

## Meeting Notes 2/21/2022

**Juniata College  
Wellness Committee**  
February 21, 2022; 2pm  
Zoom

Committee Members Present:

Joel Pheasant

Bethany Sheffield

Betty McKim

Cady Kyle

Paige Hower

Penny Hooper-Conway

### **New Business**

**Green Dot/SPoT & Peace Certificate Programming** – the committee discussed and agreed to include these activities as wellness sponsored events eligible for wellness rewards points. Paige will let Jen Pencek know that she can include language to this effect in announcements related to Green Dot.

**Managing Burnout & Promoting Wellbeing Session** – Phil Dunwoody did a SoTL talk on burnout and wellbeing and is happy to do it for other audiences (lunch and learn, etc.). Will ask him to share more about it at the next wellness meeting.

**Spring Challenge Ideas**-committee members were asked for thoughts on a spring wellness challenge. Anyone with ideas should let Paige/Cady know.

### **Old Business**

**ACHIEVE Health Literacy Program** – We are set to go for the speaker series. Brady Fouchie, Sarah Worley & Cassie Sandidad have coordinated speakers, announcements, event planning and Zoom link. Cady is handling registration page, and Paige will sent out details to wellness rewards participants. First speakers will be:

**February 22nd** - Grace Fala, PhD (Social & Community Context) > What is the connection between the contexts in which people live, learn, work and play and their health and well-being? How can communities and organizations help people get the social support they need to improve health and well-being?

**March 21st** - Dr. Barry Moore '63 (Health Care Access and Quality) >  
How can people overcome/navigate barriers to accessing health care and what are strategies for assessing the quality of healthcare?

**WW @ Work** – We have had roughly 7 participants so far. Session will run 12 weeks.

**Morale/Wellbeing**- Cady shared that we will be participating in Great Colleges survey, and encouraged everyone to participate.

The meeting was adjourned at 9:30.