



Lancaster County Well Workplace Group Meeting Notes Thursday, May 5, 2016

- I. Welcome
Leslie welcomed the group and extended thanks to ECORE for offering to host the meetings.
- II. Mental Health America resources – presented by Scooter Haase
Leslie introduced Scooter Haase, Executive Director of MHA. Scooter presented a power point presentation outlining the resources provided by MHA. Their focus is on education, advocacy, and support. They strive to connect the dots for services offered throughout the community. MHA offers presentations, specialized training, and the Mental Health Wellness Academy. The training program costs range from \$15 to \$25. Special programs can be developed on request for workplaces. Scooter distributed a packet of materials/brochures to each of the attendees for their review (see copy of presentation attached).
- III. Well Workplace
 - Leadership
Leslie announced she will be stepping down as the chair/facilitator after five years. She plans to remain involved with the committee as the Immediate Past Chair in an advisor role, as a historical resource person.
Brenda distributed an outline of the Well Workplace Group Leadership roles (see attached). The plan is to restructure by appointing a Chair and Vice Chair. The plan is for the new structure to start July 2016 and the responsibility would be with a term limit of one year. The Vice Chair would then move into the Chair role in July 2017 and a new Vice Chair will be appointed. The 2016 Chair will then replace Leslie Wireback as the Immediate Past Chair at the start of July 2017.
Brenda, Sue and Barbara will remain as the primary liaison to the specific areas they represent – LULC, Tobacco Coalition and Let's Talk Lancaster.
Leslie will provide an estimated time frame to complete the work for anyone interested in considering filling the two open positions.
 - Well Workplace Awards
The Well Workplace Awards will be given at the Health Summit planned for Thursday – May 12th. Winners will be announced and the top-scoring Platinum award winner for a small and large employer will be presented their awards on

stage. The innovation and impact awards will also be presented. All businesses who applied will receive a bronze/silver/gold/platinum designation and a promotional toolkit to market their accomplishment.

IV. Mental Well-Being

- Mental Well-Being Expo, May 21st

The Mental Well-Being Expo is scheduled for Saturday, May 21st from 9 am-noon at the HACC Lancaster Campus (see attached for details).

- Mental Health First Aid
 - Sessions are scheduled for May 18th/19th and additionally we will continue to have quarterly trainings in 2016 (see attached for details).

V. Physical Activity

- Bike Month is May.

Brenda distributed posters announcing:

- Bike to Work Day planned for Friday, May 20, 2016. (see attached for details)
 - May 2016 is National Bike Month. There are various events scheduled throughout the month of May. (see attached for details)
 - Indoor bike racks are being installed in a few areas of Lancaster City. There is a rack located at the Court House on Queen. The racks will be located indoors and will be secured. Bike repair stations will be installed in Lancaster City at Binns Park and also at Central Market this month or next.
- National Trails Day, June 4th

The National Trails Day event will celebrate the newest section of the Northwest River Trail from Columbia to Marietta. Lighten Up Lancaster will be operating wellness stations and needs volunteers. Please sign up to volunteer here: <http://www.signupgenius.com/go/10c0d4eafaf22aaf94-volunteer1>

Brenda distributed flyers announcing the June 4th event (see details attached)

VI. Healthy Eating

- Healthy Snacks Shopping Tour

Leslie reported the tour has not been scheduled as yet. The group is looking at possible tour opportunities at box stores, Cosco or BJ's, due to the opportunity for bulk buying however it was suggested that it may be helpful to look into the two new stores coming into the Lancaster area, Wegmans and Whole Foods Market. They may be interested in offering future opportunities to the community as they plan their new locations in Lancaster. Barbara suggested looking at Giant Foods as they are in the process of making changes to their local stores, expanding their organic selections and enlarging their produce departments. There may be a possibility Giant would be interested in sponsoring the Healthy Snacks Shopping Tour.

VII. Tobacco

Sue reported Tuesday, May 31, 2016 is World Tobacco Day. This is a global event and a good time to remind and educate employees on company policies and procedures. The Tobacco Free Coalition is working on a social media campaign.

VIII. Announcements/Partner Updates

Mandy McFerren from YMCA reported the “Y” is looking for feedback as to what businesses may want to see included as corporate services. The following items were discussed:

- On-site fitness programs/instructions
- Lunch & Learns, this already is offered with current membership packages
- Design a gym center at business locations based on room size available
- Walking paths within offices

The Red Rose Run is scheduled for Saturday, June 4th, 2016.

Nakia Eckert from HACC reported on their upcoming 5K run/walk scheduled for October 8, 2016. They are looking for sponsors. Contact Nakia at nleckert@hacc.edu for details.

Engle Printing & Publishing is planning their annual event for August 23rd from 1pm-5pm. This year’s event will not only be for their employees and families but also will be open to the community. The event will be held at the Hempfield Rec Center.

Upcoming Meetings:

- Workplace meeting – Thursday, July 14th at 8:30 – 9:30am at Ecore
- LULC All Coalition meeting – Thursday, June 16th 8:30 – 10:00 am at Burle