

2017 WORKSITE WELLNESS AWARDS & CONFERENCE

Wellness Without Borders



March 23, 2017
Sheraton Hotel and Conference Center
Burlington, VT



2017 Vermont Worksite Wellness Conference

Welcome to the 2017 Worksite Wellness Conference, the premier event for employers and wellness professionals from across Vermont to share best practices and learn from one another. Our theme, Wellness Without Borders, embraces the connection between all areas of our lives and across all parts of our wellbeing. Employers play a key role in creating positive environments where employees, their families, and their communities are empowered to live healthy lifestyles.

Congratulations to the Vermont employers receiving Worksite Wellness Awards today. You all share credit for Vermont's reputation as one of the healthiest states in the nation and a great place to live and work!

Let's learn together and celebrate each other's accomplishments.

Janet Franz

Chair, Vermont Governor's Council on Physical Fitness and Sports

Philip B. Scott

Governor of Vermont

Mark A. Levine, M.D.

Commissioner of the Health

Join the Conversation!

#vtworksitewellness

2017 Worksite Wellness Conference Agenda

7:30	Registration Exhibits Light breakfast
8:30	Welcome Janet Franz , <i>Chair, Governor's Council on Physical Fitness and Sports</i> Mark Levine , <i>Commissioner, Vermont Department of Health</i> Philip B. Scott , <i>Governor</i> Presentation of Awards 2017 Vermont Wellness Leader and Worksite Wellness Awards
10:00	Mindfulness Meditation Break
10:15	Keynote Address with Q&A: <i>The Science of Happiness at Work</i> Eric Karpinski , founder of The Science of Happiness Program
11:15	Promising Practices: Worksite Wellness Strategies for Success
12:15	Lunch / Exhibits / Networking
1:30	Concurrent Workshops
2:35	Fitness Intermission <i>Stay in your breakout workshop to participate</i>
3:00	Concurrent Workshops
4:00	Adjourn

1:30 CONCURRENT WORKSHOPS

1. **Spreading the Science of Happiness to Your Teams** EMERALD 1
Eric Karpinski, *Keynote*
2. **Worksite Wellness on Shoestring Budget** EMERALD 2
Multiple speakers
3. **Engaging Wellness:** EMERALD 3
Your roadmap to succeeding at the worksite and beyond
Tracy D. Gallo, *Blue Cross Blue Shield of Vermont*
Kim Langlais, *Blue Cross Blue Shield of Vermont*
Jessica Moore, *Blue Cross Blue Shield of Vermont*
4. **Creating Inclusive Workplaces** DIAMOND 1
Panel facilitated discussion
5. **Fighting Stress With Food:** DIAMOND 2
Helping your employees be happy and healthy
Leslie Langevin, *Whole Health Nutrition*

3:00 CONCURRENT WORKSHOPS

1. **Boosting Employee Engagement through Mindful Practice** EMERALD 1
Strategies for individuals and organizations
Porter Knight, *Productivity Vermont*
2. **Fitness in the workplace:** EMERALD 2
Strategies to optimize inclusiveness
Heather Main, *Main Wellness Works: Workplace Health Promotion and Personal Fitness Training*
3. **Creating Best Days:** EMERALD 3
Finding Purpose and Passion to be Well and Perform at Our Best
Ben Powers, *Vital Leadership Coaching*
Lori Smith, *FIS Consulting*
4. **Safety and Wellness:** DIAMOND 1
Integration to reduce injury and advance worker wellbeing
Evelyn Sikorski, *University of Vermont Medical Center*
Lindsey Waterhouse, *University of Vermont Medical Center*
5. **Master your Stress Response and Increase Resilience** DIAMOND 2
Scott Bevins, *Dealer.com*

KEYNOTE SPEAKER:

Eric Karpinski

The Science of Happiness at Work

Eric Karpinski, Founder of *The Science of Happiness* Program
thehappinesscoach.biz/about-eric/



The advantages of a happier workplace have been getting a lot of press, including the cover of the Harvard Business Review. Top academic research over the last 20 years has shown that happier employees are more engaged, more innovative, more productive, more resilient and build stronger work relationships. In fact, every single business outcome is predicted by levels of employee positivity. The research shows, without a doubt, that happiness leads to success. Join this session to hear Eric share on how happiness improves engagement, innovation and work performance, and learn tools to sustainably increase happiness that can impact your colleagues and workplace.

