

Meeting Notes 11/26/08

Juniata College Wellness Committee

November 26, 2008 2:00pm
vLSC 1116 Rockwell Seminar Room

Committee Members Present:

Dave Fusco	Wendy Garlock	Cady Kyle
Cindy Gibboney	Steph Turner	

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:

- Huntingdon County Fitness Challenge: The insulated drawstring backpacks for those who have met the 3,000 minute goal arrived and were distributed.
- Lunch & Learn: Stress Transformation: 56 people attended this Lunch & Learn led by Deb Kirchoff-Glazier.
- 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. Discussed adding a new category called "The Earth and Your Health." Asked the group to give some examples to use for the category description. The following ideas were given:
 - Recycling at home or work
 - Picking up trash
 - Buying local produce
 - Turning off lights/switching to energy efficient bulbs
 - Using environmentally friendly cleaning supplies
 - Reusable bags
 - Composting
- Weight Watchers: To date there are 15 lifetime members and a new session will begin in January.

- Health Risk Assessment: Cady will be setting up some additional webinars and asked for Wellness Committee participation in selecting the company we will use for the Health Risk Appraisals.

The committee discussed the following new business:

- Massage Therapy: Deb Kirchoff-Glazier asked the committee to consider sponsoring massage therapists on campus at various times and locations over the week of finals for a reduced rate such as \$5 for a 10-15 minute massage. The committee was supportive of this idea.
- Wellness Idea: Steph shared that she had been approached with the idea of the Wellness Committee providing partial reimbursement for gym memberships. There was discussion about whether this would be accepted since we do have a gym facility on campus. The idea was then discussed about employees being able to earn Wellness Flex Money, which they could use for things of their choosing like a gym membership, complementary alternative medicine, or naturopathic remedies.
- Upcoming Lunch & Learns: There are two upcoming Lunch & Learns which are not Wellness Committee sponsored, but would be eligible for Wellness Reward points under the Lifelong Learning category. The committee decided not to plan Wellness Sponsored events for December or January, and would pick up with a Lunch & Learn in February. The upcoming Lunch & Learns are:
 - Sustainability – December 4, 2008
 - Retirement Planning & Budgeting – January 29, 2009

The next regularly scheduled meeting will take place on Wednesday, January 28, 2009 at 2:00pm @ vLSC Rockwell Seminar Room.