

Meeting Notes 3/24/10

Juniata College Wellness Committee

March 24, 2010 2:00pm
vLSC 1116 Rockwell Seminar Room

Committee Members Present:

Cady Kyle	Wendy Garlock	Doreen Mills	Steph Turner
Cindy Gibboney	Joanne Krugh	Dave Fusco	Diane Ross
Joan Engle	Deb Kirchhof-Glazier	Wanda Lightner	Shya Erdman

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:

- Aerobics classes: Human Resources has not been able to set this up yet, but will do so as soon as possible unless there is a volunteer to take this over.
- Wellness Rewards update: 109 employees have signed up for 2010 Wellness Rewards program.
- Get Fit Challenge: HR will be getting an announcement out shortly about the February totals in the competition. Andy Nicholson is in the lead with the most minutes at 14,061. In 1st place with 27,197 minutes of activity is Physically Fit Facilities lead by Jeff Meadows. In 2nd place with 25,861.3 minutes is Terminators lead by Penny Hooper-Conway. In 3rd place with 24,045 minutes is Dream Team lead by Lorri Shiedler.
- March Lunch & Learn: Will take place on Monday, March 29th. Deb Kirchhof-Glazier will be presenting on Nutrition: Healthy Meals and Snacks for Families on the Go. She will also touch on Glycemic Index and HDL/HDL levels. This session is currently full and we have a waiting list.
- 2010 Huntingdon County Fitness Challenge: We have made contact with previous employer participants to start planning the May 1-Sept 30 event. May 7th has been discussed as a possible date for the kick-off walk.

The committee discussed the following new business:

- Wellness Training: Cady will be completing a Webinar on April 27 entitled Wellness Programs: Underlying Legal Requirements and Impact Developments to ensure our compliance with ERISA, HIPAA, ADA, GINA, IRS codes, etc.)
- New Meeting Day/Time: Beginning on April 27, we will be changing the meeting day and time to the 4th Tuesday of the month at 11am. Cady will send out a new meeting invite once the room reservation has been confirmed.
- Upcoming Lunch & Learns:
 - VibroAcoustic Harp Therapy – Linda Kuckenbrod will be presenting at our April Lunch & Learn on Tuesday, April 13, 2010.
- Upcoming Events:
 - Altoona PSU 5K – April 3, 2010 – Benefits united Way
 - Habitat for Humanity 5K Walk/Run – April 10, 2010 @ 9am @ Detwiler Field
 - Bud Shuster Run for Life – April 24, 2010 – benefits Hollidaysburg YMCA
 - Liberal Arts Symposium Luncheon – April 21, 2010 – offices will be closed from 11:00am-1:00pm – Must RSVP for lunch – watch the announcements for the signup.
 - Huntingdon’s Mayfest will take place on April 24. No information to date of a run/walk event with Mayfest.

The next regularly scheduled meeting will take place on Tuesday, April 27, 2010 at 11:00am @ vLSC Rockwell Seminar Room. (NOTE CHANGE IN DAY/TIME).