

## Meeting Notes 2/28/23

### Juniata College Wellness Committee

February 28; 9am

Zoom

Committee Members Present:

Cady Kyle

Paige Hower

Bethany Sheffield

### New Business

**Wellness Grants** – The committee reviewed and approved Wellness Grants for participation in the Dirty Kiln 10K for Greg Bayles, Dave Hsiung, Lydia Yates and Louise Finnstrom.

**Budget Update** – Cady gave a brief budget update. The Perch invoice from Rushing into Spring challenge is now paid.

**Spring Challenge** – Penny suggested a spring challenge event that would feature a thermometer with each degree being an activity. HR will work on a graphic and list of activities called Warming Up to Summer.

### Old Business

**ACHIEVE Health Literacy Program** – Denise Sheffield, RN was the February Speaker covering Heart Health and the American Heart Association's Essential 8. There were 34 participants in attendance. As part of the session, Denise challenged the group to become knowledgeable about where AEDs are located on campus, and how to use them. She also discussed Damar Hamlin's #3 for Heart CPR challenge. A communication was sent as a follow up to all participants, as well as information posted in the announcements.

The next event is scheduled for March 29, 2023. The panel will discuss how the National Children's Advocacy Center of Centre County Model is implemented in Huntingdon County to assist Children and Youth Services, law enforcement and prosecution to promote justice for child victims. The speakers will include Diana McWilliams, Executive Director, Children's Advocacy Center of Centre County, Kelvin Abrashoff, Director of Children and Youth Services for Huntingdon County, and Charles Streightiff, Chief of the Huntingdon Borough Police Department.

**Gratitude BINGO** – Prizes were distributed to winners. Those who attained BINGO received an engraved bento box. Those who filled the card received the bento box as well as a lunch sized embroidered Carhart cooler.

**Weight Watchers at Work** – Current session is running 1/12/23-4/6/23.

**Health Fair Mailing List** – Cady will circulate the prior vendor list for review. Please take a look at the prior year list and add anyone you see we might be missing to the 2023 tab.

**Biometric Screenings** – Plan to hold biometric screenings and health fair in fall of 2023. Paige is obtaining pricing from vendors.

**Morale/Wellbeing** – We held a surprise Random Act of Kindness Day event on February 17, where we solicited messages of kindness to coworkers who would be entered into a drawing for lunch tickets. The message of kindness was then sent out to the individual. 290 “Kindness-O-Grams” were sent out following the email from HR Friday morning.

- 254 Friday
- 27 Saturday
- 3 Sunday
- 6 Monday

73 members of the Juniata campus community participated by sending messages and nominating their colleagues.

158 members of the campus community were nominated and received Kindness-O-Grams. Other feedback received in Tracy’s Great Colleges results sharing sessions, helped us identify some other areas where we can improve morale. We will be rolling out Leadership Development Series that will be open to supervisors, as well as a Quarterly New Employee Orientation.

The meeting was adjourned at 9:30.