



WC:OC Wellness Focus Team  
 December 17, 2007 Minutes  
 Career Center – Machias & NADA Office- Calais

*Present:* Cindy L., Carol C., Deb E., Rich F., John S., Jane B., Rick T., Penny C., Eleody L.,

<b>Agenda Item</b>	<b>Discussion</b>	<b>Action</b>
Introductions	Introductions by parties present- some members absent due to weather.	Contact info was obtained
Overview of WC:OC	Eleody presented overview of structure of WC:OC and HMP background including District Public Health consolidation	No action
Overview of objectives/ Brain storm collaboration	<p>Eleody presented overview of objectives. The team discussed each objective for clarification and implementation. Team discussed current need of assistance for basic needs- heat, food, medication.</p> <p>Team agreed that worksite wellness was a direction that they would like to focus resources. How to make incentives work for small businesses?</p> <p>Physical activity in schools may be focus of priority- decrease in heart rate activities and time devoted to physical activity</p> <p>Grow- A-Row program from Co-Op discussed</p> <p>Farm to School program discussed</p> <p>Move &amp; Improve discusses</p> <p>Economics team requested list of local resources that aid businesses with substance abuse</p>	<p>Worksite –discussion for next meeting</p> <p>Deb will present Grow-A-Row info at next meeting</p> <p>Eleody will request farm-to-school presentation for Feb meeting</p> <p>Agenda item – programs that can be promoted together</p> <p>Team will create list</p>
Meeting/ recruitment Communication	<p>Team discussed communication, meeting times, mission &amp; vision, recruitment. Group identified organizations/people that should be at the table</p> <p>Chairs nominated &amp; voted</p>	<p>Eleody will send out the other teams mission/vision to wellness team for review</p> <p>Save the date/invitations to be created and mailed (Eleody)</p> <p>John S. &amp; Cindy L co-chairs</p> <p>Group will meet on 3<sup>rd</sup> Thursday of the month from 10-12pm. Eleody will set up locations.</p>
Agenda	<p>Worksite Wellness</p> <p>Identify local resources &amp; businesses implementing program</p> <p>Substance Abuse List</p> <p>Grow a Row Program</p> <p>Mission &amp; Vision statement</p> <p>Set Feb Agenda</p>	

