

Meeting Notes 1/26/05

Juniata College Wellness Committee

January 26, 2005; 1:30pm
1923 Moore Street Conference Room

Committee Members Present:

Joan Engle	Darwin Kysor
Dave Fusco	Wanda Lightner
Deb Kirchof-Glazier	Connie Peters
Joanne Krugh	Gail Ulrich
Cady Kyle	Beth Williams

Jessica Patton, HR Intern
Essie Pfau, Health & Wellness Center Intern
Denise Showalter, Counseling Intern

The meeting was called to order and the committee was presented with the agenda and various handouts detailing wellness initiatives.

For its first meeting, the committee was tasked with the following objectives:

1. Set a regular meeting time
2. Establish a Mission Statement
3. Identify Three Goals to Accomplish for 2005

It was agreed that meetings will be held the last Wednesday of each month @ 2pm at a location to be determined.

In developing the mission statement, the committee agreed its initial focus should be limited to employees. A philosophy of total wellness was adopted which encompasses a balance between Intellectual, Emotional, Social, Occupational, Spiritual, and Physical well-being. To this end, the following Mission Statement was drafted:

It is the mission of the Juniata College Wellness Committee to promote the health and wellness of faculty, administration and staff through education and initiatives that:

- Encourage habits of wellness
- Increase awareness of factors contributing to well-being
- Inspire and empower individuals to take responsibility for their own health
- Support a sense of community

The committee then worked to identify three objectives to achieve for 2005.

The 2005 Wellness Committee Goals are:

1. **Sponsor a Campus Health Fair in conjunction with Campus Fest to occur in August 2005.** Employee Health Risk Assessments including screening tests will be provided. Participants will be able to access test results via web access using a unique password. Individualized action plans will be provided based upon each employee's results.
2. **Develop a Wellness Website** enabling employees to access wellness information and various health related links.
3. **Organize "Lunch & Learn" Workshops** to occur every other month. Presentations relating to each of the six wellness areas will be provided each year. The following workshops were tentatively planned:

February 2005	Intellectual Wellness	"Benefits/Claims Workshops"
April 2005	Physical Wellness	"Stress Management"

Workshops and other Wellness Committee information will be publicized through the Daily Announcements, the Lantern, HR Website, meeting notes, and committee members.

The Committee then discussed two upcoming local events:

1. **Health, Wellness & Fitness Family Fun Night** sponsored by the Huntingdon Area School District Elementary Schools will take place at the Huntingdon Area Middle School on February 24, 2005 from 6:30-8:00pm. Over 40 presenters will be taking part.
2. **Relay for Life** – usually takes place in May. A volunteer is needed to act as Team Captain. This individual would be responsible for recruiting Relay for Life team of 8-15 members and working with team to plan and implement all of the team's activities including fundraising activities. Informational packets are available in Human Resources or by calling the local American Cancer Society Office at 627-0083.

The next regularly scheduled meeting will take place on Wednesday, February 23, 2005 at 2:00pm @ vLSC Rockwell Seminar Room.