

Wellness Committee Minutes

11-10-11

Present: Rachel H, Brenda T, Amy P, Shawn L, Scotti H, Candi S, Robert P, Debbie A and Rick S.

Review surveys for upcoming Winter Celebration: Activity theme ideas were: Bingo-17, Band/Music-11, Winter-7, and then with one suggestion each: hoe down, trike race, dance, scavenger hunt, chili cookoff, create a hat and a couple others.

Decision is to offer both white elephant bingo and build a snowman activities, people can choose what they want to do. Supplies for snowmen will be: foam board for mats, newspaper, chenille stems, packing peanuts, colored sticks, buttons, etc. A prize will be given for the most creative. Shawn will contact Douglas High and Roseburg High about sending their bands or choirs to play/sing. We will decorate with a winter theme.

Food suggestions were: Soup/sandwiches/salad: 25, 4 of those wanted chili and one wanted gumbo, pizza-2, potato bar-11, taco bar-4, spaghetti/lasagna-6, turkey dinner-2 and with one vote each: frito pie, sloppy jo's, fried chicken. There were also suggestions for macaroni and potato salad and fresh fruit. Dessert suggestions were: cheesecake-3, pie-3.

Decision is to have Sub sandwiches (2 or 3) from Albertson's or Costco, Green Salad, and soup: clam chowder, cream of broccoli and chicken noodle-from Sherms. For dessert we will have both pie and cheesecake from Costco and will be sure to have a sugar free item.

Suggestion for manipulative items for staff meetings: Discussed idea for having small items at the tables during all staff meetings for staff to play with. Think this is a good idea, no balls and no playdough. Shawn will order from oriental trading.

Nov. Staff meeting: we will display the t-shirt entries on a clothesline and number them. Candi will make up voting slips.

Nov. Employee of the month: Went over all nominations, picked one winner by voting.