

Meeting Notes 04/26/06

Juniata College Wellness Committee

April 26, 2006; 2:00pm
vLSC Rockwell Seminar Room

Committee Members Present:

Joanne Krugh
Joanne Henney
Diane Ross

Barb Williams
Joan Engle
Cady Kyle

Wanda Lightner
Gail Ulrich

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

1. Discuss Old Business
2. Wellness Discussion in Forums
3. Website
4. New Business

The committee discussed the following old business:

1. April Lunch & Learn: "Personality & People": Darwin Kysor presented a session on using the MBTI tool to assess one's personality style. The event was very well attended (53 participants) and was well received. Handouts were useful and session was perfectly timed. Many positive comments were shared.

2. CareWise Program: Enrollment in the CareWise program for Juniata College health plan participants is effective 5/1/06. Committee members were told to watch their mail for an introductory letter followed by a cardboard package containing a self-care guide, refrigerator magnet, and additional information about the 24-hour nurse line. There was discussion about whether the CareWise program is available to those employees not participating in the health plan. Cady will check into it.

3. J.C. Blair vs. Juniata College Walking Challenge: We will be challenging employees to walk 100 miles between May 1 and September 1. Employees will sign up and report their walking totals to Human Resources. There will be individual incentives for being the first to reach mile markers as well as team challenges to be the first team to meet larger goals. The kick off walk has been scheduled for Thursday, May 4. JC employees will meet in the South Hall parking lot and walk to J.C. Blair

to join their employees in a lap around the hospital campus and then will be treated to a light lunch and beverage. Employees must register for the walk to J.C. Blair in order to give J.C. Blair a lunch count. We have some prizes lined up, but could use more. Diane Ross agreed to solicit additional prizes from Sheetz and Procure. Joanne Krugh will approach Jeremy Santos for a donation from the Bookstore.

4. Health Fair: At the last meeting, we picked October 2, 2006 as a tentative date for the Health fair. This is a Monday. The committee feels that maybe Tuesday the 3rd would be more suitable for students, faculty and staff. There is a concern that Mountain Day might be scheduled on the day of the Health Fair. Cady will contact Staci Weber to discuss the event.

Whitney Glosenger is still working with us on the Wellness Website. We would like to have the new pages connected by June 1st, possibly in time for the next committee meeting. The new pages will include a link to CareWise website, display Walking Challenge progress and pictures from Wellness events.

The following new business was discussed:

- Cady asked for suggestions for the June Lunch and Learn. The committee suggested the topic be a combination of a speaker talking about Cancer prevention coupled with what the health plan coverage is for these services.

The next regularly scheduled meeting will take place on Wednesday, May 24, 2006 at 2:00pm @ vLSC Rockwell Seminar Room.