

## Meeting Notes 10/26/21

**Juniata College  
Wellness Committee**  
October 26, 2021; 9 am  
Zoom

Committee Members Present:

Penny Hooper-Conway  
Bethany Sheffield

Cady Kyle  
Paige Hower

### **New Business**

**Fall Challenge** – Our fall challenge will be a Gratitude Bingo which will incorporate previous years thank you note writing campaign held in November. The challenge will run November 1-30, with completed Bingo cards being due to HR by December 3. Prizes will be distributed the following week. Thank you notes will be placed in different office locations on campus so that participants can easily access them for thank you note writing.

**Open Enrollment for Benefits** – Cady shared a brief update of the information to be covered during the month of November. Info will be shared via web, announcements and email, along with a virtual open enrollment meeting to be recorded for later viewing.

### **Old Business**

**Wellness Rewards** – Out of 106 registered participants, only around 62 are returning logs on a regular basis. We talked about possible promotions to run to encourage participants to end the year strong in submitting their logs. We also reviewed the log and decided on the following edits for 2022: keep but rename the COVID safeguards category with illness prevention as a focus and increase nutrition points to 2 per week. We will also be reviewing the value of a day off, and will consider increasing the prize levels accordingly.

**Flu Shots** – A flu shot clinic for faculty & staff was held on October 7 & 8. The wellness budget covered the cost for faculty and staff. The health center has not received the bill from the pharmacy yet, but did note that participation was lower in previous years. There will be another clinic offered in November.

**Morale/Wellbeing** – As a follow up to discussion in last month’s meeting, we gathered thoughts around improving morale and wellbeing that could be shared as feedback through College Advisory Council.

**Other Business** – None.