

## Meeting Notes 04/27/05

**Juniata College**  
**Wellness Committee**  
April 27, 2005; 2:00pm  
vLSC Rockwell Seminar Room

Committee Members Present:

Barb Williams	Joan Engle	Wanda Lightner
Gail Ulrich	Diane Ross	Joanne Henney
Cady Kyle	Deb Kirchhof-Glazier	

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. 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.
2. April Lunch & Learn: The April Lunch & Learn: "Stress Transformation in the Workplace," was held on Tuesday, April 26, 2005 in Ellis Ballroom. There were approximately 39 employees who participated in the workshop. Attendees obtained their lunch courtesy of Human Resources at Baker Refectory, and listened to speaker Deb Kirchhof-Glazier, who provided tips and techniques for stress reduction. Each attendee received a set of Happy Hearts. Because of the positive remarks received by the committee, Deb volunteered to lead another workshop. New attendees and those wanting a refresher course will be welcome. The event will be held in Ellis Ballroom, on Friday, May 6 at 8:30am. Light refreshments will be provided.

3. June Lunch & Learn: Plans are underway for the June Lunch and Learn which will tentatively take place on Wednesday, June 29<sup>th</sup> at 11:30 am. The speaker will be Sara Estes from J.C. Blair Memorial Hospital and the topic will revolve around the importance of sleep to good health. This workshop will be the committee's Physical Wellness offering for 2005. Cady will talk with Sara about options for the presentation and report back to the committee. The committee members can then survey fellow employees to help determine the focus of the workshop.
4. Health Fair: Letters should soon be sent out to potential health fair participants introducing the Wellness Committee and our plans for the August Health Fair. Cady will contact those who agreed to assist with this project and schedule a subcommittee meeting to review a draft of the letter.

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 there are really two questions we need to answer before we can fully develop the website. First, what type of information do we want to provide, and, second, what do our employees want to see on the website?

The following new business was discussed:

1. Ryan Stroud/1,000 Steps: Deb Kirchhof-Glazier reported that she read in the Daily News about Ryan Stroud, who will be coming through our area on Wednesday, May 4<sup>th</sup> and plans to hike the Thousand Steps near Mount Union at 4pm. Ryan ran the Boston Marathon on April 18, 2005 and then plans to run 30 miles a day for 30 days from Boston to Cincinnati in an effort to raise awareness about health & fitness and raise money for the Wheelchair Foundation. The committee agreed that this event would be advertised in the Daily Campus Announcements and sponsored by the Wellness Committee and Shape Up PA teams.
2. Survey of Employees: In order to select future Lunch & Learn topics, plan website development and narrow the focus of the June Lunch & Learn, committee members were asked to each go back to their departments and discuss these items with their co-workers. Committee members should report back at the May meeting.

3. Suggestions: Possible topics for future Lunch & Learns: Complementary Alternative Medicine (CAM) and Vitamins vs. Prescription Drugs, showing of "Supersize Me," and Laughter therapy.
4. New Wellness Idea: Discuss with Dave Fusco at next meeting.

The next regularly scheduled meeting will take place on Wednesday, May 25, 2005 at 2:00pm @ vLSC Rockwell Seminar Room.