Sharon Hudson, Cally Iberg, Laura Kent, Mary Layman, Suzy Meador, Aimee O'Connor, Taylor Morton, Hilary Dailey

MEMBERS ABSENT:

Virginia Bassett, Nick DeFelice, Kim Gott, Sabrina Harbin

OTHERS PRESENT:

Melanie Woodson, Human Resources Deputy Director
Kelly Swann-Conference Call

1. MEETING CALL TO ORDER:

- A. Liisa Donohue called the meeting to order at 8:36 a.m. Attendance was taken.
- B. There was a motion to approve the August 16, 2019 minutes by Sharon Hudson. Victoria (Tori) Boschert seconded the motion. All approved.

2. OPEN DISCUSSION

A. Discuss the Wednesday Farmers Market:

Lindsey Halterman gave out a handout of a map showing where possible Main Street Wellness Events could be held with an emphasis on a possible Wednesday Farmers Market in the alley of the District Court and the Circuit Court. Kelly Swann joined the meeting via telephone. She said that most of the Farmers Markets were winding down and there was not much interest in a Wednesday Market for this year. Next year around spring time, a onetime event could be planned and the possibility of an ongoing Wednesday market as well. Suzy Meador mentioned the Farmers Market held on Wednesdays at Calvert Pines Sr Centers and apartments. This market is a hit or miss though, as only one vendor shows up and only when they have leftovers from the Tuesday Market held on the hospital grounds. When discussion was completed, Kelly Swann left the meeting. Lisa Donohue said that the committee will revisit this agenda item around March, 2020.

B. Discuss the Rock/Scavenger Hunt Walk:

A committee formed to plan this event held a meeting. Discussion followed to coordinate a drop in area to paint rocks at the HEB during employees' lunchtime. Also, donations of paints and brushes was discussed as well as having departments taking time to paint rocks within their departments. Discussion took place regarding some types of incentives. Using Wellness Dollars was mentioned. There was discussion on Wellness Dollars and if everyone had a chance to look at the catalog on the Q drive. Suzy Meador had some questions on how the Wellness Dollars program works. Liisa Donohue explained how it would work for us. Melanie Woodson discussed more on how Wellness Dollars could be used for incentives. Taylor Morton mentioned that her sister does Massage Therapy. Fundraising was discussed as a way to have money and a budget. There was a motion to proceed with this project and to come back by Oct 16 with more information/plan by Laura Kent and seconded by Aimee O'Conner. The motion carries.

C. Discuss Tag Line to be used by the Wellness Committee:

Suzy Meador found a possible tag line: "Health is a state of mind, Wellness is a state of being." Liisa Donohue put a motion on the table to have our tagline be "Health is State of Mind, Wellness is a State of Being". Tori Borschert seconded this motion. The vote was unanimous. The motion carries.

D. Discuss a theme that the committee will concentrate on for the first quarter of the year:

Discussion took place regarding choosing a theme for each quarter. We are looking at the second quarter theme. Should we have the quarter broken down monthly so that each month has something to do with each quarter? For October, possibility of focusing on Physical Activity and promoting these themes within each department. We could promote by email or newsletter. There are many themes and areas of wellness to cover. We would like to start with the physical aspect of wellness. Ideas were discussed for each month to support the quarterly theme. Suzy Meador made a motion to create a quarterly theme broken down into monthly segments. Tori Boschert to second. Motion carries. Liisa motioned to have our theme for the next quarter to be Physical Activity. Suzy Meador seconded it. The motion carried.

E. Discuss the Newsletter:

Liisa has something started for a possible Newsletter. We need to work with CMR for flyers, newsletters, etc. This committee represents the employees and not the public. Discussion on whether we tag onto the County Newsletter or do our own. We are looking to have our own newsletter to promote information/events to the employees. Parks and Recreation information to be distributed as well. Liisa Donohue to contact CMR for guidelines for us to have a newsletter. The newsletter would be emailed to everyone. The first newsletter would be used as an introduction to the Wellness Committee and what we represent. Instead of a newsletter (because of time constraints), maybe we could send an email introducing the Wellness Committee. Discussion followed on the difference of approvals for each of the above.

The next Calvert County Wellness Committee meeting is scheduled for

October 16, 2019 at 8:30 a.m.

3. ADJOURNMENT

Motion to adjourn: Liisa Donohue.
Second: Aimee O'Conner.
All approved.

Calvert County Wellness Committee meeting was adjourned 9:30 a.m.