

Meeting Notes 1/24/07

Juniata College Wellness Committee

January 24, 2007; 2:00pm
vLSC Rockwell Seminar Room

Committee Members Present:

Barb Williams	Wendy Garlock	Doreen Mills
Wanda Lightner	Joan Engle	Joanne Krugh
Allison Ghaner	John Matter	Deb Kirchhof-Glazier
Joanne Henney	Cady Kyle	

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:

1. Fitness Session with Laurie McMinn: Laurie McMinn was present at Kennedy Sports and Recreation on Wednesday, January 10th from 12:00 to 1:00 to demonstrate how and what gym equipment to use to get the results wanted. This was a small group format of no more than 10. We had 9 employees present. The suggestion was made that we offer this program again.
2. January Training Session: To kick off 2007 Wellness Theme "Get Smart, Get Fit, Get Movin'", Helen Pyzowski from Employment and Training will be presenting a Healthy Living Seminar on Monday, January 29, 2007 from 10:00 - 12:00 in the Sill Boardroom. Topics will include how to recognize and destroy fat, how to eat and still lose weight, physical feats for fighting fat, and the psychological correlation of appetite and weight control. Cady reported that the session had 40 openings and is currently full! Thanks to Laura Medvitz, HR Grad Intern, for coordinating this program. If there is continued interest, we may plan a repeat engagement if Helen is willing.
3. February Lunch & Learn: The committee had previously planned to invite Heather Casner and Sgt. Harchak back to campus to present their Drug Awareness program. Since Campus Security sponsored a similar Methamphetamine/ Drug Awareness Presentation on January

4th, there was a question whether we should still hold our session. The committee agreed to go ahead with the plan, since there seem to be individuals who weren't able to attend the January 4th session or the Town Hall Meeting that was held at the High School on January 11.

4. Collaboration w/ J.C. Blair & Health & Wellness Association: Deb Kirchhof-Glazier reported that the Health & Wellness Association met on Thursday, January 18 and the Collaboration was the topic of discussion. Deb submitted a progress report which is attached as an addendum to the meeting notes. HHWA is holding a Stress Transformation workshop on February 17th, and Cady agreed to submit announcements to get the message out to the Campus community. There was a follow-up discussion about various HHWA members who would be willing to do Lunch & Learn presentations on their various areas of specialty, and PSU Faculty that may be able to provide nutrition training. Contact information for these programs will be submitted to Laura Medvitz to coordinate setup.
5. Weight Watchers at Work: The college will continue to host Weight Watchers at work and there will be a new session starting February 14. The sessions will run for 12 weeks and cost \$144. Weight Watchers does accept credit card payments and has an option to pay by check in three installments. Human Resources will once again be providing a reimbursement for employees who participate in the program! Employees will receive 75% reimbursement if 11 of the 12 sessions are attended and a 50% reimbursement if 9 of the 12 sessions are attended.
6. Get Up & Get Movin' Fitness Challenge: The committee discussed further guidelines for the Fitness Challenge. It was suggested that teams be allowed to participate either in activity or weight loss categories or in both. There are several teams and a few individuals who have expressed interest in participation subsequent to the notices placed in the announcements. Doreen and Wendy will be working to formalize the guidelines and activity conversions prior to February 1. They will then advise Team Captains of guidelines.

The committee discussed the following new business:

1. 2007 Walking Challenge: Cady reported that she spoke with Nichole at J.C. Blair regarding adding an activity conversion to the walking challenge for 2007 so that those employees who do work outs other than walking can be included. Nichole was supportive of this idea and will take it to her committee for their

input. Additionally, Mutual Benefit Group has expressed interest in joining the challenge.

The next regularly scheduled meeting will take place on Wednesday, February 28, 2007 at 2:00pm @ vLSC Rockwell Seminar Room.

Addendum submitted by Deb Kirchhof-Glazier:

Progress on Partnership Initiative
Involving Juniata, JC Blair, and HHWA
January 24, 2007

JC Blair

1. Kevin Calhoun, CEO at JC Blair, attended the HHWA (Huntingdon Health and Wellness Association) meeting on January 18th. Kevin expressed a sincere interest in exploring integrative initiatives but is unable at this time to give more than his moral support due to other more urgent issues.
2. Eventually a visit with Juniata and HHWA representatives to facilities like UPMC or Windber that use integrative medicine might be helpful
3. HHWA is holding a Stress Transformation Workshop in the Hospital Education Building on February 17th. The workshop is open to the community and Kevin was willing to encourage hospital staff to attend.

HHWA

1. Willing to help with any JC initiatives, such as our Health Fairs with resources, workshop, demonstrations
2. Would invite participation in Healthy Harvest by JC Wellness Committee
3. Can offer the Stress Transformation Workshop on campus, if logistics permit
4. Practitioners are willing to do Lunch and Learns- ex. Joanie Maughmer, Life Coach
5. Are exploring offering nutrition workshops by Penn State faculty. Perhaps the venue could be at the College with joint support.