

Joint Loss Management Meeting

November 10, 2009

Members Present: Lee Ann Chase, Phil Arnone, Rob Hebert, Diane Boyce

Also Present: Kevin Flanagan, LGC

The members present discussed the Wellness Room, which will not be available to employees as the Building Committee thinks there is a better use for the room. There was a discussion on using the gym.

Lee Ann told the Committee that the library is actively addressing the results from the Joint Loss Inspection in July. We will discuss the next inspection at the next meeting in January.

Diane discussed the results of the surveys issued to the employees regarding the wellness grant. Stress and nutrition were the main focus for the second time.

Kevin Flanagan from LGC talked about a possible self report log to give incentives for exercising vs reimbursement. A health analysis would need to be filled out to qualify. Kevin said that more information would be coming soon. A health fair is scheduled for December 10th at Town Hall.

There was a discussion on the Next Steps program. Diane would like to start using the gym after work for a walking program and will check to see if anyone would be interested.

There was also a discussion on the programs available at LGC. Kevin endorsed the defensive driving control program. It is a program that is very useful and everyone seems to enjoy it. As soon as a schedule comes out we will get the information to the department heads.

Rob Hebert and Phil Arnone could be a focus for an article on the success of quitting smoking.