

Meeting Notes 05/26/06

**Juniata College
Wellness Committee**
May 26, 2006; 2:00pm
vLSC Rockwell Seminar Room

Committee Members Present:

Joanne Krugh	Barb Williams	Dave Fusco
Joanne Henney	Wanda Lightner	
Darwin Kysor	Cady Kyle	

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. June Lunch & Learn: "Cancer Detection and Prevention": American Cancer Society representative Chris Fedelia will be present on Wednesday June 28, 2006 to discuss prevention and detection of Breast, Colorectal, Lung and Prostate cancer. His presentation (general lecture and display) will be followed by a brief discussion of Juniata's health plan benefits for recommended cancer testing.
2. CareWise Program: Employees who opt out of the health plan will be able to participate in the CareWise program.
3. J.C. Blair vs. Juniata College Walking Challenge: Currently in the challenge, J.C. Blair has 74 participants vs. Juniata's 78. Cady will be accepting logs through June 6, 2006 for miles walked through May 31st. Corporate mileage will be announced LIVE on MERF radio with Rocco Palotto on June 7 at 8:30 am. With only 24 or 30% of our participants reporting at this point, we have walked 968 miles. Joanne Krugh will be obtaining some more prizes from the JC Bookstore.
4. Health Fair: No new discussion. Follow-up at next meeting.

There was a request made within the Wellness Discussion in the Forums that we should invite the Medicine Wheel speaker to come back since many were not able to attend his presentation. Deb Kirchof-Glazier will be consulted about this.

The Wellness Website is ready to go. The wellness wheel concept was "rolled out" to the committee. A suggestion was made that we should the website should be a featured announcement in the Employee news. Cady will contact Joel Pheasant for his help with this. Within our new site is contained a wealth of information regarding upcoming events, helpful links, wellness tips, healthy recipes, our photo gallery, and The Walking Challenge. Employees can click on the blue button link to access the CareWise website which will aid them in making wise health care decisions. The log in ID for the CareWise site is 'eagle'.

There was no new business discussed.

The next regularly scheduled meeting will take place on Wednesday, June 28, 2006 at 2:00pm @ vLSC Rockwell Seminar Room.