



Barron Drive, P.O. Box 710  
 Institute, WV 25112-0710  
 PH: 304-766-2686  
 Fax: 304-766-2696  
 info@wvwellness.org

# WELLNESS COUNCIL OF WEST VIRGINIA E-Mail Newsletter

Volume 2  
 Number 1  
 January 31, 2005

Sharon Covert  
 Executive Director  
 sharonc@mail.drs.state.wv.us

Barbara Graley  
 Administrative Assistant  
 barbarag@mail.drs.state.wv

Shana Chaber  
 Tobacco Coordinator  
 shanat@mail.drs.state.wv.us

Toni West  
 Policy Director  
 toniw@mail.drs.state.wv.us

## Help Us Help WV!!

**Have you referred a new member to the Wellness Council of WV recently? You can receive a \$25 gift certificate to Amazon.com for any new member who mentions your referral!**

## Council Goals for 2005

### Focus on New Members

The WCWV has set its goals for 2005! Our main focus this year is to more than double the number of new members from 2004. In other words, we would like to see 24 new companies "come into the fold." We are already on track with 2 new members in January: Peabody Energy of WV in Charleston with locations in Kanawha, Boone and Monongalia counties AND the Northern WV Rural Health Education Center in Glenville. We have solid interest from several companies to join in February and are optimistic that we will exceed what was originally considered to be an aggressive goal! The Council believes that the activity in the North Central and Southwest Chapters will push success in the recruitment of new companies. **Remember: Everyone who refers a new member to the Council receives a \$25 gift certificate from Amazon.com!**

### Well Workplace University

The WCWV will host at least 4 Well Workplace Universities (WWPU), or one per quarter in 2005. WELCOA suggests that good attendance at these trainings consists of representatives from at least 12 companies at each session. We are looking forward to hosting WWPUs in the Parkersburg area in February as well as Charleston, Morgantown and possibly Huntington later this year. Check out our website for training dates! It is a very good idea to send at least one member from your wellness team to this eye-opening opportunity!

### Well Workplace Certifications

For the last 2 years, the WCWV has set the standard nationally in the number of successful Well Workplace applications. We hope to continue this effort in 2005. Five of our current WWP companies are due for renewals. Several others look to "upgrade" their certifications from Bronze to Silver or from Silver to Gold. Additionally, there are many worthy programs out there that will seek their first designation as a Well Workplace. Therefore, the goal for this year is to have 5 companies renew their certifications and at least 12 companies achieve first-time certifications or up-grade their existing certification.

*Have You Logged  
onto INFOPOINT  
today?*

## **InfoPoint Usage**

With the implementation of the new "InfoPoint Trivia" drawing each month, the Council is pleased to report that our InfoPoint usage has more than doubled monthly! Our goal for 2005 is to have this trend continue with at least ½ of the membership logging onto InfoPoint at least one time per quarter. **Brett Rice with Partners in Corporate Health and Mylan Pharmaceuticals won the January drawing and will receive 4 Fiestaware Tumblers for his efforts! Congratulations Brett!**

## **Other Goals for the WCWV in 2005**

Other goals for the Council in 2005 include representatives doing at least 2 presentations per quarter to civic clubs, employer organizations and other groups that are interested in getting the message of wellness out to its members. If you are a member of an interested organization, (SHRM, Kiwanis, etc.), please call the Council office at (304) 766-2686 to schedule a speaker.

The Council plans to participate in the annual WELCOA member survey again this year during the 2<sup>nd</sup> quarter. We ask all of our members to take time to complete and return the survey.

Finally, WCWV seeks to have at least 300 attendees at the **19<sup>th</sup> Annual Governor's Conference on Worksite Wellness** at the *Charleston Marriott on October 17<sup>th</sup> and 18<sup>th</sup>*. Mark your calendars now and invite a friend or co-worker! We will continue to offer discounts to returning attendees who bring a first-time conference registrant to the event! The Council also plans to increase the amount of sponsorship money targeted towards the conference. As many of you know, this event serves as our main fundraiser for the year. For the last two years we have set new "highs" in sponsorship backing. Each event brings more attention to the Council and its accomplishments in WV and nationally. More and more companies see this movement as something they want to be identified as supporting. If your company has not served as a sponsor for the Governor's Conference in the past, use this opportunity to have thousands of state workers see your corporation as a leader in wellness!

## **Motivational Interviewing Workshop!**

WCWV will host a Motivational Interviewing Workshop as an introduction to supporting healthy behavior change on **Wednesday, February 9<sup>th</sup>, 9 a.m. – Noon at the WCWV offices. FREE** to members—call to register--- spots are limited! (304) 766-2686

For Your Convenience, please find below a sample list of items that should be found in your company's First Aid Kit. Special areas call for special items that may not be covered in this list--- however; these items are a good start!

- List of important local emergency telephone numbers including police, fire department, EMS and poison center. (Please note: If you have many employees who speak English as a second language, these numbers should be labeled in English as well as in other common languages spoken by your workers.)
- Flashlight and extra batteries 1
- Multipurpose Scissors 1
- Tweezers 1
- Disposable gloves (multiple sizes) 2 pairs each size
- Protective eye shield 1
- Adhesive bandage strips 20
- Sterile eye pads 2
- Sterile gauze pads (4" x 4") 6
- Sterile trauma pads (8" x 10") 2
- Sterile trauma pads (5" x 9") 2
- Roll of gauze (2" wide) 3 rolls
- Roll of gauze (4.5" wide) 3 rolls
- Adhesive tape (1" to 2" wide) 1 roll each
- Elastic roller bandage, 4" and 6" wide 1 roll of each
- Sealed moist towelettes (hand wipes) 12
- Emergency Mylar blanket 1
- Face mask or face shield 2
- Triangular bandages 2
- Disposable instant-activating cold packs 2
- Resealable plastic bags (quart size) 2
- Biohazard waste bag (3.5 gallon capacity) 1

Very important! DO NOT use materials from the first aid kit for everyday injuries, (paper cuts, scrapes, etc.).  
Keep a separate supply for these occurrences! When anything is used from the kit--- replace immediately!  
Your kit should be portable--- so it can be taken where needed for use!