



TEAM LIFE MINUTES

December 3, 2008

The meeting of the Team Life Committee was held on Wednesday, December 3, 2008 in room SSC-35. Patti Waterman called the meeting to order at 8:30 a.m.

Roll Call

Members Present: Scott Cathcart; John Emerson; Kelly Falcone; Patti Waterman (Chairperson)

Members Absent: Jayne Conway; Shawna Hearn; Lucy Nelson, Terri Wallace

Recorder: Patti Waterman

I. Old Business

The Biggest Loser luncheon went well, and there were enough raffle prizes for everyone.

II. Equipment Needs

Team Life will be purchasing the heart monitors and blood pressure cuffs. Patti will work on getting the monitors and Jayne will work on ordering the cuffs with Terri, who will monitor the committee's budget. Shawna will work on finding a printer to use with the fitness equipment.

III. Team Life Room

The committee discussed requesting using room SU-21, which is currently vacant, for Team Life. A room is needed for staff fitness testing and to lock up the testing equipment safely, as well as other activities. John is going to see if there is a way to have the room assigned to Team Life, and Patti is going to ask questions about using the room. The committee will ask HRSPC for its support and will draft a request letter for John Tortarolo to sign.

IV. Spring 2009 Events/Ideas

- A walking program called "Walk for Life" will be offered. The walks will be held Monday-Thursday at various times. The committee needs to choose a starting date and identify leaders for the walks. John will continue leading the Thursday evening walks, and Patti will lead a group one day each week, possibly at noon.
- Another Biggest Loser weight loss challenge will be offered in the spring.
- Kelly suggested organizing a 5k walk/run in late April to help raise money for Team Life that could be used to purchase the exercise bike for the fitness testing equipment.
- Kelly would like to purchase t-shirts that advertise Team Life and will develop a design for them.

- Kelly is going to create flyers to promote the walking program, the Biggest Loser, and for donation requests.
- No meeting will be held on January 7, 2009. Instead, the committee will communicate via email in order to prepare for the upcoming spring events.

V. Adjournment

The meeting was adjourned at 9:30 a.m.