

Meeting Notes 1/24/23

Juniata College Wellness Committee

January 24; 9am

Zoom

Committee Members Present:

Joel Pheasant

Paige Hower

Penny Hooper-Conway

Cady Kyle

Betty McKim

New Business

ACHIEVE Health Literacy Program – L&L Speaker series – Cady and Paige met with Savannah Wilson, Community Health Coordinator, and Lyss Monti, Community Health Fellow, to plan for the spring speaker series. The wellness budget will again cover catering costs for staff and student meals, and provide registration support. The ACHIEVE team will handle room reservation, menu, announcements and securing speakers whose areas of expertise compliment the social determinants of health. There will be 3 events held March through April encompassing topics of heart health, childhood trauma and radon testing.

2022 Wellness Dashboard – Paige updated the wellness dashboard. 36.6% of employees participated in at least one wellness event in 2022. This is an increase of about 1.5% from 2021. Wellness committee sponsored 9 events in addition to Wellness Rewards in 2022.

Wellness Budget update – We have yet to receive the Perch invoice for the Rushing into Spring challenge credits. Cathy Closz followed up with Perch staff this week. Still outstanding we have WW @ Work reimbursement for the spring session, plus 3 lunch & learns. We should come in within budget for the year.

Flu shots/COVID Boosters – Betty reported we had 64 staff members receive their flu shot. The cost was 30.00/person. We administered fewer shots than last year. We had 86 staff members receive their flu shots last year. It was discussed that we might be able to increase that number by offering at the health fair.

Health Fair/Biometric Screenings – Plan to hold biometric screenings and health fair in fall of 2023. Cady or Paige will circulate the vendor list for review. Please add anyone you see we might be missing.

Spring Challenge – We are looking for ideas for a spring challenge, for both activity and prize ideas. Reach out to Cady or Paige if you have an idea.

Old Business

Gratitude BINGO Challenge – We had 44 participants in the Gratitude Bingo Challenge, with 21 completing the whole card. Prizes have arrived, so we will be communicating with recipients to distribute Gratitude Bingo prizes before the end of the month.

Managing Burnout & Promoting Wellbeing Session – Cady will work with Phil to schedule a repeat of this session.

WW @ Work – A new session of WW began mid-January and will run through April. We have about 6 people weighing in for the first two weeks.

Morale/Wellbeing – Tracy has been meeting with campus groups to present the results of the Great Colleges Survey and gather feedback. We are planning to hold an updated Founders Day Tea event in April to recognize Juniata faculty & staff for their service.

The meeting was adjourned at 9:30.