

Meeting Notes 09/28/05

Juniata College Wellness Committee

September 28, 2005; 2:00pm
vLSC Rockwell Seminar Room

Committee Members Present:

Wanda Lightner	Joanne Henney	Dave Fusco
Joan Engle	Deb Kirchof-Glazier	Barb Williams
Joanne Krugh	Jim Latten	Cady Kyle
Gail Ulrich		

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 JC: More to come on this topic.
2. October Lunch & Learn "You Only Get One Back": Will take place Thursday, October 20, 2005 at 11:30am in Ellis Ballroom. Interested employees will be invited to pick up lunch in Baker to take to the Ballroom to enjoy. Art's presentation will include information on back injuries, proper lifting mechanics and general ergonomics for prevention.
3. January/February Lunch & Learn: Herb/Vitamin information session is in the works for the New Year. Cady shared a possible curriculum for the session which would cover general overview of vitamins and minerals as well as some of the more popular herbal supplements. The goal could be to provide a working knowledge of "what's out there," while providing a basis for further study.
4. Future Lunch & Learns: Other lunch & learn topics were discussed like a field trip to a grocery store where nutrition would be the focus.

Next, a lengthy dialog ensued regarding Wellness Discussion in the Forums. The committee generated many different ideas/opinions with regard to the

question, "Can we ban smoking within 25 feet of entrances to college buildings?" There is a Healthy Workplace Policy which details where smoking is permitted on campus, but there was question as to whether or not it is being enforced. In addition, the committee discussed its role in the promotion of smoking cessation, and/or its legislative control of wellness issues. It was decided that the committee would respond through the forums with the goal of generating more input into the creation of a formal smoking cessation program.

The Wellness webpage continues to be under development.

The following new business was discussed:

- Jim Latten was welcomed as the newest member of the committee. Jim stated his purpose was to serve as a liaison to the FD&B committee. An open invitation was made for current members to recruit others to join.
- Gail shared the 3-year Health Care Strategic plan and asked for comments or suggestions to aid in development of future initiatives. She indicated that while we have not had the number of catastrophic events as in 2004, our costs will reach 2.5 million for 2005, which exceeds 2004 totals. She discussed that there will probably be an increase to the premium share, and asked the committee their feelings about co-pay and deductible structure.
- Cady shared information about a local company's Health Promotion Program, which is a three phase program that includes lab testing, face-to-face health counseling with a nurse, and goal setting. Employees pay the \$52 fee for labwork up front, but this is reimbursed in the second phase of the program, and a \$10 discount on premium share is applied. The third phase is maintenance. The cost to the company is \$60 per employee per visit with nurse. The committee was very positive and indicated they would like to pursue the program.

The next regularly scheduled meeting will take place on Wednesday, October 26, 2005 at 2:00pm @ vLSC Rockwell Seminar Room.