

Meeting Notes 11/28/07

Juniata College Wellness Committee

November 28, 2007; 2:00pm
vLSC Rockwell Seminar Room

Committee Members Present:

Doreen Mills	Deb Kirchof-Glazier	Wanda Lightner
Barb Williams	Dave Fusco	Shya Price
Gail Ulrich	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:

- Health Fair: It was reported that there were more than 100 employees in attendance and almost 100 flu shots were received. Thank you letters were sent out to vendors.
- Elder Care Seminars: Sue Deobil from Westminster Woods will present the two remaining Elder Care Seminars. Below are the dates:
 - December 4th – Talking to Aging Parents
 - December 6th – Retirement Communities
- Lunch and Learn: There were 30 men in attendance for November's Lunch and Learn with Dr. Thomas.
- Wellness Rewards Program: the program was approved and it was announced in the Benefits Updates Meeting. We currently have 42 employees registered for the program.
- Benefits Updates Meeting – Meetings have finished and open enrollment will end November 30th.

The committee discussed the following new business:

- Upcoming Lunch & Learns:
 - February – Possibly Healthy Heart
 - March – Possibly First Aid
 - April – Food as Medicine
- Weight Watchers Renewal: The program had to be cancelled due to a lack of members. We are hoping to start the program again

- starting January 23, 2008. There were no additional suggestions given to recruit new members.
- Get Smart, Get Fit, Get Moving: The committee decided to have the challenge again this year. It will run from February 1st through April 30th. Doreen Mills volunteered to make announcements and collect minutes for this years challenge.

The next regularly scheduled meeting will take place on Wednesday, January 23, 2008 at 2:00pm @ vLSC Rockwell Seminar Room.