

Meeting Notes 1/27/10

Juniata College Wellness Committee

January 27, 2010 2:00pm
vLSC 1116 Rockwell Seminar Room

Committee Members Present:

Dave Fusco	JoAnn Isenberg	Wanda Lightner
Joanne Krugh	Shya Erdman	Barb Williams
Deb Kirchhof-Glazier	Doreen Mills	Wendy Garlock
Cindy Gibboney	Diane Ross	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:

- Weight Watchers – Another session has begun. We had 20 people pre-register so that is enough to continue with the sessions. HR will continue the partial reimbursement for full time employees and spouses.
- Health Risk Assessment – Lunch & Learn took place on 1/26 to review the results of the Wellness Screening program. Many of the Wellness Committee members were present at the Lunch & Learn session so we were able to discuss some of the comments and suggestions made at the end. Deb Kirchhof-Glazier suggested that along we should considering checking Vitamin D levels in future screening. A few other suggestions that were made at the Lunch & Learn were:
 - Provide the nurse presentation as a group, not as individual counseling, or have the nurse scheduled on a different day or place.
 - Request to have a lunch & learn on nutrition for families on the go – healthy snack options for kids.
 - To increase participation, provide more information in advance regarding what will be tested, and ask supervisors to encourage their employees to participate. If possible, speak at Faculty meetings to encourage that group to attend.
 - Offer online scheduling of appointments
 - Could we offer water aerobics?
- Wellness Rewards update: 82 employees have signed up for 2010 Wellness Rewards program.

- Exercise classes – The committee again discussed attempting to find a student to teach an aerobics class for employees on campus. We will run an ad in the campus announcements to see if we can find someone. If not, it was discussed that we could use space in vonLiebig to sponsor a time for employees to exercise together. All that would be needed would be tv/dvd player. There are currently two programs on campus, Core and Boot camp, but this would be lower intensity option.

The committee discussed the following new business:

- Upcoming Lunch & Learns: We will focus on the areas identified in Wellness Screening Program for upcoming Lunch & Learns. Areas of intervention include: cancer risk reduction, improving fitness, weight management, coronary risk reduction, better nutrition, and managing cholesterol, high blood pressure and stress. To this end, the committee recommended the following programs:
 - Heart Health – There will be a heart health Lunch & Learn and heart screenings scheduled for the end of February.
 - Healthy Nutrition for Families on the go/Understanding HDL/LDL and how to get to a good level (Deb Kirchhof-Glazier volunteered to lead this program after March 20)
 - Labyrinth – Dave Witkofsky (stress management)
 - VibroAcoustic Harp Therapy – Linda Kuckenbrod (Deb Kirchhof-Glazier will contact Linda about presenting)
 - There was also discussion about the lunch & learns continuing to be held in Sill Boardroom if possible. It was agreed that the buffet style, and not having to carry trays made the sessions nicer. However, we may try to use Ellis at least a couple times of year so that people have the opportunity to make healthy food selections in Baker. A suggestion was made to replace brownies with a fruit tray and potato salad with a veggie tray in order to make lunch healthier.
- Get Fit/Get Movin' Fitness Challenge – the committee agreed to hold the intercampus fitness challenge again this year. The Get Fit Challenge will run February 1 through April 30. There will be a team competition with the winning team receiving a subway healthy lunch. There will also be individual competition for most activity minutes and most weight loss. The committee agreed that previous winners of the overall individual prizes will not be eligible to win this year. Wanda Lightner suggested that we give out pedometers for competition prizes. It was also discussed that WiiFit would be added to the activity log.
- Wear Red Day – The Wellness Committee will support Go Red for Women on Friday, February 5, by encouraging faculty and staff to wear red to create awareness for heart health.

- Upcoming Events:
 - 5K Walk/Run – PSU Altoona to benefit PSU soccer team. February 27, 2010 @ 9am
 - Huntingdon Health & Wellness Association Dinner and Art Auction – February 13, 2010 to benefit the association. Tickets are \$50/pc or 2 tickets for \$90. Contact Deb Kirchhof-Glazier for tickets.

The next regularly scheduled meeting will take place on Wednesday, February 24, 2010 at 2:00pm @ vLSC Rockwell Seminar Room.