

Meeting Notes 4/27/10

Juniata College Wellness Committee

April 27, 2010 11:00am
vLSC 1116 Rockwell Seminar Room

Committee Members Present:

Cady Kyle	JoAnn Isenberg	Doreen Mills	Steph Turner
Cindy Gibboney	Joanne Krugh	Dave Fusco	Diane Ross
Shya Erdman	Darwin Kysor	Andrea Smith	Beth Williams
Barb Williams			

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

1. Discuss Old Business
2. New Business

The committee discussed the following old business:

- **Aerobics classes:** JoAnn Isenberg reported on the new employee run classes that have begun on campus. About 7-8 employees meet on Monday through Thursday evenings at approximately 5:10pm to participate in a self guided walking/low impact aerobics dvd workout. The group meets in vonLiebig basement in the Dance Ensemble space. Participants sign in (to receive credit for a Wellness sponsored event on Wellness Rewards), and also are asked to sign a waiver form to participate. Interest has been expressed in holding classes before work or during the lunch hour. This would be possible but there needs to be an employee willing to coordinate sign-in sheet/waivers/locking-unlocking space. Thanks to JoAnn for volunteering to coordinate this program.
- **Weight Watchers:** Steph reported that a new session will begin Thursday, April 29. There are 16 participants, which meets the requirements for everyone in the session to receive free e-tools. There is also a bring a friend promotion. Anyone who brings a friend who registers will receive a 3 month subscription to Weight Watchers magazine. To date the group has 21 lifetime members and a total weight loss through all sessions of 2,183 lbs.
- **Wellness Rewards update:** Andrea reported that there are 112 employees signed up for 2010 Wellness Rewards program. Part time employees are eligible to participate in Wellness Rewards. They still need to reach 500 points to get the top prize. Their top prize would be a ½ day off (or 3.75 hours). However, they are not eligible for the \$150 HRA because our

flexible spending and HRA accounts are only available to full time employees and the \$150 amount was arrived at based upon the average of one full day's salary for all full time employees.

- Get Fit Challenge: HR will be getting an announcement out shortly about the February totals in the competition. Tim Launtz is in the lead with the most minutes. Continuing in 1st place is Physically Fit Facilities lead by Jeff Meadows. In 2nd place is Dream Team lead by Lorri Shiedler.
- April Lunch & Learn: Positive feedback was received on the Harp Therapy Lunch & Learn presented by Linda Kuckenbrod. Meal consisted of sandwiches, pretzels, fruit platter, veggie platter, diet sodas and waters.
- 2010 Huntingdon County Fitness Challenge: Westminster Woods and Mead Westvaco have decided not to participate this year. The 2010 Challenge will be opened up to local community businesses and organizations. They may visit Juniata or JC Blair website to obtain agreement, guidelines and logs. Juniata's forms are available at: http://www.juniata.edu/services/hresources/2010HuntingdonCountyFitnessChallenge_001.html. Each team will need a coordinator who will gather totals and get them to either Chris Gildea at JC Blair by the deadlines listed below.

The Kickoff Walk will take place on Friday, May 7. Groups will meet at the flagpole for opening remarks and join in a lap around the hospital parking lot. Because we are inviting the community to participate, we will not provide a lunch. However, we will provide bottled water, apples, oranges and bananas, so that each participant will receive a drink and a piece of fruit. JC Blair will coordinate ordering water and fruit; we need to get her our totals by April 30. Logs will be due to each team coordinator by: June 9, July 7, Aug 11, Sept 8. We will do our MERF spots at 8:30 am on: June 15, July 13, Aug 17, Sept 14.

Also new for this year, we will have a monthly walking event. Walks will be to the Farmer's Market at Portstown Park. We will meet at the park at noon (with the exception of the JC Blair sponsored month, which may need to take place later in the day), and the sponsor for the month will coordinate a little goody from their business and maybe some type of information on fitness/wellness to hand out. Participants can walk the walking path or shop at the Farmer's market. Walks will be held on: June

24 sponsored by Juniata College, July 29th sponsored by Mutual Benefit Group, August 26th sponsored by JC Blair.

This year we will also resurrect the wrap-up walk and ceremony/presentation of the walking stick award. The walk will take place on Thursday, September 30, with time to be determined.

The committee discussed the possibility of making some changes to the competition in the future. Different ideas were brainstormed including having a fitness week that would have employees sign up for different activities like bowling, mini golf, etc. We also discussed sponsoring a track and field day, with activities adjusted for all fitness levels like football/softball throw, three-legged race.

The committee discussed the following new business:

- Upcoming Events:
 - Curve Home Run Race – Benefits Hollidaysburg YMCA – Saturday, May 8 @ 8am
 - Mercury Almalgam Fillings: Can they Affect your Health presentation by Dr. Hartman in Altoona – May 12, 2010 @ 7pm. We will run the info on this in the announcements.
 - 5k in Saxton @ Warriors Path – May 8, 2010
 - 5k in Altoona to benefits St. Rose of Lima – May 15, 2010 @ 8am
 - Roaring Spring Triathlon – May 29, 2010.
 - Dr. Miller Memorial Run to benefit J.C. Blair Hospital – May 31, 2010 @ 9am

The next regularly scheduled meeting will take place on Tuesday, May 25, 2010 at 11:00am @ vLSC Rockwell Seminar Room. (NOTE CHANGE IN DAY/TIME).