

Meeting Notes 11/29/06

Juniata College Wellness Committee

November 29, 2006; 2:00pm
vLSC Rockwell Seminar Room

Committee Members Present:

Joanne Henney	Cady Kyle	Doreen Mills
Deb Kirchhof-Glazier	Gail Ulrich	Wendy Garlock
Diane Ross	Barb Williams	Wanda Lightner

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:

1. November Lunch & Learn: On November 21, from 11:30-12:30, Heather Casner, Certified Addictions Counselor from Mainstream Counseling and Sgt. Phil Harchak from the Pennsylvania State Police provided an informative overview of drug trends and problems in Huntingdon County, warnings and symptoms of drug abuse, and ways to prevent drug use in our community. There were 32 employees present for the program. Due to the positive feedback about the session, the committee discussed inviting Heather and Phil to return to the College possibly in February.

2. Collaboration w/ J.C. Blair & Health & Wellness Association: Deb Kirchhof-Glazier updated the committee about progress made with the collaborative. She noted that programs at Columbia, Duke, Mayo and Harvard are including Complementary Medicine in their medical schools. She indicated that there is some physician support for complementary medicine modalities such as massage, reiki, yoga, acupuncture, but that due to liability issues some more conservative community providers are hesitant to recommend these modalities. The Health & Wellness Association will be meeting to discuss some different ways to promote these modalities in the community.

3. Health Risk Assessment: The committee returned to the topic of health risk assessments for employees. The suggestion was made that we may

need to step back from the idea of an inclusive program, and take small steps such as a paper survey or basic blood testing. Committee members were asked to gather information they could find on what other employers are doing for these assessments.

4. Incentives for Participation in Wellness Programs: The committee continued to discuss the idea of incentives being provided for participation in College sponsored wellness programs. The most popular incentives discussed were a "Wellness Day Off" or a premium decrease or discount on medical plan. The committee will continue to discuss the options.

5. Raffle Basket: Pat Musselman and Lindsay Brunner were the winners of the Breast Cancer Awareness Basket Raffle sponsored by the Health & Wellness Center and the Wellness Committee. \$182.00 was collected through this fundraiser. The funds will be donated to J.C. Blair Hospital Mammography Department.

6. Fitness Training: Laura Medvitz, HR Graduate Intern worked with local Fitness Expert Laurie McMinn to set up some sessions giving tips to stay active this winter. The session held on Monday, November 13th gave suggestions on how to dress appropriately for walking in the winter weather, suggestions to maximize the effectiveness of walking. Laurie also answered general fitness questions. The following Monday, November 20th, Lori led a lunch hour walk. Laurie will return in January to present another session on weight training in KSRC Fitness Center.

The committee discussed the following new business:

1. New Lunch & Learn Ideas: Joanne Krugh suggested inviting Marsha Kyper, a professional organizer, to come present a Lunch & Learn on decluttering and organizing.
2. Survey Instrument: Amy Chamberlain, a senior studying psychology will be developing a Wellness Survey for her Sr. Research Methods project. Cady presented a first draft of the questionnaire that will be used and asked for the committees input or suggestions about the survey. The idea is to incentivize participation by offering some prizes for completion. The survey should give the committee some good information about our employees thoughts and attitudes towards wellness with which we can plan new programs and events.
3. Fitness Challenge: The committee had a lengthy discussion and brainstorming session surrounding a wellness theme for 2007 as well as coordinating another fitness challenge for the beginning of

the new year. Doreen Mills and Wendy Garlock agreed to coordinate a fitness challenge that would have employees/teams log activity and weight loss for prizes over several months. The 2007 theme will be "Get Smart, Get Fit, Get Movin'" which supports the committees focus on lifelong wellness education, activity and good health. As a kickoff to the Get Fit, Get Movin' Challenge, Helen Pyzowski from Employment and Training will be presenting a Healthy Living Seminar on Monday, January 29, 2007 from 10:00 - 12:00 in the Sill Boardroom. Topics will include how to recognize and destroy fat, how to eat and still lose weight, physical feats for fighting fat, and the psychological correlation of appetite and weight control.

The next regularly scheduled meeting will take place on Wednesday, January 24, 2007 at 2:00pm @ vLSC Rockwell Seminar Room.