

Meeting Notes 3/23/2021

Juniata College Wellness Committee

March 23, 2021; 9 am

Zoom

Committee Members Present:

Allyson George
Penny Hooper-Conway
Betty McKim
Bethany Sheffield

Paige Hower
Cady Kyle
Joel Pheasant

Old Business

Wellness Rewards – We are currently at 85 participants for 2021.

Weight Watchers – The current session is running through Thursday, May 27, and there are 9 participants.

Membership – Cady will invite Phil Dunwoody to join the committee as a Faculty rep, and ask him to share some of his expertise on wellbeing and how the committee might give more focus to this topic as part of our campus culture.

Financial Wellness/Virtual L&L Sessions – Area Agency on Aging will be offering an informational session on Medicare. TIAA will be offering a “Within Reach” session for anyone nearing retirement. Jill Keeney offered a COVID vaccine information session for Facilities on 4/15 and another open session will be offered on 4/28.

April Healthy Habits Challenge – Healthy Habits Challenge is ready to run in the announcements for first week of April. JC Mask will be the first week prize, which can be picked up beginning of week 2. The rest of the prizes will be ordered as we determine how many we need from each category: self-care, health & fitness, office & productivity.

New Business

HR Website Redesign – The Wellness page contains a great deal of historical programming. Committee discussed how to handle. It was decided we would remove past wellness offerings and focus only on defining the

scope of the program and current resources. Past meeting notes do not need to be public and can be moved to a shared O365 folder.

COVID Response Update – close to 75% of faculty and staff have reported receiving the COVID vaccine.