

## Meeting Notes 10/28/09

### Juniata College Wellness Committee

October 28, 2009 2:00pm  
vLSC 1116 Rockwell Seminar Room

Committee Members Present:

Stephanie Turner  
Shya Erdman

Joanne Krugh  
Barb Williams

Cindy Gibboney  
Jo Ann Isenberg

The meeting was called to order and the committee was presented with the following agenda:

1. Discuss Old Business
2. New Business

The committee discussed the following old business:

- Health Fair: This year's health fair was held on Monday, October 26, 2009 from 12-3pm. There were 16 student attendees and 82 employee attendees. Approximately 40 vendors were there. Ray Cianci won the big door prize, which was one month of free health care.
- Flu Shots: Flu shots were not offered at the Health Fair as originally planned. There are various places in Huntingdon that are offering flu shots—Kopp Drug, Rite Aid, Huntingdon Healthcare. At this time, we still do not know if we will be getting the Swine Flu vaccine.
- Wellness Profile/Biometric Screening: Biometric screenings have been going on this week, on October 27<sup>th</sup>, 28<sup>th</sup>, 29<sup>th</sup> and 30<sup>th</sup>. There are still a few spots available if anyone still wants to sign up.
- November Lunch and Learn: Lisa Baer is going to be speaking at the Lunch and Learn, discussing the relief efforts of Juniata employees in New Orleans. No date has been scheduled. Due to extended seating in Eagles Landing, we are not able to book Ellis Ballroom for the rest of the year.  
We discussed other ideas:
  - Check on conference draping in the Ballroom, so that a portion can be used for the Lunch and Learn. Andrea has checked on this with Amy Kyle and she will get back to us.
  - We could have the Lunch and Learn in the Faculty Lounge; however, it does not hold as many people as the Ballroom.
  - We could book another room, such as Sill Boardroom, and have Sodexo cater there.

- Wellness Rewards update: Employees have begun cashing in prizes. 10 people so far have hit 500 points (as of the end of September). We have until March 2010 to cash in our points for prizes. The \$150 HRA contribution and the Wellness Day off can both be used in 2010.

The committee discussed the following new business:

- HMJ Patch Program: Due to budget cuts, there is no longer funding for the program. This is expected to be temporary, and Kim Witkovsky is taking names for a wait list.
- The Annual Turkey Trot: The Hollidaysburg YMCA is holding their annual Turkey Trot on November 28<sup>th</sup> at 8:30 a.m. There will be a 5-mile run, a 2-mile run, and a 2-mile walk. For more information, please visit [www.hollidaysburgareaymca.com](http://www.hollidaysburgareaymca.com).

The next regularly scheduled meeting will take place on Wednesday, November 25, 2009 at 2:00pm @ vLSC Rockwell Seminar Room.