

## Meeting Notes 10/22/08

### Juniata College Wellness Committee

October 22, 2008 2:00pm  
vLSC 1116 Rockwell Seminar Room

#### Committee Members Present:

Doreen Mills	Wendy Garlock	Joanne Krugh	Cady Kyle
Shya Erdman	Cindy Gibboney	Diane Ross	
Steph Turner	Barb Williams	Wanda Lightner	

The meeting was called to order and the committee was presented with the following agenda:

1. HMJ Patch Presentation
2. Discuss Old Business
3. New Business

The meeting began with a presentation by Kim Witkofsky of the HMJ Patch Program. Kim is the full time nurse counselor for this smoking cessation program funded through a grant from the PA Department of Health. The program provides a 1 on 1 counseling program, plus patches or gum to adults and adolescents who wish to quit smoking. If a participant receives prescription medical from a physician, they can still use the program for support. The program focuses on making positive physical and psychological health changes. There are no income guidelines for participation. To kick off the Great American Smoke Out, the committee agreed to have Kim come and do a "commercial" about the program at the beginning of the next Lunch & Learn on November 18. There will also be announcements posted regarding the program.

The committee then discussed the following old business:

- Huntingdon County Fitness Challenge: The insulated drawstring backpacks for those who have met the 3,000 minute goal are not in yet. We will notify the committee when they arrive.
- Lunch & Learn: Stress Transformation: Will take place on November 18<sup>th</sup>. Deb Kirchhof-Glazier will be the presenter. We have ordered 75 happy hearts, but will advertise that supplies are limited, and those who have received one in the past should bring theirs along. The cost for the happy hearts was \$525.00.

- Wellness Rewards: Several people have met the 500 point level. While points reset at 500, those who select the day off will have all of 2009 to use the day.
- Weight Watchers: To date there are 14 lifetime members and 16 paying members. One meeting had to be cancelled so there will be a make up meeting on December 22. The next session will tentatively start on January 7<sup>th</sup>.
- Health Fair: There were 128 Faculty/Staff, 31 students, 6 community members in attendance for a total of 159. 98 flu shots were given. There were 27 vendors; 3 vendors had to cancel at the last minute. Door Prizes were awarded to: Shya Erdman – JC Wellness Bag, Jim Borgardt – JC Sweatshirt, Jim Tuten – coffee mug and Sheetz card, Lisa Platt – JC Travel Mug, Wanda Lightner – JC Wellness Bottle. Four Students also won door prizes: Marie Gehman – movie passes, Alison Banks – Walmart Gift Card, Dana Schwab – JC Wellness Bag, Nathan Anderson – JC Wellness Bottle. Feedback was shared that this was the best health fair yet, and that it was nice there were some new vendors present. It was also helpful to have Barb Williams administering the flu shots with Connie, cutting down the waiting time significantly from last year.

The committee discussed the following new business:

- Health Risk Assessment: Cady gave the committee some information about a company that does Health Risk Assessments that include a questionnaire and biometric screenings. We discussed that to change Juniata's health claims costs in the long term, we must engage everyone in the process, and have high participation in the screenings. The committee gave some suggestions regarding incentives that could be given for participation:
  - Wellness Reward bonus points for participating in the HRA/Screenings
  - Have name entered into a drawing for a grand prize
  - If we reach 90% employee participation, give an overall incentive (employees would then encourage co-workers to participate for their good health, and in order for everyone to receive the incentive – this is in keeping with our Wellness mission of supporting a sense of community).

- Benefits Updates/Flex Spending Workshops: November is Open Enrollment for Benefits. Human Resources will again be offering Benefits Update sessions, during which we will educate employees about our Health Plan costs, and share our success story about Wellness Initiatives. We will also offer Flexible Spending Workshops to aid employees in understanding how flex plans work.

The next regularly scheduled meeting will take place on Wednesday, November 26, 2008 at 2:00pm @ vLSC Rockwell Seminar Room.