

Excerpt from Minutes of

Parks and Recreation Advisory Board  
Halley Park Board Room  
November 14, 2013

The meeting of the Parks and Recreation Advisory Board was called to order at 5:30 pm on Thursday, November 14, 2013 with the following members present: Chairman Jeff Schild, Karen Olson, Rick Askvig and Nick Stroot. Members Absent: Heather Thompson, Domico Rodriguez and Chuck Tinant. Also present were Council Liaison Chad Lewis, Parks and Recreation Director Jeff Biegler, Parks Division Manager Lon Van Deusen, Recreation Division Manager Doug Lowe, Landscape Designer Alex DeSmidt and Administrative Assistant Jeri Taton.

**Employee Wellness Program**

Recreation Division Manager Doug Lowe explained that a Wellness Committee has been formed through the Human Resources Office and they are proposing a wellness program for City employees based on the number of participants in the City's health insurance program. It is the intent of the program to reduce costs of the insurance program by promoting healthy living. The proposal being considered involves the City's recreation facilities and staff so the Parks and Recreation Department has a big buy-in to this program. Biegler added that the City already has a reduced rate for employees but it was set up as a package. The proposed Wellness Program would break out the facilities and provide ala carte options for the various facilities. The program would also offer auto pay through the existing payroll system. Biegler noted that only a limited number of people benefit from the existing plan and this is an incentive to increase the number of employees participating in the Wellness Program. Lowe stated that he feels this is a big step for the City which is one of the largest employers in the area. If this program prevents 2-3 people from getting diabetes or having a heart attack, the program will pay for itself through savings to the health insurance plan. Stroot stated that he thinks this is something that is very important. The buy-in you get from the employees is productive and beneficial for the city as well as the community. A program like this will also help reduce absenteeism. Stroot stated that he is an advocate for offering our employees the best we can through this program. He feels the City will have a healthier, happier more productive work force if the program is implemented.

Advisory Board members spoke in favor of the program although no formal action was taken.