2016 Governor's Excellence in Worksite Wellness Awardees

We are pleased to present the 22nd Worksite Wellness Awards, honoring 90 Vermont employers for a commitment to improve the lives of Vermont citizens. The awards create a standard of excellence for worksite wellness programs in Vermont. Award winners have demonstrated an established wellness strategy that promotes healthy environments and supports the physical and emotional well-being of their employees.

Join us in congratulating this diverse group of worksites that demonstrate a commitment to wellness!

11 - 50 Employees

Trudell Consulting Engineers
Washington Electric Cooperative
VT League of Cities and Towns
Town of Killington
Springfield Area Parent Child Center
United Ways of Vermont
VSBIT
Hickok & Boardman Financial Planning
& HR Intelligence

51 - 150 Employees

Hallam-ICS
NorthCountry Federal Credit Union
Chittenden Solid Waste District
Engelberth Construction, Inc.
Renewable NRG Systems
Vermont Federal Credit Union
WageWorks
Co-operative Insurance Companies
asicNorth
The Richards Group

Town of Colchester
Hickok & Boardman Insurance Group
Cathedral Square
Lund
Vermont Gas Systems, Inc.
City of St. Albans
Chroma Technology Corp
Vermont Electric Cooperative, Inc.

151 - 500 Employees

Ben and Jerry's - Vermont Manufacturing
GE Healthcare
Passumpsic Bank
United Counseling Service of Bennington
County, Inc.
Franklin County Home Health Agency
Marathon Health
MyWebGrocer
King Arthur Flour
Lamoille County Mental Health Services
Blue Cross and Blue Shield of Vermont
Mt Ascutney Hospital and Health Center
Lane Press
Heritage Family Credit Union
Sonnax Industries, Inc.
Vermont Precision Tools
Omya Inc.
The Vermont Country Store
World Learning
Hunger Mountain Cooperative, Inc
Mascoma Savings Bank
Carris Reels
BioTek Instruments Inc.
AN Deringer, Inc
Northfield Savings Bank

New Chapter, Inc.
Essex Town School District
Lake Champlain Chocolates
Champlain College
Copley Hospital
Hubbardton Forge
VSECU
Community Care Network
Northeast Kingdom Human Services, Inc.
City of Rutland

501 - 999 Employees

Burton
Porter Medical Center
UTC Aerospace Systems (UTAS)
City of Burlington
Northwestern Counseling & Support Services, Inc.
Northwestern Medical Center
North Country Hospital
Health Care and Rehabilitation Services
Sugarbush Resort
The Brattleboro Retreat

1000+ Employees

National Life Group
State of VT
Central Vermont Medical Center
Howard Center
PC Construction Company
Keurig Green Mountain
University of Vermont Medical Center
MVP Health Care
University of Vermont
Rutland Regional Medical Center
Dealer.com/Cox Automotive



Governor's Rising Stars in Worksite Wellness Awardees

1 - 10 Employees

Pride Center of Vermont
Creative Spirit Children's Center

11 - 50 Employees

Central VT Council on Aging

51 - 150 Employees

DEW Construction Corp.

151 - 500 Employees

Hanover Consumer Cooperative
The EDGE Sports & Fitness
Community Health Centers of the Rutland Region

501 - 999 Employees

Washington County Mental Health Services
Green Mountain Power



2017 Vermont Wellness Leadership Award

Win Smith: "Be Better Here"

We are delighted to present the 2017 Vermont Wellness Leadership award to Win Smith, principal owner and president of Sugarbush Resort. Win is a champion for healthy, active lifestyles among his employees and residents of the Mad River Valley region, and he sets a strong example for Vermont business leaders in sustaining a culture of wellbeing.



Win's continual support and dedication to the wellness initiatives of Sugarbush Resort inspired his employees to nominate him for this award. The nominator wrote:

"The future Win envisions is a vibrant, active community — his community — taking advantage of this spectacular terrain and the abundance of ways to explore it. At this year's Safety, Environment & Wellness Day, Win [publicly announced] his personal commitment to his wellness goal. He called for all in attendance to do the same. ...Win

supports his employees' health and wellness goals in a number of ways, including personally subsidizing costs to participate in events like the Mad Marathon, Mad Dash 5k/10k and Kelly Brush Ride. ... Win's authenticity and his incredible support and leadership foster loyalty and motivation among employees ... his employees are his work force, his neighbors and comrades."

