

**Everett School Employees Benefit Trust**  
**Monday, March 14, 2011**  
**Minutes**

**Attendance**

Mike Gunn  
David Jones  
Susan Lindsey  
John Morrill  
Molly Ringo  
Betsy Selders

**Absent**

**Also Attending**

Randi Seaberg  
Darla Vanduren

**Recorder**

Kellee Newcomb

**Call to Order**

The meeting was called to order by Susan Lindsey at 4:03 p.m.

**Adoption of Agenda**

A motion was made by Molly Ringo and seconded by John Morrill to approve the agenda as written. The motion passed unanimously.

**Approval of Minutes**

The minutes from the February 14, 2011 meeting were presented for approval. A motion was made by John Morrill and seconded by Betsy Selders to approve the minutes as written. The motion passed unanimously.

**Wellness**

Gail was not able to attend today's meeting as she was speaking at the Washington School Personnel Association Spring Conference in Vancouver, Washington on the district's Wellness Program. Randi reported that she heard Gail's presentation was one of the more popular sessions at the conference.

At the February meeting, the Trustees agreed to make a decision on whether or not to allow non benefit eligible staff to participate in the Wellness Challenge. Randi indicated that there are approximately 20 employees who would like to participate but are not currently eligible. Melanie Curtice of Stoel Rives was contacted regarding the feasibility of allowing non benefit eligible employees to participate. Melanie stated that as long as the Trust is not monetarily compensating non benefit eligible employees, there are no legal issues preventing their participation. Randi talked with Well Source regarding the possibility of adding non benefit eligible employees and they indicated that this would not be a problem. Also, there would be no cost to the Trust because a fee has already been paid to Well Source for a minimum number of participants, which has not been exceeded. Some concerns were expressed regarding this decision being precedent setting. The group agreed that any decision would be for this program alone, and that any future programs would be reviewed on a case-by-case basis.

The Trustees discussed the proposal and agreed that as long as there was minimal impact to the Trust, they wanted to be as inclusive as possible to benefit as many employees as they could. A motion was made by Molly Ringo and seconded by Mike Gunn to open the Wellness Challenge to non benefit eligible staff with the understanding and communication as to their level of participation and eligibility, and that the rewards aspect is clearly communicated that they are not eligible to receive a monetary reward. The motion passed unanimously. Randi will communicate the Trustees' decision to Gail and they will work on communications to employees.

### **Mind & Body Program Update**

Randi provided an update on the Mind & Body weight loss program. The Trustees originally put a cap on the program of 100 participants. Randi indicated that they have reached the cap of 100 and at this time have 14 people on a wait list. Randi provided a demographic report from February 1-28 on the current program enrollees. The group reviewed the data. Randi stated participants so far are staying with the program. They receive calls from Free & Clear coaches regarding nutrition and physical activity. Participants will also be contacted if there has been no activity. Randi explained that there is a one time charge per enrollee of \$375 and that the enrollee could potentially utilize the service after they have left the district (i.e., a non continuing teacher).

Randi asked the Trustees if they would like to keep the cap at 100 or raise it to include those on the wait list. The group discussed the proposal. A motion was made by David Jones and seconded by John Morrill to expand the Mind & Body weight loss program cap to include a total of 120 participants. The motion passed unanimously.

### **Financial Report**

Because it is early in the month, the financials were not ready for this meeting. Darla indicated she would send them out via email as soon as they were ready. Contact Darla with any questions.

### **Review of Annual Calendar & Meeting Calendar**

The group discussed agenda items for the next meeting.

### **Adjournment**

The meeting was adjourned at 4:33 p.m.

Sincerely,

David Jones  
Secretary