

MINUTES

WEDNESDAY,
MAR 17, 2010

8:30 – 10 AM

BEAUMONT HOSPITAL SUITE
NATIONAL CITY CENTER
755 W. BIG BEAVER, TROY, MICHIGAN

MEETING HOSTED BY	Beaumont Hospital
TYPE OF MEETING	Bi-monthly Coalition Meeting
FACILITATOR	Scott Foster, Wellco
NOTE TAKER	Lia Hosinski, Health and Wellness Coach
TIMEKEEPER	N/A
ATTENDEES	75

Agenda topics

8 MINUTES

WELCOME & INTRODUCTIONS

SCOTT FOSTER

DISCUSSION	
<p>Scott started the meeting by welcoming members and new visitors. Scott also informed everyone that if they missed January's meeting with keynote speaker, L. Brooks Patterson, they can read all about it in the Coalition's meeting minutes located at www.OaklandCountyWellness.com. A thank-you was given to Lia Hosinski for creating the meeting minutes.</p> <p>A special thank-you goes out to all the coalition sponsors: HAP for 2010 OCWC sponsorship, Oswald Companies for breakfast, Think Trim for the raffle and Beaumont Hospitals for hosting.</p> <p>Members of the Executive Committee and committee chairs were introduced.</p> <p>Scott Foster gave a wonderful introduction of our main presenter, David Boduch</p>	

29 MINUTES

MAIN PRESENTATION

DAVID BODUCH, DIRECTOR OF
INTERNAL OPERATIONS
AJ DANBOISE AND DANBOISE MECHANICAL INC.

DISCUSSION	Danboise Achieving Strength & Health (DASH) - A Small Business Case Study
<p>Danboise Mechanical Inc. is a plumbing, heating and cooling and electrical company that provides quality services to both commercial companies and residential. David Bobuch presented on how his company started their wellness program and how it has evolved to present day. He is a firm believer that a business exists for the sole purpose of the well-being of its employees. In 2004 Carol Gatewood, 3rd generation owner and operator of the company, who has made a healthy lifestyle a priority for herself and her family wanted to incorporate wellness into her company. An in-house staff was hired and dedicated in developing a wellness program and kicking it off to all the employees.</p> <p>When the foundation of the wellness program was established, in February, 2006, there was a gathering of a cross-section of the company which included office staff, technicians, and management. The owners were also present. The sole purpose of this meeting was to find out what was important to the employees and construct a wellness program around that. One of the outputs of this meeting was an employee competition in the creation of the wellness program's name "DASH" - Danboise Achieving Strength & Health. Late 2006 a Wellness Committee replaced the dedicated wellness staff in continuing to help employees towards a healthy lifestyle. At present day it's the company's employees who drive the wellness program and the committee is the helper.</p> <p>Through the years Danboise overcame many objectives in their commitment towards wellness for their employees. Participation was not easy when it came to reaching the technicians. Their job was to work off-site. The mission was to constantly put things in front of the employees to get them out and doing things. Some of the ideas to motivate and encourage healthy choices included:</p> <ul style="list-style-type: none"> • contests: building a snowman, getting out walking, skiing, running - just keep moving! • created the Danboise Olympic Competition event • lunch & learn - bring in an expert on a wellness topic to educate employees • biking and walking events • removing junk food from the vending machines and replacing with healthy foods • removal of the 'soda' machine (this was a big step) • quit smoking bonuses • taking part in charity outings <p>David believes that the most effective event has been the annual health and wellness screening in which the company provides at no cost to its employees. The last screening event had a huge turnout due to the participation of upper management. There was a hundred percent attendance from the residential service side of the company. The annual screenings have been a great indicator of the progress made in employee wellness as well as identifying almost \$250,000 in avoidable costs in medical care and absenteeism. Also as of last year Danboise's cost per employee is down 16%.</p> <p>To show us how the wellness program was effecting Danboise's employees, David showed a thirteen minutes video on their testimonials. The most inspiring and heart-felt story came from Brian, a young family man who weighed 330lbs when</p>	

he started with the company. He said that the continuous encouragement and hanging of health posters throughout the company motivated him to cut down on fast foods and start walking. After losing almost 50 lbs, Brian believes that his weight goal of 250 lbs is now attainable.

The message that David would like to convey is that they have been lucky enough to find people who have had a great impact on their organization. There's the people who not only have a passion for wellness in their personal life, but also in creating healthy lifestyles for others in the company.

3 MINUTES

HAP UPDATE

JAMIE SPRIET, VICE PRESIDENT
BUSINESS DEVELOPMENT, HAP

DISCUSSION

Jamie commended David and Danboise in their efforts in promoting a healthy lifestyle to their employees. Their accomplishments for a small business is in the minority. About eighty to eighty-five percent of the people in this room are not embracing health and well being. HAP can help in that regard with their Worksite Wellness brochures and Healthy Solution programs. On behalf of HAP Jamie encourages the group to look at the materials available after the meeting. HAP is very proud of being a sponsor for this organization. Also Jamie had two cookbooks to give away in the raffle.

15 MINUTES

UPDATES

SCOTT FOSTER

DISCUSSION

- Strategic Action Plan - Fred Zimmer provided a general overview of the coalition's new direction. A new vision and new mission was revealed. Fred also indicated that the executive committee has been working with the new direction and has come up with two strategic directions. The complete plan is available on the OCWC website at www.oaklandcountywellness.com under the resource tab. Members that wish to become involved in any of the committees can make their interests and intentions known by contacting an executive committee member.
- Member Survey Results - Tom Spring gave results of the survey e-mailed earlier this year. Overall response was positive.

8 MINUTES

RESOURCES AND INFORMATION SHARING

SCOTT FOSTER

DISCUSSION

- If anyone is interested in becoming involved or learning more about the Coalition, please see anyone you have met earlier today.
- All members are invited to share their wellness events by posting on the OCWC website by visiting www.oaklandcountywellness.com (contact tab) .
- Attendees provided information to up-coming events from their organization or their interest.

7 MINUTES

RAFFLE

SCOTT FOSTER

- A special Thank-you to **Think Trim** for sponsoring the raffle! Think Trim gave away a lunch cooler w/two mugs and packed with goodies from Ninos.
- HAP also gave away two of their famous cookbook. Thank-you.

CONCLUSIONS

- A special Thank-you to **Beaumont Hospitals** for being our HOST!
- Next OCWC meeting will be Wednesday, May 12, 2010. Location TBD. Agenda available on the OCWC website at www.oaklandcountywellness.com .