

Wellness Advisory Committee Minutes
January 30, 2003

Attendance: John Coughlin, Roberta Doering, Phil Fogelman, William Gaine, Michael Kane, Thomas Lamb, Corinne Pridham, Michael Rubin, William Wassel

Call to order - 1:05 PM

Minutes: Minutes approved from September 25, 2002 meeting

Moment of reflection to remember Dr. James Doering - husband of Roberta.

Chairman Wassel reported that he attended the December meeting of the Board of Directors. He presented the position of our committee requesting financial support for our Wellness programs. The Board was receptive to the request however the results will be determined at a later date. A financial budget was presented requesting approximately \$200,000.

Mike Kane discussed the purpose of the new initiative of the Partners in Prevention. A sub committee was formed and has met and made several suggestions including: sharing resources, participating in the Wellness Summit, and bringing the message to the workplace. The next meeting is scheduled for March 4, 2003.

The Fall Newsletter was distributed and discussed. It is a quality publication that had wide distribution. The next issue will be distributed in February.

The Sportsmanship Summit was discussed and the Sportsmanship Essay booklet was distributed.

Concern was expressed regarding attendance at our upcoming Summit. There is concern because of budget problems statewide. It was suggested that we encourage students and adults to attend at a very reduced cost. A suggestion was made to have a raffle to include eg. membership to Gold's Gym, a bicycle, etc. The flyer needs to attract participants.

This is the 17th Annual Leadership Training Week. This year there are 21 participants. Our trainees are excellent. Today was a student leadership program tied to an adult program. Student Advisory Committee members will make a presentation at our next meeting.

Northeastern University and the MIAA will sponsor two Citizenship programs. This year one will be held on April 8 in Boston, the other on April 10 in Springfield.

The Respect Workshop will focus on bullying this year. It is scheduled for March 3 in the MIAA office.

Wellness Coordinator of the year information is available and will be distributed. The award will be given at the Wellness Summit.

It was reported that the Wellness Summit date at the Radisson in Milford was changed to May 9, 2003.

Next Meeting - April 29, 2003 - MIAA Office 12:30 PM

Adjournment