



# MINUTES

WEDNESDAY,  
JANUARY 14, 2009

8:30 – 10 AM

CITY OF TROY'S COMMUNITY CENTER

MEETING HOSTED BY	Kathy Jaroslowski, Director of Client Relations, Cambridge Consulting Group; and Kraig Schmottlach, City of Troy Parks & Recreation, Community Center Facility Manager
TYPE OF MEETING	Bi-monthly Coalition Meeting
FACILITATOR	Scott Foster, Corporate Wellness Expert, Wellco
NOTE TAKER	Lia Hosinski, Health and Wellness Coach
TIMEKEEPER	N/A
ATTENDEES	52 signed in

## Agenda topics

### WELCOME & INTRODUCTIONS

SCOTT FOSTER

DISCUSSION	
<p>Scott started the meeting by welcoming members back this new year and welcoming new comers. His also stated how wonderful it is that OCWC is a unique network of people from different industries, health plans, health systems and different business – all coming together with a common interest in healthcare and wellness.</p> <p>Around the room attendee introductions were made as well as attendee's vacation plans this year.</p> <p>Scott introduces Dr. Robert Levine as the main presenter of this meeting.</p>	

30 MINUTES

### MAIN PRESENTATION

ROBERT LEVINE, PH.D., C.H.T., DIRECTOR  
CENTER FOR INTEGRATIVE WELLNESS  
AND INTEGRATIVE WELLNESS RESEARCH,  
HENRY FORD HEALTH SYSTEMS

DISCUSSION	
<p>Dr. Levine is a group leader of a hands-off group intervention program called CAM. This employer on-site program, in partnership with Chrysler, HFHS, and HAP has an ongoing vision of reducing healthcare costs by dramatically improving health of the employees. CAM is design to address the highest cost and most difficult to treat patients of musculoskeletal pain and chronic illnesses, including diabetes, high blood pressure, obesity, depression, anxiety, insomnia, and asthma. At the end of the program, fifty-five percent of participating Chrysler employees reported elimination of chronic back pain and medication free. In comparison to another trial with conventional physical therapy and five percent elimination of chronic back pain, this is a major achievement. Follow-up reporting of participants long after the program have shown a continuation of being pain free and maintaining wellness. To get more information on implementing group programs in other self-insuring corporations contract Dr. Levine by phone (248.342.7555) or e-mail (<a href="mailto:boblevine@earthlink.net">boblevine@earthlink.net</a>).</p>	

5 MINUTES

### FEATURED MEMBER PROFILE

KARINE PAWLICKI  
COMMUNITY PROGRAMS REPRESENTATIVE  
VISITING NURSE ASSOCIATION, INC.

DISCUSSION	
<p>Karine is a representative of the Visiting Nurse Association, a 111 year old non-profit organization serving southeast Michigan. VNA provides for every one from birth to end-of-life. It is a state certified travel clinic in providing services to corporate businesses as well as individuals. It assists in corporate wellness with activities at the worksite including health screening and immunizations of flu and hepatitis. Karine also indicated that they are educational providers on topics concerning diabetes, home care, hospice and other health care issues. The VNA is strongly committed and well-focused to health in Michigan. For more information on services provided, contact Karine Pawlicki by phone (248.967-8355) or e-mail (<a href="mailto:kpawlicki@vna.org">kpawlicki@vna.org</a>).</p>	

<b>DISCUSSION</b>
A draft of the current plan was distributed to attendees of the meeting. Each item was respectfully reviewed. The highlights of the strategic action plan were:
<ul style="list-style-type: none"> <li>In increasing awareness of OCWC, MI Business Review's Health MI will continue to provide exposure in their publication.</li> <li>The first ever published brochure of OCWC were completed and made available. All members were encouraged to take and distribute to businesses.</li> <li>The first ever issue of the OCWC Newsletter is expected to be available by March's meeting</li> </ul>
For more detailed information on action plan status refer to the most current Strategic Action Plan available at the OCWC website at <a href="http://www.oaklandcountywellness.com">www.oaklandcountywellness.com</a>

<b>DISCUSSION</b>
<ul style="list-style-type: none"> <li>Thank- you to Lia Hosinski, whom has volunteered to do our OCWC meeting minutes.</li> <li>Information Clearinghouse – Looking for a volunteer to do quality control on resource data on OCWC website which includes confirming current correct information, such as; the resource links. Notify Jane Small if you have an interest.</li> <li>Health MI by MI Business Review – The only magazine of its kind focusing on the business aspect of health. Scott Foster not only encourages us to be subscribers, but also place our business advertisements in the magazine.</li> </ul>

<b>DISCUSSION</b>
<ul style="list-style-type: none"> <li>Congratulations to Health Plus of Michigan &amp; Alliance Plan – According to a recent issue of Detroit Crain's Business these two local organizations were in the national HMO Top 50 list.</li> <li>Gifts donated were given out in the meeting. (note: for future meeting minutes recognition see Lia Hosinski)</li> <li>Recognition and 'thank-you' s were given to Kathy Jaroslowski and Kraig Schmottlach for hosting this meeting.</li> </ul>

<b>CONCLUSIONS</b>		
<ul style="list-style-type: none"> <li>Next OCWC meeting will be Wednesday, March 11, 2009. Location TBD.</li> </ul>		
<b>ACTION ITEMS</b>	<b>PERSON RESPONSIBLE</b>	<b>DEADLINE</b>

<b>OBSERVERS</b>	
<b>RESOURCE PERSONS</b>	
<b>SPECIAL NOTES</b>	