

1. **Laughter is the Best Medicine**

Set a movie event for members. A comedy or light-hearted movie is suggested. Provide members with movie "snacks" as they share an opportunity to laugh alongside fellow members.

2. **Social Time: Members Uplifting Members**

Organize an event—perhaps a happy hour or coffee chat—where members can relax and spend time together in a social setting.

3. **Pop-up Café**

Set up on-site pop-up cafés that offer members snacks and positive messages. The cafés can be as simple as tables staffed by members or coffee/tea bars.

4. **Drop-in Spa**

Create a drop-in spa for members in buildings. Members can sign up for time to experience a relaxing environment with a massage chair, and healthy snacks and beverages.

5. **Wellness Passport/Self-Care BINGO**

Provide members a Wellness Passport to be stamped for each self-care activity or create a BINGO card with self-help activities for members to complete. Activities for the passport or BINGO card might include exercise classes, virtual challenges, book clubs, and meditation. Provide members a gift for a completed passport or BINGO card.

6. **Special Delivery!**

Create a monthly drawing for all members. Winners will receive a special delivery of flowers, cookies, candy, self-care bags, or books, and a positive message from their local.

7. **Lunch and Learn**

Invite members to an hourlong lunch and training focused on a wellness activity or skill such as meditation or an art/craft. The lunch hour could include a speaker on a topic related to self-care. Ask members to complete a self-care survey during the lunch and learn.

8. **Keep Active and Be Healthy Challenges**

a) **Walk/Step Challenge**

Provide each member who signs up for the challenge with a water bottle, notebook, pen, and information on the health benefits of walking. Start a member-only Facebook or Instagram page for the challenge. Ask participating members to set a personal goal for the 30-day challenge; keep track for 30 days; and post/share positive thoughts via social media.*

b) **Sleep Challenge**

Provide each member who signs up for the challenge with a sleep mask, ear plugs, herbal tea, notebook, and information on the health benefits of sleep. Create a member-only Facebook or Instagram page for the challenge. Ask participating members to set a personal goal for the 30-day challenge; keep track for 30 days, and post/share positive thoughts via social media.*

* Members who complete the 30-day challenge receive a certificate and gift.

9. **Local's CHOICE!**

Develop a wellness-themed activity of your own!



OHIO EDUCATION ASSOCIATION

OEA WELLNESS GRANT GUIDELINES 2024-25 School Year

OEA Wellness Grants are designed to help locals support member well-being.

Wellness Grant guidelines:

- Up to \$5/per active member
- Submission and approval of application required
- Activity must be completed between September 1, 2024 - May 31, 2025
- Activity must be completed by May 31, 2025
- Receipts must be submitted for reimbursement by **June 15, 2025**
- Share photos with your LRC to post on OEA Wellness Website
- Contact your LRC for application

Wellness Grant Funds cannot be used for the following:

- T-shirts
- Gift Cards/Gift Certificates
- Cash Gifts to Members
- Lottery Tickets

Reimbursement Instructions:

- Submit a copy of approved application with receipts no later than **June 15, 2025**
- Must provide **itemized** receipts
- Submit documents to your LRC with a copy to their Administrative Secretary for processing
- Reimbursements **will not** be paid for purchases made prior to grant approval
- Questions? Contact your LRC or Regional Director (See below for contact information)

Regional Directors and Administrative Assistants (AA):

Region 1

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OHIO EDUCATION ASSOCIATION

OEA WELLNESS GRANT APPLICATION 2024-2025

Name of Person Making Request

Click here to enter text.

Name of Local

Click here to enter text.

Region

1

2

3

4

Your Position in Local

Click here to enter text.

Email Address

Click here to enter text.

Phone Number

Click here to enter text.

Labor Relations Consultant

Click here to enter text.

Current Membership Count

Click here to enter text.

Activity Planned

Click here to enter text.

Target Date(s) of Activities

Click here to enter text.

Amount of Funding Requested

Click here to enter text.

By signing this form, you acknowledge and agree to use any OEA funding solely and expressly for the purpose of covering the specific costs of the activities planned.

Signature of Person Responsible for the Activity

Date

Regional Director Signature

Date