

## Meeting Notes 02/22/06

### Juniata College Wellness Committee

February 22, 2006; 2:00pm  
vLSC Rockwell Seminar Room

Committee Members Present:

Darwin Kysor  
Joanne Henney  
Cady Kyle

Joanne Krugh  
Gail Ulrich

Joan Engle  
Wanda Lightner

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. March Lunch & Learn: "Live Free-Smoke Free": Kim Witkofsky will be coming on March 16, 2006 to do a presentation on Tobacco Cessation. This Lunch & Learn will be open to students as well as Faculty and Staff. An announcement will go out shortly.
2. Sleep Info Session: HOSA is sponsoring a presentation by Sarah Estes of the sleep lab on Wednesday, April 12 at 7:15pm in BAC C225.
3. Medicine Wheel: Spirit Horse (Ed Kirkpatrick) is presenting a workshop on the Medicine Wheel on Monday, March 13 at 7pm. The location is yet to be determined but will be advertised through the Announcements.
4. April Lunch & Learn: The April Session will focus on workplace relationships, behaviors and personalities. The presenter will be Darwin Kysor. The date is yet to be determined.

Attention is being turned to development of the Wellness webpage. The committee discussed ideas for website layout and content. Content includes information regarding events, resources, and information centered around a wellness wheel, combining areas of intellectual, emotional, occupational,

spiritual, physical and social wellness. There will be a student assigned to work on our draft within the next two weeks.

The following new business was discussed:

- Participants in the College Health Plan through CoreSource will receive an added benefit as of April 1, 2006. A 24-Hour Nurse Advice Line is being made available. Each member will receive a member kit, including a self-care guide that serves as a reference tool for education and supporting plan participants in making good healthcare decisions, positive behavior changes and appropriate use of self-care. More information will be shared with plan participants through the Announcements and information sessions.
- Heather Casner from Mainstream Counseling is available to come do a presentation on drug trends and treatments available in Huntingdon County. The committee expressed interest in this topic. Cady will follow up with Heather.
- Gail reported that Bert Altmanshofer would be interested in presenting a Lunch & Learn on foot health. He is also available to do ultrasounds in a Health Fair format.
- The committee will be working to create a procedure for requesting funding for projects through the Wellness Committee. There will be a limited amount of money budgeted in the '06-'07 budget for special requests.

The next regularly scheduled meeting will take place on Wednesday, March 22, 2005 at 2:00pm @ vLSC Rockwell Seminar Room.