

Meeting Notes 08/26/09

Juniata College Wellness Committee

August 26, 2009 2:00pm
vLSC 1116 Rockwell Seminar Room

Committee Members Present:

Stephanie Turner	Joanne Krugh	Wanda Lightner
Shya Erdman	Barb Williams	Doreen Mills
Wendy Garlock	Diane Ross	Deb Kirchhof-Glazier
Cindy Gibboney		

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:

- **Weight Watchers:** The current 7-week session will end on September 16th. A 12-week session will immediately begin the following week, on September 24th and run through December 10th. Meeting time has changed from Wednesday to Thursday, so that the Huntingdon County meeting can be moved to lunch time. A poll was taken with current Weight Watchers members, and Thursday was decided as the best meeting time.
- **Huntingdon County Fitness Challenge:** After three months of the challenge, we are still in the lead by more than 50,000 minutes. Mead is no longer actively participating in the challenge. We only have August totals left to report, so we are confident that we can stay in first place.
- **Health Fair:** This year's health fair will take place on Monday, October 26, 2009 from 12-3pm. There are already 30 vendor responses, and we will be doing the flu shots again. Andrea also spoke to Connie about having the swine flu vaccine offered as well. Connie is checking into this, so hopefully the vaccine will be ready in time. Per last year's vendor suggestions, the football team will now be helping vendors unload and load their materials.
- **Wellness Profile/Biometric Screening:** Biometric screenings have been scheduled for October 27th, 28th, and 29th. A fourth day of screenings was added for October 30th. 103 people are signed up. Our first benchmark

of 96 was met, which we needed in order to get the rate we wanted, but we are still hoping to meet our goal of 200 employees.

- Wellness Walk to the Farmer's Market: Our 3rd walk to the Farmer's Market was on August 20th, with only 7 attendees. There are no more scheduled for the summer
- September Lunch and Learn: Dr. Raquet declined to be the presenter for this session, so we asked for other suggestions. Deb had two suggestions: The first is Reiki-Deb knows a nurse from the hospital, Marty Marsh, who is willing to educate people on the topic. The other suggestion was Chi Gong-a current JC student Kevin Hennenhoefer, is a Chi Gong expert. She and Andrea will discuss these options.

The committee discussed the following new business:

- The Wellness Center is doing a ticket raffle fundraiser. Tickets are \$5.00 apiece, or 3/\$10.00. First prize is \$250 in heating oil or wood, second prize is \$150 to grocery store of your choice, and third prize is \$100 in gas.
- Big Brothers/Big Sisters 5K will be held on September 13th at Rails to Trails
- Northern Blair County Recreation Center (www.nbcrc.com) is holding a Labor Day 5K on September 7th in Tipton
- The Annual Healthy Harvest Festival will be on October 17th. Once again, the Healthy Harvest will coincide with the Scott Grugan 5K Walk/Run. More details will be posted in the announcements at a later date.

The next regularly scheduled meeting will take place on Wednesday, September 23, 2009 at 2:00pm @ vLSC Rockwell Seminar Room.