

Meeting Notes 2/28/07

**Juniata College
Wellness Committee**
February 28, 2007; 2:00pm
vLSC Rockwell Seminar Room

Committee Members Present:

Joanne Krugh	Diane Ross	Doreen Mills
Wanda Lightner	Joan Engle	Deb Kirchhof-Glazier
Allison Ghaner	John Matter	Dave Fusco
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 is scheduled to return to Kennedy Sports and Recreation on Monday, March 5th from 12:00 to 1:00 to demonstrate how and what gym equipment to use to get the results wanted. The session is full! We are in the process of negotiating an additional session with Laurie.
2. February Lunch & Learn: The February Session entitled "There is no time for me!" was presented on February 26, by Joanie Yanusas-Maughmer, Professional Life Coach who is a graduate of the internationally recognized Coaches Training Institute (CTI) and is currently completing her professional coaching designation, Certified Professional Co-Active Coach, (CPOCC) with CTI. There were 51 employees in attendance, and participants experienced a mini-coaching session, as well as several interactive exercises. The committee discussed various feedback received. Generally, people liked the concept, although some were looking for more concrete examples of methods that would help them to create time for themselves. The group agreed due to the popularity of the topic we will provide an additional session later in the year.
3. March Lunch & Learn: Laura Medvitz is following up with Heather Casner and Sgt. Phil Harchack and they will come back to campus to

present their Drug Awareness program. The date will be announced shortly.

4. Healthy Living Seminar: Back by popular demand, for those who were not able to attend the first session, Helen Pyzowski from Employment and Training will once again be presenting the Healthy Living Seminar on Monday, March 12, 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. There are currently 15 people registered for this program.
5. Collaboration w/ J.C. Blair & Health & Wellness Association: Deb Kirchhof-Glazier reported that Juniata College and J.C. Blair are moving forward with an initiative to provide rotational programs for students in Rural Healthcare. Deb is working with Dr. Maria Pettinger, a Radiologist at J.C. Blair, to provide a program to Juniata pre-med students that will hopefully encourage students to return to a rural area such as Huntingdon to practice medicine. There will be two courses in the pilot program, Issues in Rural Healthcare and Rotations in Rural Healthcare. The issues course will be taught in seminar format and will include primary care physicians, specialists, OT, PT, Dentists, Optometrists, and CAM providers on the panel.
6. Weight Watchers at Work: The first Weight Watchers session ended on February 6th, with a very successful 317 collective pounds lost by Juniata College employees. The second session began, after a one week snow delay, on February 21. There are 21 participants in the second session. Human Resources is once again 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.
7. Get Up & Get Movin' Fitness Challenge: Doreen Mills reported an active start to the Fitness Challenge. There are currently 63 employees participating on 7 different teams. Currently, Beeghly Bookies is in the lead with somewhere around 18,000 minutes of activity. Doreen will continue to place the bi-weekly results in the Daily Announcements. She commended all teams and participants for submitting impressive levels of activity.
8. 2007 Walking Challenge: Cady reported that J.C. Blair agreed to adding an activity conversion to the walking challenge for 2007 so that

those employees who do work outs other than walking can be included. We will be working together on a conversion of minutes to miles for different activities. We confirmed that Mutual Benefit Group will be joining this year's challenge.

9. Wellness Survey: 147 surveys have been completed to date. Please mention the survey to your coworkers. Make sure you emphasize that participation is not mandatory, but that their participation will give us a lot of helpful information that we can use to plan future wellness programs.

The committee discussed the following new business:

- Future Lunch & Learn Topics: Dave Fusco suggested we offer a session on Childhood Obesity. He and Deb Kirchhof-Glazier agreed to try to locate a speaker for this session. The committee agreed to offer this session in April. Wanda Lightner suggested a session on Eldercare issues. Gail will be working to bring a seminar on this topic to campus. Cady discussed that June is National Safety Month. She suggested our June Lunch & Learn revolve around Workplace Wellness, which could include topics like work safety, workstation ergonomics, stress reduction at work, and possibly some other work related topics.

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

