

Meeting Notes 2/28/2012

Juniata College Wellness Committee

February 28, 2012; 11:00 am
VLSC Seminar Room

Committee Members Present:

Steph Turner	Dave Fusco	Betty McKim
JoAnn Isenberg	Cady Kyle	Penny Hooper Conway
Wanda Lightner	Gerald Kruse	

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

1. Discuss Old Business
 - a. Weight Watchers: For this session, we have the largest group we've ever had-28 paying members, as well as 23 lifetime members.
 - b. Lunch and Learn: Dave Fusco will be doing the Lunch and Learn on March 14th. He will discuss how to start up running, and how to lead into doing races such as 5Ks and triathlons. We also talked about giving out information about the Habitat for Humanity 5K, scheduled for March 31, and encouraging our employees to walk (or run) the race.
2. New Business
 - a. Spring Fitness Challenge: We discussed ideas on the fitness challenge but we still haven't come up with any concrete ideas. The idea was mentioned that maybe we can skip the spring fitness challenge and do a summer fitness challenge for Juniata employees (rather than do the Huntingdon County Fitness Challenge)
 - b. Health America- With our insurance switching over from Coresource to Health America in June, the Wellness Committee will be able to utilize a variety of wellness resources that weren't available with Coresource, such as:
 - i. An available "wellness representative" who will be able to take a look at our current program and offer suggestions and ideas.
 - ii. \$10,000 wellness credit will be available to us for wellness programming. We would like to use this toward new initiatives, since money is already budgeted toward our current ones.

- iii. Health coaches are an option Health America offers.
 - iv. Health America offers biometric screenings and an online health risk assessment.
 - v. Various online tools and information will be available on the Health America website.
 - vi. Health America will send promotional mailings to employees (similar to the Caremark newsletter that we used to receive).
 - vii. Health America has a discount program that will enable them to offer discounts to employees who use local providers and services such as message therapists, gyms, exercise classes, etc. We have given them the list of the Huntingdon Wellness Association members and they will be in touch with them regarding setting up the discount program.
- c. April Lunch and Learn-Abbey Baird is certified in Child Car Seat Safety and has volunteered to do a lunch and learn on this. We are going to get in touch with her to schedule a date for April.
- d. Wellness Rewards update-we are going to be adding Huntingdon Wellness Association members to the list of Wellness Rewards prizes.
- e. Exercise classes-the Zumba classes are on hiatus right now until after spring break. There are around 15 employees and spouses who are attending the classes and they are going really well. They will continue through the end of April.
- f. Other business-a suggestion was made that maybe we add wellness information to the announcements once a month or so, just to remind employees about what resources we have available. A lot of employees might not realize all of the things that are offered. We will update the Wellness Website and utilize the "wellness wheel" format as an avenue to list upcoming events.
- g. Upcoming events-
- i. The Habitat for Humanity 5K will be held on March 31 at Blair Park. The registration form will be added to the wellness website.
 - ii. On March 17, the Joshua House will be having their annual Irish Heritage Race 5K/10K in Tyrone. More information can be found on their website (www.joshuahousetyrone.org).
 - iii. On March 25, the Hollidaysburg YMCA will be holding the Ken Brumbaugh Race. There will be a 2 mile run, 2 mile walk, and 5 mile run. You can register via the website (www.hollidaysburgareaymca.org).

- iv. On April 7, Stuckey Subaru will be holding a "Dirty Kiln Trail Race" at Canoe Creek State Park. More information can be found on the website (www.alleghenytrailrunners.com/dirty-kiln-trail-race).
- v. There will be a race the day after the Penn State Blue-White Game, on April 22. More information will be posted on our website soon.
- vi. We are holding a "Wear Jeans and Teams" Day to raise money for the United Way on March 2. Employees can take \$5 to HR to receive a sticker and support a local charity.

The next Wellness Committee meeting will be March 27, 2012.