

Meeting Notes May 9, 2023

Juniata College Wellness Committee

May 9, 2023; 9am
Zoom

Committee Members Present:

Cady Kyle
Paige Hower

Betty McKim
Joel Pheasant

Note: March and April meetings were cancelled due to Middle States staff session and Founders' Day Tea taking place at same time as scheduled committee meeting.

New Business

Be Well @ Juniata Integrated Wellness Incentive – The committee reviewed and discussed draft wellness communications outlining the new wellness incentive program and requirements to meet the pledge. This is a voluntary participation based program allowing health plan participants to remain at a 15% single contribution by taking the Be Well pledge and completing certain components. The program does not require certain outcomes to be met, nor will the college be collecting personal health information or data. The pledge features 2 components: Know Your Numbers & Live Well. Several suggestions were made of additional options to add to the Live Well components. The program will run June 1 through October 31. The savings in taking the pledge is roughly \$650.

CSA on Campus – Roy McCool reached out to Paige to ask if he and his son would be able to set up a CSA or farmer's market on campus. Paige will do some research to find out if there are other CSAs making deliveries to campus. Committee is supportive of Roy, but wants to make sure all are giving the opportunity to come to Juniata. We would also like to promote the Portstown Farmer's Market that takes place on Thursdays.

Spring Challenge – Warming Up to Summer is running during the month of May. Participants need to complete 9 challenges. Please let Paige and Cady know if you have a good idea for a prize for this challenge.

Old Business

ACHIEVE Health Literacy Program – 35 participants were present for the

March 29, 2023 panel discussion on Children's Advocacy. 30 participants attended the final Lunch & Learn for the semester which took place on April 25, 2023. Jim Borgardt, Ryan Mathur, Drew Hunker and Julian Jackson presented on the topic of radon as it relates to community health aligning with the neighborhood and built environment social determinant of health. The ACHIEVE program is currently searching for a new Community Health Coordinator. Cady and Paige will meet later this summer to help plan for the fall sessions.

Budget Update – We are running at a surplus. Cady will reach out to finance to request surplus be carried to FY24 to fund Be Well incentive, Biometric Screenings and costs associated with the return of the

Weight Watchers at Work – 8 people participated in the last session and received 100% reimbursement. We are re-running the session from 4/13/23-7/6/2023 and currently have 3 people participating.

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. We want to be sure to add local CSAs and Farms to the list.

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

Morale/Wellbeing – Cady solicited feedback on Founders' Day Tea. We also discussed the upcoming Faculty/Staff Appreciation picnic. While there is acknowledgement of strides that have been made in recognition, there is still a concern about morale due to simply having fewer employees. Work continues to get piled on staff who is remaining. People are experiencing a lot of stress and pressure, dealing with college-related stress especially in their interactions with other people, not to mention the continuous rising costs and salary increases not keeping up with inflation. All of the open campus presentations for VPs/Deans make it more obvious that we are not filling roles at the supporting levels and are adding to frustration. The committee talked about ways we could support mental health and resilience by sponsoring sessions on coping.

The meeting was adjourned at 10:00 am.