

Meeting Notes 10/25/2011

Juniata College Wellness Committee

October 25, 2011; 11:00 am
VLSC Seminar Room

Committee Members Present:

Cady Kyle Penny Hooper Conway
Steph Turner Andrea Smith
Deb Kirchoff Glazier

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

1. Discuss Old Business
 - a. Wellness Rewards – Ideas for new strategy next year.
 - i. Extra points (2 per month for sending log electronically)
 - ii. Incentives for turning in logs every month on time (added prize)
 - iii. Bonus points above 500 points – Participants should be allowed to continue to earn points and get prizes after reaching the 500 point mark.
 - iv. HRA recalculation – It was discussed that the HRA Contribution will be somewhere between \$175 and \$200 next year instead of \$150 for the 500 point mark.
 - v. Prizes for next year will be reviewed so that we are sure that the prizes being offered are easily accessible.
 - vi. The calendar for next year will list what months should be 4 week months and which months should be 5 week months.
 - b. Weight Watchers: Pat Berrier is the new leader. Meetings will run through the 2nd Wednesday in December. We now have over 20 lifetime members. Meetings will be held on Wednesdays at 4:00 p.m.
 - c. Lunch and Learn: There is a sustainability lunch and learn scheduled for November. Deb suggested the possibility of doing a Stress Reduction Lunch and Learn for office workers. This is an idea for February/March
 - d. Health Fair: 201 employees and students attended the fair.
2. New Business

- a. CPR Classes: It was reported that the CPR Class scheduled for October 26th was full and there were 3 spots open for the October 28th class. Classes will be offered again in January.
- b. Yoga- Nothing new to report
- c. Great American Smokeout – November 17th. An announcement will go in the Faculty and Student page.
- d. Upcoming events: Thirteen JC people participated in the Tussey Mountainback. There was an eight person team consisting of three students and also a five person team.
- e. Huntingdon Health and Wellness Association – will be doing a drawing in December for a Fuel/wood/gas/groceries giveaway.

The next Wellness Committee meeting will be held on November 22nd.