

Healthcare Cost Containment Committee Minutes

April 3, 2019

3:30 p.m. to 5:00 p.m.

Attendees: Shannon Barnes, Peter Bergeron, Marge Chiafery, Debie Clayton, Shawn Croteau, Kim DeMaso, Linda Dimakis, Mary Ethier, Kelly Grassini, Rick Greenier, Linda Hastings, Jennifer Lavigne, Marsha McGill, Christine Soucy

Guest: Janice Halle, American Heart Association Fundraising Director

Marge Chiafery thanked Linda Hastings for going above and beyond to help her with hospitality.

1. Proposal for Participation in American Heart Association Pilot Program

Marge Chiafery introduced Janice Halle, American Heart Association Fundraising Director.

Janice Halle noted the American Heart Association has had a 40-year alignment with elementary schools in fundraising with projects: Jump Rope for Heart and Hoops for Heart.

Janice Halle informed the committee of an opportunity for the Merrimack School District to participate in an American Heart Association pilot program for the remainder of the 2018-2019 school year. Schools can apply for up to a \$5,000 grant. The program will be rolled out nationwide next year.

The pilot program is a fundraising effort for middle school and high school students through dance. The American Heart Association partnered up with Nigle Lythgoe, film director, producer and former judge on the television show So You Think You Can Dance. Nigel and another famous dancer will come to the school and celebrate the fundraising efforts.

Marge Chiafery noted the remaining weeks of school are very busy for a new project. She will bring the pilot program opportunity before the Leadership team on Wednesday for its consideration.

Questions/Comments from the Committee Members:

- Is there a minimum amount of money to raise? No.
- Can the upper elementary students participate? Yes, but the students can't participate in an additional fundraising project. This age group would know of Maddie and Kenzie.
- Can you provide a promotional video for the high school to display on the large screen in the main lobby? Yes.

2. Approval of March 6, 2019 Minutes

Linda Dimakis moved (seconded by Shannon Barnes) to approve the March 6, 2019 minutes.

The motion passed 13-0-1 with Marsha McGill abstaining.

3. Biometric Screening and Health Assessment Participation

a) Rate for March

Debie Clayton reported on behalf of Ashley Brigham the March participation rates were 31% for the Health Assessment, 15% for the Biometric Screening and 34% for activity tracker usage.

b) Promotion Strategies for April

Promote the 100 Miles in May Challenge.

4. District Wellness Committee’s Recommendations for Use of HealthTrust Incentive Check

Marge Chiafery reported the school board formally accepted the \$3,000 check from HealthTrust.

Rick Greenier reported the District Wellness Committee’s recommendation for use of the HealthTrust incentive money is to hold an end-of-year celebration/festival at Wasserman Park from 3:00 p.m. to 7:00 p.m. for all employees. Activities being discussed include yoga, a painting experience, hiking, basketball, bean bag toss, dodge ball, walking and conversation, kick ball, board games, mindful activities and raffle prizes.

The hope is that at least 200 of 700 employees will attend this first time event. Water and healthy snacks will be provided. Dinner options for people to purchase are still being discussed. Two ideas were the BBQ truck and/or have people bring their own picnic dinner.

Kelly Grassini, Linda Dimakis and Christine Soucy volunteered to help Rick Greenier and the District Wellness Committee plan this event.

After a review of the many spring activities happening at the schools, Thursday, **May 30** and Friday, **May 31 (rain date)** were determined to be the best dates provided Wasserman Park is available.

Marketing strategies for the end-of-year celebration will be discussed at the May meeting.

It was requested that plenty of bug spray be made available for the event.

5. May Hospitality Request

Marsha McGill, Christine Soucy, Rick Greenier will provide hospitality.

6. Key Messages

- Promote the 100 miles in May Challenge
- Share current goals
- Begin to talk about the Year-end Wellness event

Other:

Debie Clayton distributed a dental benefit maximum report for review. Of the 2,230 members, 172 people met the maximum dental coverage. Dental dollars can go further by shopping for a dentist. Start by asking if your dentist is a Preferred Provider Organization (PPO). This is a way to contain cost.

2018-2019 School Year Meeting Dates

Meeting Date	Refreshments
May 1	Marsha McGill, Christine Soucy, Rick Greenier
June 5	Debie Clayton, Ashley Brigham