

NECA Wellness Committee Meeting

June 4, 2010

1. Brett Grubbs	9.
2. Vernon Cohoe	10.
3. Felinda R. Johnson	
4. Ammerson Barber	
5. James Redhorse	
6. Johnnie Charles	
7.	
8.	

1. Description of "exercise room" on 2nd floor of old NECA building.
 - a. In progress construction
 - b. Includes combining conference room and (2) offices (old IHS Superintendent Space) into exercise space.
 - c. Possibility of adding (2) showers in restrooms and wall lockers for employees' use.
2. Name of the program/group.
 - a. Use Albert Benally's suggestion, we will discuss with Albert.
3. Add the reimbursement for employee's physical activity equipment
 - a. Must participate actively to qualify, and for a specified period of time, for example.
 - b. Matching reimbursement for equipment expenses up to a set limit (\$1000 for example).
 - c. Would like volunteer for researching this.
4. Picnic committee request for Walk/Run employee activity during the picnic.
 - a. No picnic committee member in attendance
 - b. Vernon will talk to Janice or a committee member
5. Departmental Group Participation Contests.
 - a. Group Weight Loss Effort idea with guidelines
 - b. Exercise activity for a given time period.
6. Develop a committee budget by identifying goals, reasons, and guidelines for expenditures.
Should include the cost of pamphlets for diet, exercise and health advise for all employees.
7. Field Crew Health Screening
 - a. Providing with dietary and health information for discussion & distribution during toolbox meetings.
 - b. Superintendents and Field Foremen to inform field crews.
 - c. Vernon will talk with Windy regarding IHS health screening services for field employees at centralized field locations.
8. Toolbox Safety Meeting Formats
 - a. Changing formats to minimize the cost and risk of accidents/injuries.
 - b. 1-on-1 training for Foreman-Employee show-and-tell training.
 - c. Use as a preventative measure
 - d. Promoting team wellness through accountability via employee safety.
9. Team Training
 - a. ROPES "Confidence" Course, Vernon will talk with Frankie Johnson
10. Meeting Schedule - Weekly meetings on Friday at 2 PM
 - a. Workshop: TBA