

Meeting Notes 02/23/05

Juniata College Wellness Committee

February 23, 2005; 2:00pm
vLSC Rockwell Seminar Room

Committee Members Present:

Joan Engle	Darwin Kysor
Loni Fultz	Wanda Lightner
Dave Fusco	Connie Peters
Deb Kirchof-Glazier	Diane Ross
Joanne Krugh	Gail Ulrich
Cady Kyle	Barb Williams

Essie Pfau, Health & Wellness Center Intern
Denise Showalter, Counseling Intern

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

1. Approval of Draft Mission Statement
2. Discussion of Accomplishments to date
3. Reminder of Upcoming Events
4. Finalize April "Lunch and Learn" Plans
5. Discuss Wellness Logo
6. Request volunteers for committee programs

The draft mission statement was discussed and was finalized as follows:

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 and resources contributing to well-being
- Inspire and empower individuals to take responsibility for their own health
- Support a sense of community

The committee then discussed accomplishments to date:

1. Lunch & Learn: Benefits/Claims workshops were held on February 15 & 16 to kick off the committee series of sponsored workshops as the Intellectual offering. Cady Kyle reported that the turnout was low for

the meetings compared to November, but that she received positive feedback regarding the material that was presented.

2. Shape Up PA: Loni Fultz and Dave Fusco are coordinating the Shape Up PA competition at Juniata College. Loni and Dave provided a brief update for the committee. Currently we have 6 teams comprised of almost 60 people joining in the effort to increase activity and improve nutrition. Teams have been meeting on a weekly basis to motivate each other, provide helpful hints, share healthy recipes and discuss exercise programs. Group weight loss and total minutes of exercise are being reported to Shape Up PA on a monthly basis.

3. Website: A Wellness link has been created through the HR page on the Juniata website. Current information posted includes a brief description of Wellness, the Wellness Committee Mission Statement, a listing of committee members, and some links to other wellness oriented websites. The plan is to further develop the website once a logo has been created.

4. Presentation to Cabinet: Gail Ulrich reported to the committee that she made a brief presentation to the Cabinet regarding the Wellness Committee's efforts to date and our committee goals for 2005.

5. Presentation at Open Forum: Gail noted that President Kepple will be providing a few minutes at the upcoming Open Form for the Wellness Committee efforts to be discussed.

The committee was reminded of the Health, Wellness & Fitness Family Fun Night sponsored by the Huntingdon Area School District Elementary Schools that will take place at the Huntingdon Area Middle School on February 24, 2005 from 6:30-8:00pm. Committee members will be attending the event to make contacts for the campus health fair planned for August.

Discussion then turned to planning and organization of the April "Lunch & Learn" event for all employees. The workshop title will be "Stress Transformation in the Workplace" and the presenter will be Deb Kirchof-Glazier. The workshop will represent the committee's Occupational Wellness offering. Tentatively scheduled for Thursday, April 28, 2005 at 11:45am in the Ellis Ballroom, the workshop will include lunch (sponsored by Human Resources) and a 40 minute presentation by Kirchof-Glazier. Advance registration will be required. Once date, time and location are finalized, the event will be advertised through the Announcements, the Arch and the Wellness Website.

Next, several logo ideas were presented to the committee for review. The committee agreed that the logo should encompass the six areas of wellness and be used on the Wellness website to further define and educate employees about total well-being. Cady Kyle will work with Rosann Brown to develop a logo which will be presented to the committee at the March meeting. Gail also noted that the committee sponsored Shape Up PA effort might make a good article for our local paper. Loni Fultz volunteered to discuss the idea with John Wall.

Next, volunteers from the committee were requested to assist with the Health Fair, future Lunch & Learns and Website development. A brief discussion ensued regarding the Health Fair. Joanne Krugh noted that the Campus Fest will be held on August 24, 2005. It was agreed that the Health Fair would be held the same day, possibly in the IM Gym. Several committee members volunteered to assist with contacting vendors, set-up, and registration.

Finally, the committee was asked for an idea for the June Lunch & Learn. Essie Pfau suggested that the J.C. Blair Sleep Lab might be available to do a presentation on the importance of sleep to good health. The committee agreed that this topic could be the committee's Physical Wellness offering. Cady Kyle will contact J.C. Blair to obtain details and report back to the committee at the March meeting.

As a form of new business, Loni Fultz reported to the committee on behalf of an employee that several pieces of gym equipment at KSRC are not in operation making it necessary to wait for other pieces of operable equipment during a workout. Gail noted that possibly savings in the health plan due to wellness efforts could be utilized to repair inoperable equipment. The committee briefly discussed a process for employee suggestions and comments to be received by the committee. Dave Fusco noted that a Forum could be created for this purpose.

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