

DFMCH Summer FamWell Board Meeting Minutes
 July 7, 2017—8:00-10:00 AM—Vilas Conference Room, Alumni Hall

ATTENDEES			
James Bigham (Odana)		Larry Hanrahan (Alumni Hall)	
Alison Miller (Yahara)		Nicole Weathers (Fitchburg)	
Ann Schensky (Alumni Hall)		Nicole Smithback (Odana)	
Marite' Hagman (Alumni Hall/Whole Health)		Sam Sharp (Arboretum/ Integrative Health)	
Julia Yates (Director of FamWell Board)		Colin Shekem (Alumni Hall, HR)	
Beth Potter (Medical Director of UW Employee Wellness)		Lisa Riehl (Manager of UW Health Wellness Option at Work)	
Ildi Martonffy (Wingra/Residency PD)		Lindsey Engel (resident representative, Verona)	

Agenda

	TOPIC	DISCUSSION	MATERIALS
1.	Round table check in from first meeting:	Board members felt connected and supported after our first meeting “not out there alone.” Many commented on the willingness of this group to come together and create a passionate and purposeful team. We agreed a primary focus today was to make a final vote on our proposed ground rules and mission statement. Email amount between meetings is right on, not too much and just enough. We took a minute to honor the work and spirit of Michelle Grosch acknowledging from the beginning her pivotal role in our existence. Michelle is leaving the DFMCH for a new position.	
2.	Revisit the ground rules and mission statement: A vote to finalize both	We have a mission statement! The FamWell Board fosters a culture of self-care and collective practices that enhance health and wellness within the Department of Family Medicine and Community Health such that we cultivate resilience, joy, and appreciation for ourselves, our colleagues, and those for whom we provide care. In doing so, we build capacity and promote organizational change to continuously grow UW Health as a world class healthcare system. We also have newly updated and diagramed ground rules!! See attached for Lindsey’s creations...Thanks, Lindsey	View the two ground rules graphics attached to this email. Please send me your preference by 7/31
3.	Brainstorm FamWell’s link on the new UW Health Wellness Options at Work blog. Check out and update our current FamWell webpage.	Lisa and Beth reviewed the current wellness options at work blog: where to find it on our internal webpage. We also reviewed the barebones FamWell webpage (also linked from the intranet.) https://inside.fammed.wisc.edu/famwell We discussed what to feature on the new and up and coming Wellness options at work blog and the link to our webpage:	Check out our current FamWell webpage. Review scope of service sentence: Please get me suggestions/edits by 7/31

		<p><i>We are FamWell</i> (photo taken at today's meeting) <i>We serve...</i> (Sam created a scope of service sentence, see below): We are the FamWell Board, a group comprised of representative members from all across the Department of Family Medicine and Community Health. We are here to serve all DFMCH employees as wellness and resiliency resource generators, advocates, and sources of support. <i>Our mission:</i> updated mission statement We'd also like to include a quarterly featured wellness and resiliency wow: Did you know...? We will list all our DFMCH locations identifying their wellness champions and clinic managers We will list all FamWell Board members and their locations. Quarterly rotating spotlight on one or two board members: their photo and a brief blog post about who you are, what you do to support your own resiliency, and why you joined the board. Lindsey created our FamWell Logo incorporating the heart and apple from UW Health wellness option at work's logo. Beth and Lisa will work on getting the final ok and design.</p>	
4.	A FamWell wellness open house, both a brief and a full open house style traveling option	Ann shared initial roadblocks in creating a wellness open house. The board is in support of creating traveling wellness open house roadshows. We discussed building two tool kits: a brief show with handouts, resources (could be part of larger meeting such as state of the department, resident lecture etc) and a full open house style show with community partners present and showcasing wellness and resiliency offerings (yoga, cardio drumming, CSA from local farm). Ann will take the lead in visioning and collaborating with DFMCH's Green Team. The board will support Ann with resources, ideas, advocacy, and any tasks she delegates to us. We will pilot a wellness roadshow (brief or full) at Odana clinic when ready.	Support Ann in building two roadshow options: Pilot options at Odana clinic when ready.
5.	UWell and FamWell: a co-hosted wellness symposium	<p>Mark your calendars for November 1, 2017 at Union South Begin to think of speaker ideas (maybe you!) and topics. Suggestion to speak on Whole Health (Lisa, Beth, Marite' and Julia) Our goal is to have a wellness champions and FamWell board members attend, lead, and speak. We'd also like to make it open for DFMCH employees to attend if they choose to and can arrange time off. James expressed interest in being involved in next planning meeting with Emily (from UWELL), Lisa, Colin, and Julia</p>	Mark your calendars for November 1 st , all day event. Begin topic and speaker brainstorm

6.	Take home tasks and next steps	Vote on Ground rules diagram, update current webpage, provide Lisa with a logo and webpage for UW Health Wellness Option at Work's blog, review wellness connections diagram attached to email for Fall meeting, support Ann in traveling wellness open house roadshows, November symposium planning, and check in with your wellness champions!	
7.	Schedule Fall meeting: Open meeting, all interested are welcome to attend	Our next meeting: September 22, 2017 8:00am at Alumni Hall Marite' will present on heartmath right after our check in (Thank you for your gracious flexibility, Marite'!!) Beth, Lisa, and Marite' will discuss the Whole Health Model We'll discuss the green wellness connections diagram to attempt to clarify who is doing what in wellness and for whom (it's so confusing!) We'll be in full planning mode for our November symposium.	Send Fall agenda items as you they come to you.

Parking Lot

	ASSIGNMENT	ASSIGNED TO	MATERIALS
1.	Scope of Service Statement	Sam	Done: vote on it by 7/31
2.	Ground rules diagram	Lindsey	Two options, done. Vote on your preference by 7/31
3.	FamWell Logo	Lindsey will get design to Beth and Lisa for approval and creation	
4	Update our webpage, support Lisa in creating our FamWell link on the Wellness options at work blog	Julia	Vote on scope of service sentence, ground rules. The photo and mission statement are ready to roll
5	Review wellness connections diagram attached to email	all	We'll try to make sense of it all together 😊