

## Meeting Notes 3/28/07

### Juniata College Wellness Committee

March 28, 2007; 2:00pm  
vLSC Rockwell Seminar Room

Committee Members Present:

Diane Ross	Barb Williams	Joanne Krugh
Allison Ghaner	Dave Fusco	Beth Williams
Gail Ulrich	Wanda Lightner	

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: Additional training sessions with Laurie are on hold since she is not currently available. A suggestion was made that there is a student trainer who has started his own business through JCEL. We could check to see if he would be available to provide some fitness training.
2. March Lunch & Learn – Drug Awareness: Heather Casner and Sgt. Phil Harchack presented their Drug Awareness program. There were 20 employees in attendance. Feedback about the program was very positive, and comments were made that we should expand on this program to educate us about what we can do to continue to be vigilant to prevent drug use (ie. when is it appropriate to call the authorities, what are steps we can take in different situations).
3. April Lunch & Learn- Childhood Obesity: Dave Fusco worked to make connections with some Graduate Students from Penn State who will be doing a presentation on Childhood Obesity. They will discuss their research and provide tips that parents can use to promote healthy living in their children. The session is scheduled for April 26, 2007 at 11:30 am in Ellis Ballroom.
4. May Lunch & Learn: The committee decided that due to May being a very busy month on campus, we would not hold a Lunch & Learn.

Attention will instead be focused on the 2007 Fitness Challenge which begins May 1 with a Kickoff Walk to J.C. Blair.

5. June Lunch & Learn: June is National Safety Month so the plan is that Cady and Laura to work together to present a Safety Lunch & Learn which will deal with Work Safety, Workstation Ergonomics, and Workplace Wellness, stress reduction at work, and possibly some other work related topics. A date has not yet been set for this presentation. A comment was made that managers should support ergonomic needs such as new keyboard or mouse.
6. Weight Watchers at Work: Diane Ross reported that Weight Watchers participants have lost 410 pounds combined between first and second sessions. There has been positive feedback on the second Weight Watchers at work session. The change of leaders has been well received and everyone is losing weight. Diane will be doing an article for the Lantern on the Weight Watchers program. If we are able to sign up 15 paying members, we will sponsor a third session.
7. Get Up & Get Movin' Fitness Challenge: Doreen Mills and Wendy Garlock were not present to report to the group. However, recent announcements noted a collective 152,246 minutes of activity logged as of March 16<sup>th</sup> by 62 dedicated faculty and staff working their way to better health.
8. 2007 Walking Challenge: The title of this year's challenge has been changed to "2007 Huntingdon County Fitness Challenge" to reflect that we are now logging all aerobic activity not only walking. We will compete against J.C. Blair and Mutual Benefit Group. Participants will be encouraged to log 3,000 minutes of activity over the course of the challenge which runs May 1 – September 1. Everyone should watch the Announcements for information about signing up.

We will again hold a kickoff walk on May 1. We will meet in the South Hall lot at 11:30 and walk to J.C. Blair for a lap around their parking lot. Lunch will be provided. You must sign up to participate. Everyone is encouraged to wear their 2006 Walking Challenge T-shirt. A comment was made that the Spring Awards Convocation takes place on May 1 so that may affect the turnout for the walk.

There will be a new guideline this year requiring that the log is turned in by the due date each month in order for the activity to be counted in the challenge. There was a question if there was mileage map for distances between points around campus.

It was also discussed that Nichole Cook-Monica will be leaving J.C. Blair for a new opportunity at Mt. Nittany Medical Center. There was agreement that a letter should be sent on the committee's behalf to thank Nichole for all she has done to help us with our Wellness efforts. (Letter is attached as addendum).

9. Wellness Survey: Friday is the last day to participate in the survey. Please encourage coworkers to take the survey if they have not already done so. Prizes for participation will be awarded next week.

The committee discussed the following new business:

- Future Lunch & Learn Topics: We will be inviting Marsha Kyper to present "Lighten Your Load" for the September Lunch & Learn, and Eldercare issues will be the topic for the Lunch & Learn in October.
- April Events: Beth Williams reported that the Women's Group in conjunction with the Health & Wellness Center will be having multiple programs to support Sexual Assault Awareness. In particular, they will be creating a Healing Garden. Facilities will be installing a bench and stepping stones in a 12 x 12 area and the group is asking for donations of perennials (such as daisies – the flower symbol of sexual assault awareness), wind chimes, globes, etc.

The next regularly scheduled meeting will take place on Wednesday, April 25, 2007 at 2:00pm @ vLSC Rockwell Seminar Room.

## Addendum: Letter to Nichole

April 24, 2007

Nichole Cook-Monica  
Community Relations Specialist  
J.C. Blair Memorial Hospital  
Warm Springs Avenue  
Huntingdon, PA 16652

Dear Nichole,

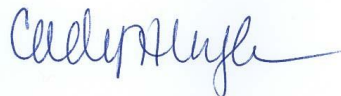
We were saddened to hear of your departure from J.C. Blair.

On behalf of the Wellness Committee, please accept our thanks for your many efforts towards making Huntingdon County a healthier place to live. We have greatly appreciated the steps you have taken to include Juniata College as a partner in health, not only by keeping us informed of events available to Juniata employees, but also by inviting us to participate with J.C. Blair in activities such as the Walking Challenge. Through your facilitation of J.C. Blair's participation in our annual Health Fair, we have been able to provide Juniata employees with a wealth of information.

On a personal note, I wanted to express my gratitude for the many ways in which you have inspired and motivated me to be an ambassador for the importance of wellness programming at Juniata.

We extend to you our best wishes in your new endeavor!

Sincerely,

A handwritten signature in blue ink, appearing to read "Cady H. Kyle", with a long horizontal flourish extending to the right.

Cady H. Kyle  
Benefits Coordinator  
On behalf of the Juniata College Wellness Committee

cc: Kevin P. Calhoun, President & CEO, J.C. Blair Memorial Hospital  
James J. Lakso, Ph.D., Chair, Board of Directors