

Meeting Notes 01/25/11

Juniata College Wellness Committee

January 25, 2011; 11:00 am
VLSC Seminar Room

Committee Members Present:

Joanne Krugh	Barb Williams	Doreen Mills
Cady Kyle	Wanda Lightner	Joann Isenberg
Andrea Smith	Gail Ulrich	Steph Turner

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

1. Discuss Old Business
 - a. Aerobics Classes
 - b. Biometric Screenings
 - c. Weight Watchers Update
 - d. Wellness Rewards
 - e. 2010 Huntingdon County Fitness Challenge
2. New Business
 - a. Updated Work Comp/Panel/Risk Manager
 - b. Strategic Wellness
 - c. JC Blair Cares
 - d. January Lunch and Learn/Upcoming Lunch and Learns
 - e. Upcoming events

The committee discussed the following old business:

1. Aerobics Classes: Joann Isenberg reported that the Aerobics classes being taught by Lori McMinn at 5 p.m. are going very well. She said 10-15 people on average have been attending the classes. There is also a walking aerobics class at lunchtime and Joanne Krugh reported that about 5 people have been coming to those classes on Monday, Wednesday and Fridays. A kick boxing class is being held Tuesdays and Thursdays at noon.
2. Biometric Screenings: Cady Kyle reported to the committee that we are still in the process of gathering of the information needed to give feedback to Steve Gay with regard to the Biometric Screenings.

3. Weight Watchers: A new session of Weight Watchers has just started and 30 people are signed up, which is a record number. Steph Turner said this session will run through April 21st.
4. Wellness Rewards: Andrea Smith reported that 88 people have signed on for the 2011 Wellness Rewards Program so far. In 2010 we had 113 participants and 56 of those participants (which is about half) reached the goal of 500 points for the year.
5. 2010 Fitness Challenge: Cady Kyle reported that T-shirts for the 2010 Huntingdon County Fitness Challenge Participant have finally been ordered.

The committee discussed the following new business:

1. Updated Work Comp Panel/Risk Manager: Cady handed out a Notice to Employees with a few changes with regard to worker's comp. The most important change is that all work related injuries will go through JC Blair Occupational Health.
2. Strategic Wellness: Gail discussed looking into new 3 year plan models from other schools and employers and let the committee know that we are re-thinking the committee structure.
3. JC Blair Cares: Cady Kyle reported that she is participating on this committee in which volunteers come together to support Wellness initiatives in the community. She said that JC Blair is trying to start a hospital based Wellness Program for their employees. The next JC Blair Cares meeting is February 4th.
4. January Lunch and Learn/Upcoming Lunch and Learns: It was decided that there will be no January Lunch and Learn but instead we would schedule a lunch and learn for February as a kick off to the Wellness Events that will be held throughout the year. Some ideas for upcoming lunch and learns were given. They include, a Giant Food Nutritionist, Health Predictions, Dehra from Weight Watchers, Phil Dunwoody, National Dance Day, and Deb Kirchoff Glazier.
5. Other New Business:
 - a. 2011 Juniata College Fitness Challenge: The Juniata College Fitness Challenge, which generally runs from February through April was discussed. Committee members decided that the program should be an individual program rather than teams and

that the program should begin February 15th instead of February 1st to give us more time to come up with some new angles for the program.

- b. Healthy Heart Month: With February being healthy heart month it was decided that we would announce to employees to swing by Human Resources to get a red ribbon to be work on February 4th which is Wear Red Day.

The next regularly scheduled meeting will take place on Tuesday, February 22nd, 2011 at 11:00 am @ VLSC Rockwell Seminar Room.