

Meeting Notes 1/28/2022

**Juniata College
Wellness Committee**
January 28, 2022; 2pm
Rockwell Seminar Room

Committee Members Present:

Joel Pheasant
Bethany Sheffield

Cady Kyle
Paige Hower

New Business

ACHIEVE Health Literacy Program – Brady Fouchie, Community Health Fellow, and Sarah Worley, Assoc Prof of Communication and Director of Community-Engaged Learning, presented on ACHIEVE which stands for Advancing Community Health Innovation through Education Vision and Empowerment. ACHIEVE’s goal is to increase health literacy and community outcomes by capitalizing on the CDC’s five social determinants of health as a framework. Examples of determinants of health are: Health Care Access, Economic Stability, Neighborhood and the Built Environment, and Social and Community Context. They discussed partnering with Wellness Committee on the upcoming Lunch & Learn Speaker Series. We discussed plans for the 4 lunch & learn events (speakers, registration, budget, dates & location). It was suggested the event be held in the ballroom to allow for ample space and parking. Cady/Paige will help with staff/student registration pages. Brady will handle catering and campus announcement. Event will be wellness reward point eligible as a wellness sponsored event. First speaker will be Grace Fala on February 22 who will cover “Social and Community Context.”

Wellness Dashboard Update – Shared a brief update- Finished year with 103 Wellness Rewards Participants, have 70 registered so far for 2022. The announcement is re-running on Monday. Overall participation rate down from previous years but not surprising since we didn’t have as many events.

Grant Requests-Reviewed and approved wellness grant request for Li Shen CPR certification (\$44.94) and Jana Jaffa indoor cycling certification (\$149.25).

COVID Booster Promotion- Committee was asked about interest in sponsoring a COVID booster promotion and providing I Believe t-shirts as a prize. The committee did not have interest in pursuing/sponsoring a promotion at this time.

Old Business

Gratitude BINGO – Final total was 32 participants. Winners received JC embroidered headband and gloves. Those who filled the card received an embroidered plush Juniata blanket.

WW @ Work – a news session of WW is set to start running 2/1, for a 13 week series. First weigh in will be 2/3 in Human Resources. Paige ran the announcement and will repeat it next week.

The meeting was adjourned at 3pm.