

Meeting Notes 11/30/05

Juniata College Wellness Committee

November 30, 2005; 2:00pm
vLSC Rockwell Seminar Room

Committee Members Present:

Wanda Lightner
Joanne Krugh
Gail Ulrich

Barb Williams
Diane Ross

Deb Kirchof-Glazier
Cady Kyle

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

1. Discuss Old Business
2. Wellness Discussion in Forums
3. Website
4. New Business

The committee discussed the following old business:

1. Shape Up JC: We were unable to find one or two parties to serve as chairs for this program, so it has been cancelled.
2. October Lunch & Learn "You Only Get One Back": The committee discussed this session. Comments were that the program was geared toward occupational ergonomics, and didn't cover some topics that people wanted to hear about, such as exercises to strengthen the back. The group discussed repeating this session but finding a different presenter and coming at the topic from a different angle.
3. January Lunch & Learn: "New Year/New You": Will take place on January 18, 2006 at 11:30am in Ellis Ballroom. Presenter will be Anne Marie Wishard, Founder of Sweet Annie Herbs. She will be discussing the use of Herbs/Vitamins in Women's Health. Topics such as anti-aging, weight loss, menopause, arthritis, fatigue, etc. will be covered.
4. Smoking on Campus: The group reviewed the Healthy Workplace Policy which addresses tobacco use and smoking on campus. The policy currently states that "the designated smoking area will be located at least 20 feet from the main entrance or at containers provided for the disposal of tobacco by-products." The group agreed that current practice is not in

line with the policy; review of the issue needs to occur, but smokers and non-smokers should be invited to comment and participate in discussion and/or revision of the policy. The immediate need, however, should be for creating opportunities for smoking cessation programs on campus. To this end, the committee agreed that a special February Lunch & Learn would be held to address smoking cessation once a suitable speaker is found.

The Wellness webpage continues to be under development. Cady asked for volunteers. A suggestion was made that Dave Fusco may be able to find a student willing to work on website development, and that Rosann Brown could possibly help with design.

The following new business was discussed:

- There will be a speaker on campus tonight, Dr. Calvin Johnson presenting "Food and Nutrition: Responding to Challenges of Huntingdon County and Beyond," at 8pm in Neff Lecture Hall.
- Information Jim Latten shared regarding Prevention Health Screenings was reviewed and discussed.
- Topics for future Lunch & Learns were discussed. Training in CPR or first aid - the group talked about inviting the EMS/QRS club to teach a course, or enlisting the Red Cross, or first responders on campus already certified to teach.

The next regularly scheduled meeting will take place on Wednesday, January 25, 2005 at 2:00pm @ vLSC Rockwell Seminar Room.