



SHAPE Agenda

October 28, 2019

Attendees: Elaine Szoczei, Jim Peraino, Kevin Dyke, Yvonne Oliver, Don Maryanski, Andrea Bailey

- **Welcome & Introductions**
- **Approval of minutes** – Minutes were approved with no changes.
- **Activity Reports/future activities**

Highway

Had nothing to report for a few months. Vending service going well.

DSS (reported by Yvonne)

1. Held an eat clean/no processed food week 9/16 - 9/20 – no evaluation has been conducted yet
2. September recognized International Peace Day – with puzzles to be completed by 4 teams - 2nd floor FC won the challenge.
3. Salad Soire with pizza and salad – 18 attended
4. October - decorating break room contest. Winner to get additional dress down day. Also Pretty in Pink day. Cookies were shared in each break room.
5. August - Dress Down for Breast Cancer raised \$647 to Breast Cancer Coalition of Rochester
6. November – will be a five Friday week dress down – early bird special for \$10 or \$3.00 per day.
7. Food drive now through 11/15
8. 12/4 holiday luncheon and staff meeting
9. Discussed preferred parking and dress down for birthdays and milestones
10. Monthly bulletin board with different theme.

Government Center (reported by Yvonne)

1. October gourd find and seek – some received gift cards and some kept the gourds
2. Water challenge with DOH, and OFA – 10 people at GC participated reporting to Sandy. Andrea said she believed employees from the County Clerk's office were participating but did not actually report.
3. Trick or Treating with kindergarten classes from Mt. Morris, Geneseo & York to be held on October 31.
4. Costume Contest among employees
5. November – No Shave November
6. Harvest Hut will be put away soon – tomatoes, squash, cucumbers were donated by employees to share

Health *(reported by Yvonne)*

1. Salad soiree and fall themed cookies – made from various recipes. Some were to try and some to buy – prizes for best tasting and most creative cookie
2. Water Challenge – 15 participating
3. Started “Be the Giving in Thanksgiving” – collecting different products each week – 1st week hygiene items, canned goods, boxed goods other

2019 Wellness Sessions

- Plant Based – 10 attended
- Financial Wellness – 15 signed up so far – 1 session at GC and 1 at Auditorium *(notices were sent to departments to share with employees on 10/2 and 10/25).*

Next Wellness Session

- Discussed trying to find someone to do a session on Menu Planning
 - Livingston Life (Economic Dev.), 211(Goodwill) and NY Connects (OFA & State) – possibly do at training days for departments – Highway and DOH have sessions they could add to and also Ian could discuss at his Administration Connects.
- **Workplan overview** – reviewed the attached plan
 - Goal 3: - no longer sending out the Weekly Email
 - DOH sends out a Monday morning phone system message
 - New thoughts:
 - Next meeting: January 27