

Meeting Notes 10/25/06

**Juniata College
Wellness Committee**
October 25, 2006; 2:00pm
vLSC Rockwell Seminar Room

Committee Members Present:

Joanne Krugh	Barb Williams	Deb Kirchhof-Glazier
Cady Kyle	Wanda Lightner	Joan Engle
Diane Ross	Beth Williams	Joanne Henney

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

1. Discuss Old Business
2. Website
3. New Business

The committee discussed the following old business:

1. October Lunch & Learn: There are approximately 23 participants registered for October 26, 2006 Lunch & Learn: "Breast Cancer Awareness. Speakers for the seminar will be College Nurse, Connie Peters and College Counselor, Beth Williams. The Wellness Committee, in conjunction with the Health and Wellness Center are also sponsoring two Breast Cancer Awareness baskets to be raffled off, as well as key tags for purchase. All donations will benefit J.C. Blair Hospital Mammography Department.
2. October Workshops: Human Resources offered workshops called Health Insurance 101 (claims processing, use of websites) and Flexible Spending Accounts 101. The goal of both these sessions was to increase awareness surrounding medical costs, the health insurance process, and how costs can be offset by pretax means. There were 16 participants in the sessions.
3. November Lunch & Learn: Heather Casner from Mainstream Counseling will be coming to campus on November 21 to present a session regarding Drug Use and Abuse in Huntingdon County. She is planning to bring a representative from the PA State Police with her. The seminar will model the Town Hall Meetings that are being presented by the Huntingdon County Drug Task force. The Committee

would also like to offer one on one smoking cessation counseling sessions during the week of the Great American Smokeout for any students, staff or faculty that might be interested in signing up to talk to someone about quitting smoking. Cady will contact Kim Witkofsky to check her availability.

4. Weight Watchers At Work – We currently have 23 participants for the Weight Watchers At Work program which will start in the beginning of November. Participants will need to pay for the sessions up front but will be reimbursed 50-75% of the \$144 cost of the 12 (plus 1 free) sessions based on attendance at the meetings.
5. Walking Challenge T-shirts: T-shirts for 100 mile walkers and certificates for all participants will be delivered this week. Diane Ross is coordinating delivery along with assistance from committee volunteers, Joan Engle, Barb Williams, Allison Ghaner, Gail Ulrich and Darwin Kysor.
6. Health Fair: We had a great turnout for this year's Health Fair held on October 2, 2006. Many thanks to Laura Medvitz, HR Graduate Intern, for her hard work in planning and organizing this year's health fair. We had 78 employees and 48 students go through the health fair. We saw a 62.5% increase in employee participation from 2005 to 2006. We ended up with about 24 vendors all who where sent thank you notes, and the committee also gave out 18 door prizes to staff and student participants.
7. Collaboration w/ J.C. Blair Hospital and Health & Wellness Association: Deb reported that she was able to meet with Kevin Calhoun, CEO of J.C. Blair and discussed interest in partnering to review the possibility of an Integrative Medical facility in the Huntingdon Area. She plans to follow up with him in November. The next step would be to arrange a group to visit a facility in Windber, PA that is a model of what we would be creating.

We are continuing to update the Wellness Website as related information or events become available.

The committee discussed the following new business:

1. There is still a plan for the Health & Wellness Center to provide flu shots to Students and Staff of Juniata College. Announcements will be posted when the shots become available.

2. Open Enrollment for Employee Benefit Changes will take place during the month of November. There will be a rate increase on the Health Plan and a switch to a new Pharmacy Benefit Manager. There will also be some enhanced benefits on the health plan (ie. Hearing Aid benefit is increasing from \$250 to \$1000 lifetime max).

The next regularly scheduled meeting will take place on Wednesday, November 22, 2006 at 2:00pm @ vLSC Rockwell Seminar Room.

