

## Meeting Notes 2/23/2021

**Juniata College  
Wellness Committee**  
February 23, 2021; 9 am  
Zoom

Committee Members Present:

Allyson George  
Penny Hooper-Conway  
Betty McKim  
Bethany Sheffield

Paige Hower  
Cady Kyle  
Joel Pheasant

### **Old Business**

**Meeting day/Time-** We will continue with 4<sup>th</sup> Tuesday of the month at 9am via zoom until further notice.

**Wellness Rewards** – Paige reported wrap up totals from 2020 session. There were 100 participants at the start. Amount who completed all 12 logs: 37. Amount who completed logs until November: 67. Amount who met 500+: 39. We paid out \$8,210 in stipends and 20 participants elected the Wellness day off. Wellness Reward Members in 2021: 83. Committee discussed the fact that many 2020 participants earned their 500 by November and then did not turn in December log. Everyone was asked to consider ideas to promote turning the last log in. We also discussed the goal of tying wellness rewards to health plan premiums beginning in 2022. Paige noted that the log has been updated to include points for COVID safeguards through 2021.

**Weight Watchers** – Paige reported on Weight Watchers participation for the most recent session taking place between 9/24/20 and 12/17/20. There were 8 participants. The total registration fees reimbursed was \$281.46; one participant was on their free trial and one had used material she already had to participate. The committee agreed to offer a new 12 week session beginning Thursday, March 4. Participants can sign up online, and continue to weigh in on Thursdays in the Human Resources office. The final weigh in will be held on Thursday, May 27. We will continue to offer reimbursement for attendance at weigh-ins, with proof of payment. Information will run in the announcements beginning tomorrow.

## **New Business**

**Membership** – Dave Hsiung is not available for the spring. Will reach out to Jerry Kruse to see if he is interested in returning to the committee. Other suggestions made: Danny Young (athletics), Neal Utterback (faculty).

**Financial Wellness Session** – Tracy will be offering retirement planning financial wellness session during the months of March and April. We will also look at other opportunities to present virtual brown bag lunch and learns via zoom. Suggested topics: COVID vaccine information session; Self Care; PNC-Financial Wellness offerings.

**Spring Challenge/Mental Health/Self-Care** - We discussed running a Spring Challenge. We have previously offering walking/steps challenge; drinking water challenge. It was suggested to offer a Healthy Choices Challenge focusing on Self-Care where participants would receive a self-care kit and could earn extra kit contents through continued participation similar to a program run for the students in the fall. Betty will check with Melissa Leskowsky to see what the contents were of the self-care kit provided to students. Paige, Allyson and Cady will work together to come up with a program design and share with committee.