

## Meeting Notes 10/24/07

### Juniata College Wellness Committee

October 24, 2007; 2:00pm  
vLSC Rockwell Seminar Room

Committee Members Present:

Joan Engle	Doreen Mills	Joanne Krugh
Wendy Garlock	Diane Ross	Deb Kirchoff-Glazier
Wanda Lightner	Shya Price	Gail Ulrich
Cady Kyle	Laura Medvitz	

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:

- Fitness Challenge 2007: Juniata College won the challenge with 554,727.34 minutes of activity. J.C. Blair had 493,599.46 minutes and Mutual Benefit Group logged 466,000.35 minutes of activity. These numbers will be announced at the Healthy Harvest Festival.
- Scott Grugan Memorial 5K Walk/Run: We currently have one child who has signed up to participate.
- Health Fair: There are 22 vendors that have signed up. Nurse Connie will be giving flu shots to employees for a \$5 co-pay. Human Resources will pay for the remainder. The Health Assessment Tool that will be used is [www.realage.com](http://www.realage.com). There was also a sign up sheet passed out for volunteers
- October's Lunch and Learn: there were 25 employees in attendance. The winners of the Breast Cancer Awareness Prizes through the Wellness Center were drawn. Wanda Lightner won the Breast Cancer Awareness gift basket. \$50 was raised for the J.C. Blair Mammography Department.
- Elder Care Seminars: Sue Deobil from Westminster Woods will be presenting a four seminars on various elder care topics. Below are the dates:
  - November 1<sup>st</sup> – Housing Options & Levels of Care
  - November 14<sup>th</sup> – Legal Tools
  - December 4<sup>th</sup> – Talking to Aging Parents
  - December 6<sup>th</sup> – Retirement Communities

The committee discussed the following new business:

- Upcoming Lunch & Learns:
  - November - We received a request to have a Men's Health Lunch & Learn.
  - December - J.C. Blair Foundation members have contacted us to do a presentation on Heart Health.
  - Next Semester - Food as Medicine by Deb Kirchoff-Glaizer
- Weight Watchers Renewal: We have completed our first full year with the Weight Watchers Program and have lost 1,086.72 pounds. We will be starting our 5<sup>th</sup> series on November 14<sup>th</sup> and this will be a 7 week series.
- Flexible Spending Changes: This year the maximum contribution will increase from \$4,000 to \$5,000.

The next regularly scheduled meeting will take place on Wednesday, November 28, 2007 at 2:00pm @ vLSC Rockwell Seminar Room.