

Healthcare Cost Containment Committee Minutes
March 11, 2015
3:30 p.m. to 5:00 p.m.

Attendees: Teresa Porter Cascadden, Karen Bonin, Shawn Croteau, Sue Robinson, Debie Clayton, Linda Hastings, Rachel Schneider, Christine Soucy, Nick Coler, Marge Chiafery, Kim Demaso, Davis Powell, Bill Byron, Carol Smith, Rick Greenier

1. Approval of February 4, 2015 Minutes

Shawn Croteau moved (seconded by Linda Hastings) to approve the February 4, 2015 minutes.

The motion passed as amended 12-0-2 with Davis Powell and Carol Smith abstaining.

2. Health Assessment Participation

a) Rate for February

Bill Byron reported a 45% participation rate for February 2015. Thirty-one percent (31%) is the average of all the HealthTrust membership.

During February Thorntons Ferry raised \$15,000 for Jump Rope for Heart. The staff participated in the Jump Rope for Heart at the upper elementary school and healthy heart month posters were hung at the high school.

b) Promotion Strategies for March

- “Lucky” health heart posters were posted at the high school.
- HealthTrust will host a “Colorful Choices” webinar at noon on March 17, 2015. Information about a fruit and vegetable challenge will be announced during the webinar.
- Central Office is planning a healthy and green St. Patrick’s Day celebration on March 17, 2015.
- HealthTrust will hold a contest for those who sign up for SmartShopper. The prize will be a free iPad mini.

3. Focus on District Wellness Initiatives

Rick Greenier highlighted ongoing wellness initiatives throughout the district.

- Several jump rope events
- Reeds Ferry Elementary School Winter Wellness event after school for students and a snowshoe clubs of 70 students
- James Masticola Elementary School fitness fundraiser for the parent/teacher organization, a morning walking wellness opportunity, a yoga class once a week for students and a jump rope club
- Merrimack High School yoga class for staff in a casual environment and a cross country ski event
- Ski programs at Reeds Ferry Elementary, James Masticola Elementary and James Masticola Upper Elementary Schools
- Open gym Wednesdays and Fridays for staff basketball

Rick Greenier informed the committee that a district wellness calendar will be linked to the district calendar soon. A presentation on Lyme disease and a newsletter for parents containing information about nutrition and exercise are being considered.

Davis Powell explained that the corporate environment wants to do all of the above but are unable to. He felt these efforts were another example of Merrimack taking the lead.

Rick Greenier is working with Bill Byron to offer a free nutritional seminar during staff meetings at each building. Rick Greenier is exploring ways to purchase copies of the book, “Culprit and the Cure” or one similar for the staff.

Bill Byron referenced the book “The Culprit and the Cure” by Steven G. Aldana. The book content consists of eating, exercise, behavior and stress. If Bill cannot get copies of the book, he may be able to recommend another book. Bill will bring a copy of the book to the April meeting.

Rick Greenier, District Wellness Chairman and Ashley Brigham, a nutritionist will be invited to attend the April meeting.

It was noted that it may be more affordable to catalog several health books for each school rather than purchase one book per individual.

There was interest in offering two weekly Weight Watchers meetings. One meeting would be for staff at the secondary level and the other for elementary staff based on different dismissal times.

Bill Byron explained that gym membership fees were replaced by the self tracker program.

4. Future Meetings

The next meeting will be April 1, 2015. Marsha McGill and Teresa Porter Cascadden volunteered to bring light refreshments.

5. Other:

Linda Hastings shared that the district’s Healthcare Cost Containment Committee was mentioned at a NHSAA seminar she attended recently.

Debie Clayton will know the actual insurance percentage rate by April. The Guaranteed Maximum Rate (GMR) is 4.4%.

Debie Clayton will provide a stewardship report before the close of the school year. The topic of creative publicity will be discussed in May.

Bill Byron and Debie Clayton will provide a quarterly SmartShopper Report in May.

Debie Clayton confirmed if you receive SmartShopper incentives totaling more than \$600 in a calendar year, you will receive a 1099 form for tax reporting purposes.

Christine Soucy and Nick Coler will continue to work together to place the “canned workshops and activities” on the common drive.

2014-2015 School Year Meeting Dates

Meeting Date	Refreshments
April 1, 2015	Marsha McGill and Teresa Porter Cascadden
May 6, 2015	Marge Chiafery and Sandy Swanson
June 3, 2015	Debie Clayton and Bill Byron