

Oakland County Wellness Coalition

Minutes of The Meeting
Wednesday, November 14, 2007
8:30-10:00 a.m.

Location: Beaumont Business Center
500 Stephenson Hwy.
Troy, MI 48083

The meeting was called to order at 8:30 a.m. by Michele.
Guests were introduced, including: Tina Marie Wohlfield, PHR, Human Resources, USA Credit Union.

Minutes of the previous meeting were reviewed briefly.

The following Priority Initiatives- Subcommittee Updates were presented

1. Wellness Program Implementation

Susan Bailey described the survey administered by the OCWC, which is intended to assess and evaluate existing corporate on-site wellness programs. USA Credit Union was chosen by the coalition to undergo this analysis. The outcome was very positive, with the company exhibiting a good corporate wellness culture.

Tina Marie Wohlfield, from the Human Resources Department of USA Credit Union reported on her company's corporate wellness philosophy, describing the company's president's commitment to the health and well being of its employees. Some of the company's more wellness programs were highlighted, including:

- a) Healthy food choices added to the menu for catered corporate functions (pizza, but now also serve salads).
- b) On-site flu shot clinic in 2007 administered 40 shots, accounting for half the staff in the building. This year, USA Credit Union paid for half the cost, with hopes that next year they will pay 100% of the cost.
- c) USA Credit Union has just partnered with The American Cancer Society. The company's goal is to work with ACS to tailor an informative program for USA Credit Union, including a free online assessment.
- d) USA Credit Union has just partnered with a local caterer, Quality Cuisine, who specializes in diabetic and healthy pre-packaged meals. Quality Cuisine hosted an on-site taste test, allowing employees to sample their healthy fare, with the hopes that the employees will order weekly pre-packaged meals for delivery at

the worksite. USA Credit Union employees gave favorable reviews on the food. Prices will range from \$12.95 - \$14.95 for family dinners.

e) Various lunch and learn programs have been introduced at the Fraser facility, such as exercise classes and stress management classes, with other topics suggested by the employees. In 2006, the facility also sponsored a smoke-free week, coordinated with the American Cancer Society.

Tina thanked the OCWC for allowing her company to participate in our Wellness Program Implementation assessment.

2. Wellness Resources and Information Clearinghouse

Jayne Small reported on the progress of the Management Tool. There is now a link on the OCWC website, on the Resources page, so the tool is available to the public.

Connie Jaracz reviewed the Proposed Clearinghouse Guidelines. She requested that any additions or deletions recommended for the OCWC website should be emailed to Connie. She will then make the requested change within a week providing the recommended resource meets the standards of the Clearinghouse.

3. Measuring Wellness Outcomes

Susan Bailey reported on the progress of the health assessment tool. It is hoped the final tool will be available on the website. Susan noted that the "Outcome Measures" are the hardest to define, especially the "Cost Effective Analysis (CEA)". Currently, the information in this tool seems too difficult and complicated for the end-user to digest.

4. Identify and Establish Viable OCWC Structure

Michele Hodges reported that the coalition will seek non-profit status. It is hoped that in 2008, with the help of the law firm of Miller Canfield, the OCWC will apply for and attain the non-profit organization status.

Michele also reported that the coalition requested federal funding from Congressman Knollenberg, to be used to hire a staff member for the coalition. Unfortunately, this request was denied. Michele met with Congressman Knollenberg in Washington, DC, recently, and he expressed his strong support for the OCWC. He felt we might get funding for a staff person in the future, but only for one year. Michele commented that there is a need to create a viable structure for the coalition, in order to request funding in the future. She suggested possible strategic alliances with corporations may be a way to secure funding.

5. Marketing and Communications

Fred Zimmer updated the coalition on the status of the Strategic Objectives Action Plan.. He expressed concern that the “Goals” need revision, and that there will be an annual process for creating the action plan. Fred suggested we need a large group, larger than the existing executive committee, to determine the annual strategic action plan. He proposed a modified process, whereby a proposed document would be presented to the executive committee in January 2008. Once suggestions for changes are made to this preliminary plan, a subsequent OCWC meeting would be dedicated to determining the final process and plan. This process would require 2-3 volunteers to create the initial plan in December 2007, for presentation to the coalition in January 2008, and 2-3 more volunteers to revise the plan following the January review.

Volunteers for the December task: Fred Zimmer, Dr. Gupta, Paula Martinos-Mantay

Volunteers for the January task: Fred Zimmer, Carol Kirken and Michael Plante.

Scott Foster reminded the members of the coalition to update their email information, in order to receive notices regarding the time and place of coalition meetings. Email notices are sent out 1 week prior to each meeting.

Updates on the following events were presented to the group:

- a) “Brooksie Way” Half Marathon – The OCWC will be a benefactor/sponsor for this event. Fundraising is underway.
- b) “Controlling Health Care Costs” study by the Michigan Chamber of Commerce: The coalition received the 3 page report from the chamber.
- c) Outcome of September 25, 2007 Health and Wellness event; Susan Bailey reported a good turnout for the event, the first of a collaboration between The Oakland Business Review and Beaumont Hospital’s “Business and Health” networking events.
- d) Other:

Automation Alley update:

Connie Jaracz reported a survey was created for automation alley companies, to see what interest these companies had in wellness promotion programs for their employees. Human Resources departments would be receiving the surveys in

November and December, along with an incentive of a \$50 gift card for completing the survey.

CPR Training Day Sept. 29, 2007

Dr. Gupta told the group about the 2000 people who attended this CPR training event.

He also informed the group that the Michigan State Medical Society passed a resolution recently for its doctors to reach out to corporations, in an effort to promote corporate wellness. A town hall meeting may be planned to this end.

November Was National Caregivers Month

Elaine Simpson reported this event, emphasizing the need for caregivers to take care of themselves, before caring for their patients.

Final Announcements:

Since Troy Beaumont is under construction, the OCWC is in need of meeting space for their 6 meetings in 2008. Royal Oak Beaumont is still an option for meetings, but the group was asked for suggested host sites.

Scott Foster announced the National Kidney Foundation is honoring worksites with wellness promotion programs in place. Ten sites will receive awards. If you would like to nominate a worksite, check the website for details.

The book, "Ten Steps To Financial Wellness" was awarded to Paula Martinos-Mantay, for offering to take minutes of the meeting.

The meeting was adjourned at 10:00 a.m.