

## Meeting Notes 08/27/08

**Juniata College  
Wellness Committee**  
August 27, 2008 2:00pm  
vLSC 1116 Rockwell Seminar Room

Committee Members Present:

Wanda Lightner	Barb Williams	Stephanie Turner
Dave Fusco	Diane Ross	Doreen Mills
Joanne Krugh	Cady Kyle	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:

- Huntingdon County Fitness Challenge: July update: Juniata is in second place - about 16,000 minutes behind Mutual Benefit Group. MERF is in 3rd, JC Blair 4<sup>th</sup>, Mead 5<sup>th</sup>. August Logs will be due on September 5<sup>th</sup> and MERF radio spot is on September 10<sup>th</sup> @ 8:30. We will announce grand totals on MERF and are not doing a special wrap up like last year. The prize this year for 3,000 minute people will be insulated drawstring backpacks which will be black with a white logo. 49 out of the 68 participants have reached the 3,000 minute goal.
- Walk to Farmer's Market: On July 24, 15 employees met at the Stone Church and walked to the Farmer's Market at Portstown Park.
- Wellness Rewards: 103 employees have signed up; out of that 88 have turned in points to date. We missed sending the July quarterly statement so the next will be sent in mid-September for all points earned through August. The committee also viewed a sample of the aluminum water bottle that was purchased as a prize for the 100 point level.
- Weight Watchers: The group is currently in the midst of a 7 week session and a new session will begin around October 8 which will take the programs through the end of the year. Meetings will continue to be in Oller.
- Health Fair: The Health Fair will be taking place on October 20<sup>th</sup> from 12-3 in Ellis Ballroom and we will again offer Flu Shots at a \$5.00 copay for faculty and staff. The vendor invitation letters went out and we have 4 responses to date (Medicine Shoppe, Dr. Harman, Huntingdon House and HMJ patch program). Tim Launtz is working on getting the Fire Safety trailer from HFD and an electrical safety

display. Steve Pakosh asked if there are any safety topics of particular interest to the employees; Dave Fusco suggested pool safety which could be coupled with safety in the home.

- Wellness Committee Photo: An updated group photo will be taken of the committee at the September meeting. Cady will send a reminder regarding this prior to the meeting.

The committee discussed the following new business:

- Women's Staff Locker Room: A concern was brought to the committee regarding the loss of the women's staff locker room in KSRC. The impression is that this is a permanent change and there will no longer be lockers in which to store personal items. In addition, there is an understanding that the women's pool locker room may be the new location for staff, however, the concern was raised that the shower facility in that locker room is a public shower. Approximately a dozen female employees were using the staff locker room on a regular basis. Cady agreed to research what is happening and inform the committee of her findings.
- Wellness Committee Budget: The Wellness Committee has been allotted \$50,000 for the FY09 budget. We did spend about \$16,000 last year, so we'll continue to do what we have been doing, with the rest of the money being set aside to finally be able to do our Health Risk Assessments. We are aiming for 1<sup>st</sup> quarter of 2009 for the HRA.
- Reviewing LifeCare - We are evaluating the addition of LifeCare which is a work/life program that looks to promote work/life balance and enhance productivity of employees. This is done through support services and educational kits that help with life issues such as: Child care, parenting, adoption, adult care and aging, health and wellness, financial and legal issues, etc.
- Upcoming Community Events – will be posted to wellness website and advertised in announcements
  - Huntingdon Health & Wellness Association Open House – Sept 5 – 6-8, must RSVP
  - BBBS 5K Run – September 7<sup>th</sup> – Rails to Trails
  - Canning Seminar – September 8<sup>th</sup> (Monday) Friends Farm in Williamsburg
  - Health Fair at Westminster Woods Open to Public – September 25 from 10-3
  - Scott Grugan 5K – October 18<sup>th</sup> – Flag Pole Hill
- Fall Lunch & Learns: Heather Casner has been contacted to reschedule the Internet Safety lunch & learn that we had to reschedule in the spring due to Ballroom renovations; we will aim for September. The committee requested a repeat of Deb's stress management Lunch & Learn held in 2005. Cady will contact Deb to see if she would be able to do this in November. There will not be an October Lunch & Learn as the Health Fair will take place that month.

- New Muddy Drink Bar: Dave approached Sodexo about selling Protein powder smoothies/shakes at the new drink bar. This would be a healthy option to other drinks that may be sold.

The next regularly scheduled meeting will take place on Wednesday, September 24, 2008 at 2:00pm @ vLSC Rockwell Seminar Room.