

Meeting Notes 03/30/05

Juniata College Wellness Committee

March 30, 2005; 2:00pm
vLSC Rockwell Seminar Room

Committee Members Present:

Wanda Lightner	Connie Peters
Joanne Krugh	Gail Ulrich
Cady Kyle	Joanne Henney

Essie Pfau, Health & Wellness Center Intern

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

1. Discuss Old Business
2. Wellness Discussion in Forums
3. Website
4. New Business

The committee discussed the following old business:

1. Health, Wellness & Fitness Family Fun Night sponsored by the Huntingdon Area School District Elementary Schools has been rescheduled for fall due to inclement weather on its scheduled and make-up date.
2. Shape Up PA: Since we are approaching the midpoint of the initiative, the committee discussed a campus-wide rally event such as an afternoon walk possibly through campus and around the track. The purpose of the rally would be to increase awareness of the Shape Up PA effort, possibly gain additional participants, and continue to provide additional motivation for current teams. Cady Kyle will discuss the idea with Loni Fultz and Dave Fusco, co-chairs.
3. April Lunch & Learn: This event will be open to all employees; however signup will be limited to first 60 who register. The April workshop will be "Stress Transformation in the Workplace" and the presenter will be Deb Kirchhof-Glazier. The workshop will represent the committee's Occupational Wellness offering for 2005. The workshop is scheduled for Tuesday, April 26, 2005 at

11:30am in the Ellis Ballroom. Participants should pick up their lunch (sponsored by Human Resources) at Baker by 11:30 and take it to the ballroom. A 30 minute presentation by Kirchhof - Glazier follows lunch. The event will be advertised through the Announcements, the Arch and the Wellness Website.

4. June Lunch & Learn: Cady Kyle reported that she contacted J.C. Blair about having the Sleep Lab come to do a presentation on the importance of sleep to good health. Date and time will be finalized at the April meeting. This workshop will be the committee's Physical Wellness offering for 2005.
5. Health Fair: Tentatively scheduled for August 24, 2005. Joanne Krugh suggested the von Liebig Center lobby and upstairs lounge as the location. This is due to the fact that the IM Gym can be extremely warm in the summer. Cady Kyle reported that she would discuss vLSC availability with Conferences & Events and report back to the committee. Health Fair volunteers will be asked to assist with sending letters to potential vendors by May 1, 2005 and follow up with a phone call by June 1, 2005.
6. Follow-up on KSRC gym equipment: Gail Ulrich shared with the committee Larry Bock's email response to the committee's inquiry. The equipment will be repaired pending arrival of needed parts. It was subsequently reported at the meeting that much of the gym equipment has been repaired, and that Facilities Services assisted with some welding needs.

Cady and Gail reported that there have been no postings to the Wellness Discussion in the Forums.

Next, the committee discussed the Wellness website development. Cady reported that she and Gail met with Marketing and a navigational tool is in development for our website, which would incorporate the College logo, the six areas of wellness, and the spirit of community we wish to convey. Rick Stutz is assisting with the development, but volunteers would be appreciated to assist with developing the site. Joanne Krugh asked for further description of the help that would be needed. Cady responded that it would mostly be organizing and providing information to Rick and following up when necessary.

The following new business was then discussed:

1. Lantern Articles: On behalf of the committee, thanks to Diane Ross for providing information on the Wellness Committee and to Loni Fultz for providing information on the Shape Up PA effort.
2. New Wellness Idea: Discuss with Dave Fusco at next meeting.
3. Donation for Wellness Resource Center: Gail received a donation of books from Rodale Press (publisher of Prevention Magazine) on health related issues. She will be contacting John Mumford to inquire about the possibility of creating a Wellness Resource Center within the Library or another appropriate location.

The next regularly scheduled meeting will take place on Wednesday, April 27, 2005 at 2:00pm @ vLSC Rockwell Seminar Room.