

Meeting Notes 09/27/06

Juniata College Wellness Committee

September 27, 2006; 2:00pm
vLSC Patterson Seminar Room

Committee Members Present:

Allison Ghaner
Cady Kyle

Joanne Krugh
Wanda Lightner

Barb Williams
Joan Engle

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

1. Discuss Old Business
2. Website
3. New Business

The committee discussed the following old business:

1. September Lunch & Learn: There were approximately 38 participants in the September Lunch & Learn: Wellness @ Juniata College. The committee felt that good information was shared about the programs available for Wellness.
2. October Lunch & Learn: October's Lunch and Learn will be worked on jointly by the Wellness committee and the Health and Wellness Center. The topic of this discussion will be Breast Cancer Awareness. Cady will work with Beth Williams to obtain a speaker and set a date for the program. The Wellness Committee will be sponsoring a raffle basket. Tickets for the basket will be sold by the Health & Wellness Center interns to promote and raise funds for Breast Cancer Awareness.
3. November Lunch & Learn: The committee confirmed that they would like to support a speaker revolving around Drug Use/Abuse in Huntingdon County. Cady will contact Heather Casner at Mainstream Counseling to gain her assistance with the program. In addition, since November 16th is the Great American Smoke-Out, we would like to support someone to be on campus a day that week to offer individual counseling to any faculty, staff or students who want to quit. Cady will talk to Kim Witkofsky to get a possible date for this.

4. Additional October Workshops: Human Resources will also be offering workshops on Health Insurance 101 (claims processing, use of websites) as well as Flexible Spending Workshops.
5. J.C. Blair vs. Juniata College Walking Challenge: Cady received a letter from the County Commissioners congratulating the College on its successful Walking Challenge. T-shirts for 100 mile walkers have been ordered and will be delivered upon receipt. Several suggestions were made for next year. There was a question if other types of workouts besides walking can somehow be included in the competition, and whether or not we do the challenge at another time of year.
6. Health Fair: Nearly 30 vendors from the Huntingdon Community will be present to share information and provide free screenings such as blood pressures, skin cancer screening and lung screening. There will be a drawing for door prizes, free samples for giveaway, as well as products for sale such as vitamins and yoga tapes. A Simple Escape, HMJ Patch Smoking Cessation Program, Dancing Earth Yoga, and the J.C. Blair Sleep Lab are just a few examples of the vendors who will be present. We are also hoping to bring Weight Watchers at Work Program back to Campus. Interested individuals should sign up at the Health Fair to receive more information. It was suggested this program be discussed in the Nov/December Lantern. A portion of the 12 week program will be reimbursable to employees based upon meeting certain criteria. The volunteer schedule was reviewed as well as the vendor list. Finally, it was suggested that additional promotion of the Health Fair should be done from a supervisory level, encouraging all employee groups to feel they are permitted to attend the event on work time. Families are also welcome to attend.
7. Collaboration w/ J.C. Blair Hospital and Health & Wellness Association: Deb sent a memo to Kevin Calhoun, CEO of J.C. Blair to indicate our interest in partnering to review the possibility of an Integrative Medical facility in the Huntingdon Area.

Per the committee's suggestion, a section for Monthly CareWise Communications has been added to the Wellness Website. These communications will be updated on a monthly basis and promoted through the Announcements.

The committee discussed the following new business:

1. Cady presented the list of Health & Wellness Center Activities for 06/07 provided by Beth Williams. The committee would like to

sponsor a "Humor" or other Motivational Lunch & Learn for Random Acts of Kindness week, and further discuss some "random acts" that the Wellness Committee could sponsor to promote a sense of community on campus. March is Women's month and the suggestion was made to possibly partner with J.C. Blair to bring in a speaker(s) that might discuss Feng Shui, Reiki, Massage or some other holistic topic of interest.

2. The committee was asked their opinion of the idea to sponsor a Farmer's Market on campus during the summer months. Gail has had initial conversations with an individual who is involved in a farm co-op who would be interested in bringing fresh produce on campus in the summer. The committee was very supportive of this idea and suggested maybe we could block off the section of 17th Street between the Stone Church and Founders for individuals to set up.
3. The committee was asked to come up with some ideas to provide incentives for individuals who participate in Wellness activities. There were several suggestions made including providing a Wellness Day Off for those employees who would attend or participate in at least half of the Wellness Committee sponsored events in a year. Further thought will be put into the incentive program with the goal of instituting the incentives for 2007.
4. The committee discussed the development of a Wellness Survey similar to the sustainability survey that would question employee attitudes, needs, expectations and behaviors surrounding Wellness in order to help us better plan and promote Wellness activities. Development of the survey will be a goal for 2007. The survey would not take the place of Health Risk Assessments that we still plan to provide, but would give the committee some much needed information from which to develop new programs.

The next regularly scheduled meeting will take place on Wednesday, October 25th, 2006 at 2:00pm @ vLSC Rockwell Seminar Room.