

# Wellness Committee Meeting

January 13, 2016

River Valley LRC

## Minutes

### Members Present:

Brian Bushnell

Susan Carey

Denise Ciciura

Mary T. Gricus

Melanie Earnest

Michelle Iazzetto

Peggy Knight

Cathy Slee

The meeting convened at 3:52 p.m.

### A. Review and Approval of Minutes from October 22, 2015, Meeting

Motion was made by Peggy Knight and seconded by Mel Earnest to approve the minutes as presented. By a voice vote of "aye/nay," all committee members concurred with the approval of the minutes. The motion passed.

### B. Comments from Audience

None

### C. Wellness Action Plan for 2015-2016

The following 2015-2016 action plan tasks were discussed by the committee:

Joint Wellness Event with Lemont High School: Cathy Slee contacted Lemont High School regarding a joint wellness event. The high school has conducted a 5K walk on a Saturday in spring in collaboration with the Hope and Friendship Foundation. So far, Cathy has not been able to connect with anyone from the high school. Cathy also talked with Pam Carter from the Park District regarding possible joint event/s. Cathy will invite a representative from the high school and Pam from the park district to attend our March 10<sup>th</sup> committee meeting.

Old Quarry Fitness Center: Mary Gricus reported that she gathered some information about the fitness center from Barbara Germany, CSBO/Business Manager. We may be able to allow staff to use the Old Quarry Fitness Center until 5 p.m. each day if the secretary who monitors the safety net hotline keeps a sign in sheet for users. Staff would need to use the fitness center in partners for safety reasons. A custodian or the safety hotline secretary would need to check the fitness center at 5 p.m. daily to ensure that no one left incapacitated in the facility. Mary will poll the K-5 staff members to ascertain interest in using the fitness center. Additionally, Mary will discuss possible staff use of the center with the building principal, the Director of Operations and the middle school PE teachers.

Park District Staff Leading Fitness Class for District 113A Staff: Denise Ciciura reported that the park district is not able to offer any classes for our staff at this time. The park district suggested that summer may be a better time. Denise will continue to pursue opportunities for staff fitness activities with the park district and others.

Middle School Fitness Event: Peggy Knight shared that Old Quarry conducted a Hoops for Hearts event to benefit the American Heart Association on November 13<sup>th</sup>. The event raised approximately \$2,000. PE teacher Brian Holdman is planning a Warrior Walk that would take place during PE classes in May. Parents and community members would be invited to participate.

#### D. PTO Wellness Update

PTO representative Susan Carey noted that Family Fitness Night will take place on February 18<sup>th</sup> starting at 6 p.m. The K-5 PE teachers provide support with set-up. At this time, the PTO has an adequate number of volunteers to run the event.

#### E. Other Items from Members

Michelle Iazzetto, Old Quarry nurse, volunteered to join the Wellness Committee.

A committee member suggested that a reminder be sent to all staff to remind them about the staff discount at the Lemont Park District Core. Mary Gricus will send a reminder with the Fitness Center survey.

Member Brian Bushnell provided the contact information for trainers who may be willing to conduct a fitness activity or boot camp for staff. Denise Ciciura will discuss the possibilities with these new fitness resources.

Cathy Slee made a motion to adjourn. Motion was seconded by Peggy Knight. By voice vote of "aye/nay," committee members approved the motion. The meeting adjourned at 4:15 p.m.