An avid outdoor sports enthusiast, Win skis 100+ days each season, leads hikes throughout the summer and enjoys the golf course. He's an accomplished equestrian, soccer and rugby player and runner who posted a personal best of 2:47:46 in the 1982 New York City Marathon. His dedication to an active lifestyle inspires Sugarbush employees and community members to live actively, enjoy the region's resources and live by the Sugarbush slogan to "be better here."

As a Vermont business owner, Win serves as chair of the Vermont Business Roundtable and is former chair of the Lake Champlain Regional Chamber of Commerce. In 2007, he chaired the Governor's Commission on the Future of State Parks. He also serves on the board of the Vermont Ski Areas Association and is Vice Chair of the National Ski Areas Association and a member of their Executive Committee.

Win lives in Warren and Shelburne, Vermont, with his wife, Lili Ruane. He has four children, four step-daughters, and six grandchildren, three of whom are already passionate skiers in Sugarbush's Blazer Program.

Thank you, Win, for your motivational role modeling, generous service to Vermont and strong wellness leadership that raises the bar for other employers.

-Janet Franz

About the Governor's Council on Physical Fitness and Sports

The Vermont Governor's Council of Physical Fitness and Sports is a physical activity promotion and advocacy group comprised of volunteers appointed by the Governor and representing a broad spectrum of Vermonters.

The Council's mission is to promote health and wellness through physical activity for all people living in Vermont at all fitness and ability levels.

www.vermontfitness.org



Council Members:

Janet Essman Franz, Chair
*Fitness Professional
Freelance Writer*

Ashwinee Kulkarni, Secretary
Vermont Department of Health

Tom Clavelle, Treasurer
Engelberth Construction, Inc.

Andy Bishop
Fitness educator

David W. Butsch, M.D.
Central Vermont Medical Center

Corey Cenate
Blue Cross Blue Shield of Vermont

Gary Eley
Move for Wellbeing

Elisabeth Fontaine, M.D.
Northwestern Medical Center

Tracy D. Gallo
Blue Cross Blue Shield of Vermont

Joy Dubin Grossman
*University of Vermont Public
Administration Candidate*

Laurie Knauer
Castleton State College

Alison Logan
HMC Advertising

James Pepper
Attorney

Morgan Potter
Front Porches Half Marathon

Connie Tompkins
*University of Vermont,
Rehabilitation and Movement Sciences*

Shevonne Travers
Vermont School Boards Insurance Trust

Craig Whipple
*Vermont Department of Forests,
Parks and Recreation*

Sarah Wojcik
Ski Vermont



THE COUNCIL'S 2017 AGENDA INCLUDES:

Vermont Corporate Cup Challenge and State Agency Road Race

May 11, 2017 — Statehouse Lawn

Walk or run with your coworkers in this annual 5-kilometer team event! Proceeds support programs of the Vermont Governor's Council on Physical Fitness and Sports. For more information or to register, visit vccsar.org.

Fit and Healthy Kids

In partnership with Ski Vermont, the Council provides young Vermonters with discounted ski and snowboarding tickets, lessons and equipment, encouraging children and families to be active outdoors during winter.

Prescription Park Passes

The Council and Vermont Department of Forests, Parks and Recreation provide doctors with prescriptions for exercise through free entry into state parks. This encourages conversations between physicians and patients about preventing chronic disease through exercise.

Community Wellness Grants

The Council provides funding to support development of new community wellness initiatives. The 2017 grant recipients are: City of Rutland Recreation and Parks Department Learn to Bike program; Community Health Center of Burlington healthy lifestyle education walking group to reduce risk for chronic disease; and Pride Center of Vermont trauma-informed yoga classes. Look for announcements in May for request for proposals for the 2018 Community Wellness Grants.

Vermont Senior Games

The Vermont Senior Games Association promotes healthy lifestyles and fitness for adults age 50 and older through year-round fitness programs and competitive sporting events. Sports include archery, basketball, bicycling, Nordic and alpine skiing, track and field and weightlifting. vermontseniorgames.com

Move for Wellbeing

Free, noncompetitive fitness programs at senior residential sites to encourage older adults to increase their physical activity. moveforwellbeing.com

THANK YOU TO THE 2017 WORKSITE WELLNESS CONFERENCE SPONSORS!



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