

## Meeting Notes 09/23/09

### Juniata College Wellness Committee

September 23, 2009 2:00pm  
vLSC 1116 Rockwell Seminar Room

Committee Members Present:

Stephanie Turner	Joanne Krugh	Wanda Lightner
Shya Erdman	Barb Williams	Doreen Mills
Diane Ross	Deb Kirchhof-Glazier	Dave Fusco

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:** A new 12-week session began on September 24<sup>th</sup> and will run through December 10<sup>th</sup>. 18 have signed up for the current session, and as of the end of the previous session 2,149 pounds had been lost throughout Juniata's 3 years with Weight Watchers. The week of Thanksgiving, the meeting will be held on Tuesday, so that we don't miss a week.
- **Huntingdon County Fitness Challenge:** Juniata won with a total of 484, 884 minutes, followed by Mutual Benefit Group, JC Blair, Westminster Woods, then MERF Radio. Cady Kyle was the winner among the team captains, and TJ Anderson was the overall Juniata College winner. He will be awarded a \$50 Dick's Sporting Goods gift card.
- **Health Fair:** This year's health fair will take place on Monday, October 26, 2009 from 12-3pm. There are already 37 vendor responses, and we will be doing the flu shots again. A photographer is lined up for the Health Fair, so that we can post photos on our Wellness Committee website.
- **Flu Shots:** Flu shots will be offered at the Health Fair. However, due to recommendations by the CDC, we are offering them on September 28<sup>th</sup> as well. Cost will be \$5/employee, and the Wellness Committee will pick up the rest.

- Wellness Profile/Biometric Screening: Biometric screenings have been scheduled for October 27<sup>th</sup>, 28<sup>th</sup>, 29<sup>th</sup> and 30<sup>th</sup>. 126 people are signed up. 10 spots are still available for the Friday session.
- September Lunch and Learn: Next Lunch and Learn is scheduled for September 30<sup>th</sup>. Marty Marsh will present on Reiki. Deb invited the CEO of the hospital to attend, but due to a previous commitment he is unavailable. Maria Pedinger may be able to attend in his place.

The committee discussed the following new business:

- We discussed November Lunch and Learn ideas. We may still try to get Dr. Thomas to present on Men's Health.
- The Annual Healthy Harvest Festival will be on October 17<sup>th</sup>. Once again, the Healthy Harvest will coincide with the Scott Grugan 5K Walk/Run, beginning at Flagpole Hill.
- JC Blair is offering Health Screenings for qualified, uninsured women. The dates are October 3, October 31, and November 14. Screenings will include a free mammogram, heart screening, pap test, osteoporosis heel scan, and more. Transportation and child care will be offered.
- JC Blair has added 3 new doctors: Greg Strunk, Jennifer Snavelly, and William Olstein, Jr.
- Joanne brought up the idea of making Juniata a smoke-free campus. There are currently 14 state universities that have done this. What are some ways that we can work toward this goal?

The next regularly scheduled meeting will take place on Wednesday, October 28, 2009 at 2:00pm @ vLSC Rockwell Seminar Room.