

Meeting Notes 1/28/09

Juniata College Wellness Committee

January 28, 2009 1:00pm
International Seminar Room – Oller Center

Committee Members Present:

JoAnn Isenberg	Barb Williams	Diane Ross
Wanda Lightner	Joan Engle	Steph Turner
Shya Erdman	Joanne Krugh	Cady Kyle

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:

- Wellness Rewards: There were 110 people who signed up for Wellness Rewards in 2008. 30 hit the 500 mark, and of those, 14 opted for the \$150 HRA Contribution. 9 took the Wellness Day Off option. There were 26 who didn't reach 100 points. There are approximately 17 participants who haven't cashed in prizes yet, and we will give them until 3/31/09 to make a selection. We budgeted \$4,000 for prizes and will come in a little over that figure. So far there are 55 people registered to participate in 2009. A new category, "The Earth and Your Health," has been added. There was also a discussion about non-wellness sponsored Lunch & Learns; these should be put in the Lifelong Learning category. JoAnn asked if there was a way we could give people some idea of what fits into each category. Steph said she would work on putting something together. (**A list was published in the Jan-Feb Lantern).
- Weight Watchers: Steph gave a brief update on Weight Watchers at Work. There are 13 members in the current session and a total of 16 lifetime members (15 of these were results of the Juniata program). There have been 1,656 pounds lost in all sessions to date. Steph will begin advertising in March for the next session which will begin on April 8.

- Health Risk Assessment: Cady will be setting up some additional webinars in February will be asking for Wellness Committee participation in selecting the company we will use for the Health Risk Appraisals.
- Massage Therapy: Deb Kirchhof-Glazier arranged, and the Wellness Committee sponsored 2 massage therapists to be on campus over finals week. The therapists agreed to come if we would guarantee the difference between their \$55/hr fee and what was actually collected. Although it was publicized in the announcements, attendance was poor. The total we ended up reimbursing was \$196. There was a discussion about what we could do to get the message out, since it appears the announcements didn't work.
- Wellness Flex Money: At last month's meeting we discussed the idea of providing Wellness Flex Dollars that people could use for things like gym memberships or complementary alternative medicines. We will need to give some more thought to how we could accommodate this new idea and still fit it in to our Wellness budget.

The committee discussed the following new business:

- Upcoming Lunch & Learns: The committee discussed ideas for upcoming Lunch & Learns. It was suggested that we do a "Couch Potato" session in February, which would be focused on low-impact exercise/activities that could be done at home that would help people ease into an exercise routine. Suggested presenters were Laurie McMinn, Mary Jane Smith, and Doug Smith. We could have one or all of them come and each do a short presentation, saving time at the end for a demonstration. For March, the committee would like to invite Pam Kavanaugh, to do a gardening Lunch & Learn on the specifics of how to start a garden, and grow your own vegetables.
- CareWise Transition: Through our Wellness Program, we currently provide a program called CareWise, which is a 24-hr nurse call line, website access, and a self care guide mailed to new participants. Unfortunately, the company through which we purchase CareWise, Health Advantage, has gone out of business. We are not eligible to purchase CareWise directly since it is only sold to groups of larger than 5,000. As of 2/1/09, we will no longer have CareWise.

We are working to replace CareWise with a new program provided through CoreSource, which would also include a 24-hr call line called MyNurse, website access to medical information, and for those enrolled in the health plan, Healthy Benefits

(reminder letters, and calls to set up routine care). The new program would not include a self-care guide, but we have decided to purchase something on our own through the Wellness Budget and provide it ourselves. More information about these new Wellness benefits will be posted on the website, and announced in the Lantern and Employee Announcements as soon as they are finalized.

- Get Movin' Challenge: We are currently running announcements for teams. We currently have 6 teams and are hoping for 8-9 total. (As of 1/30, Andrea has reported 12 teams and over 100 employees participating). This is a campus challenge that runs February 1- April 30. Unlike the Huntingdon County Fitness Challenge, all activity is included, including housework, washing windows, etc.
- Wellness Budget: Cady is in the process of preparing FY 09-10 budget which is due February 8. She will have breakdown of our year-to-date expenditures at the next meeting.
- Wellness Idea: The Wellness Committee was asked if they could sponsor aerobics classes at the College for faculty/staff after 5pm daily. There was a discussion about how many people would take advantage of this if it was offered. Diane suggested we run a brief survey in the Employee announcements to determine the level of interest out there. Suggested activities to include: massage therapy, aerobics, water aerobics, Pilates, other group organized activity (such as providing space, tv/dvd player, and allowing people to do a workout together), yoga, etc. The survey should also ask people to identify the days and times that would be best, as well as the dollar amount they would be willing to pay to attend a session.

It was also suggested that we again provide some training sessions in the KSRC gym where participants would be shown warm up/cool down exercises and how to use equipment. It has been a couple of years since we provided these, and they were well attended. There was a discussion about whether we could have a student teach these sessions, or if there were liability issues if the presenter wasn't certified to teach such topics. We will ask Andrea to see what she can find out before our next meeting.

Upcoming Wellness Events:

- Huntingdon Health and Wellness Association Valentine's Day Fundraiser Dinner and Silent Art Auction to benefit the Natural Connection Wellness Center – Saturday, February 14, 2009, 6:30pm, Edgewater Acres.

- Heroin Task Force is going to be providing informational sessions starting in February, two nights a month at the J.C. Blair Education building. As we receive more information, we will share this in the announcements.
- Go Red for Women: Wellness Committee will again sponsor the American Heart Association observance of Go Red for Women on Friday, February 6, 2009. An announcement will be submitted to run next week. Wellness Rewards participants can earn points for participating in this wellness-sponsored event.

The next regularly scheduled meeting will take place on Wednesday, February 25, 2009 at 2:00pm @ vLSC Rockwell Seminar Room.