

Meeting Notes 05/25/05

Juniata College
Wellness Committee
May 25, 2005; 2:00pm
vLSC Rockwell Seminar Room

Committee Members Present:

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|----------------|---------------|---------------|
| Dave Fusco | Joan Engle | Gail Ulrich |
| Wanda Lightner | Joanne Henney | Cady Kyle |
| Joanne Krugh | Diane Ross | Connie Peters |

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. Survey results: At the April meeting, committee members were asked to each go back to their departments, discuss future Lunch & Learn topics and website development and ask for comments or suggestions. A number of suggestions were given.
Lunch & Learn Topics:
 - Financial/Future Planning
 - Medicine Wheel
 - Complementary Alternative Medicine (CAM)
 - Laughter Therapy
 - Movie: Supersize me
 - Anger Management
 - Skin Care
 - Vitamins/Supplements
 - Ergonomics/Back Health/Lifting Mechanics
 - Health Assessments
 - Balancing work and home life
 - Heart Health
 - Men's/Women's Health & Wellness Issues
 - CPR course

Additional comments included: offer varying times for Lunch & Learns, organize interdepartmental games, guided hike & bikes, tours of fitness center, and provide beginner fitness routines.

Website Ideas:

- Provide links to Healthy Recipes and Snacks
- Provide links to fitness facilities/programs on campus

Wellness offerings in the Spiritual, Emotional, and Social areas are still need for 2005. At the June meeting, the committee will choose from this list to plan next event.

2. Ryan Stroud/1,000 Steps: Gail and Cady discussed their experience of hiking the 1,000 Steps with Ryan Stroud. The committee was asked for their input regarding low attendance. Comments were received that employees don't feel comfortable to ask to attend these events, and aren't sure whether leaving early to participate would be paid time off. Discussion ensued regarding getting the message out that anyone who leaves to participate in a Wellness event are indeed paid for that time.
3. Shape Up PA: The committee then discussed plans for a Shape Up PA Rally to be held sometime around the 2nd week of July for all employees. Current participants would be asked to wear their Shape Up PA shirt. Event would be a hike to Peace Chapel. Those who can't begin the hike from the campus could be transported in vans. Everyone would meet at the bottom and hike to the top. Once we reach Peace Chapel, a brief assembly would be held to 1) recognize teams and participants and provide awards (HR will provide a \$500 budget for this) and 2) announce Shape Up JC (campus competition running from August 1-November 30) and invite current teams and new participants to join.
4. June Lunch & Learn: The June Lunch & Learn: "About Last Night," will be held on Wednesday, June 29, 2005 at 11:30am in Ellis Ballroom. Sara Estes, MS, RPSGT, from the Sleep Lab at J.C. Blair Memorial Hospital will be the featured speaker. The workshop will be the committee's Physical Wellness offering for 2005. Lunch will be provided by going through the lunch line at Baker, given it is open. Gail will check on Baker.
5. Health Fair: Candy Hamilton, HR student worker, is assisting to assemble a complete list of participants to invite to the Health Fair. The committee was presented with a preliminary list and

asked to add to it. Letters will be sent out by May 31. Each invited participant will then be called to inquire about attendance. Health Assessments are still being planned as part of the fair. Joanne Krugh reported that the Ballroom is available in the afternoon, with overflow to areas of von Leibig.

There have been no postings to the Wellness Discussion in the Forums.

Cady reported that she has continued to add information to the Wellness webpage, and that further development will be forthcoming.

The following new business was discussed:

1. Dave Fusco- Wellness Idea: Dave credited Rob Yelnosky for an idea that would encourage wellness while focusing on a strategic need of the College. Essentially, specific activities (walking, basketball, weight lifting, etc.) would be assigned a mile value. Total miles would be calculated based on total activity. One theme could be study abroad. Once the participants had met the mile totals it would take to reach a certain destination in Germany, for example, then dinner might be sponsored with the featured cuisine being that of the specific area.
2. Next Meeting Moved: June meeting moved to Rabinowitz-Wald.

The next regularly scheduled meeting will take place on Wednesday, June 29, 2005 at 2:00pm @ Rabinowitz-Wald.