

Meeting Notes 9/27/2022

**Juniata College
Wellness Committee**
September 27, 2022; 9am
Zoom

Committee Members Present:

Joel Pheasant

Cady Kyle

Paige Hower

Penny Hooper-Conway

New Business

ACHIEVE Health Literacy Program – L&L Speaker series – Paige and Cady were invited to speak in Sarah Worley’s ACHIEVE Lab class on September 2, 2022. We covered the History of Juniata’s Wellness Program, Current Initiatives and Future plans. Cady then met with Sarah Worley and Savannah Wilson, Community Health Coordinator, to plan for the fall speaker series. The wellness budget will again cover catering costs for staff and student meals, and provide registration support. The ACHIEVE team will handle room reservation, menu, announcements and securing speakers whose areas of expertise compliment the social determinants of health. The first speaker will be Tracy Lake, from Lakehouse Wellness, on October 7, 2022.

Wellness Grant – The committee approved a grant request via email submitted by Dave Hsiung on behalf of the Juniata Muddy Runners to cover 75% of the registration fee for the Tussey Mountainback relay in the amount of \$470.70. The committee also considered a request from Li Shen to assist with membership/licensing fees for Zumba instruction. Li’s request was to cover receipts between 6/2021-8/2022. The committee discussed and will approve this and future requests under current guidelines (75% reimbursement up to \$250 limit per fiscal year) provided the following conditions are met:

- 75% of instruction is provided is provided on campus
- Classes are offered to employees first
- Regular advertising encouraging employee participation is maintained.

Cady will notify Li of approval; however, we cannot provide reimbursement for previous fiscal years as that budget is closed.

Flu shots/COVID Boosters – The wellness budget will again cover cost of staff flu shots which will be provided on campus October 6-7. Details regarding Flu shot clinic and COVID vaccination/booster clinics are included in the daily announcements.

Health Fair/Biometric Screenings – On hold until 2023.

Fall Challenge – Committee discussed holding a fall activity challenge and agreed to offer the Gratitude Bingo again in November. Penny offered to look at the categories and revise. Cady will send Penny the bingo card to review. We will also send out a reminder to those who earned The Perch merchandise credit during the Spring Challenge to please pick up their prize prior to December 31, 2022.

LinkedIn Learning – Justine Black suggested some of the learning topics might be of interest to Wellness Committee to promote. Committee discussed offering these as options when wellness incentive health plan rates are implemented. Joel mentioned he is working with Student Life to evaluate software called Presence which will allow promotion of events and tracking of attendance. It also allows assigning of pathways for learning. May be able to take advantage of this resource to track wellness participation.

Therapy Assistance Online (TAO)- Naomi Radio reached out about a new suite of online tools offered through Student Life designed to promote effective evidence-based resources to help us and the students we work with address some common mental health challenges and manage life events. Penny commented that the site offers videos, chat and therapy options. Plan to evaluate this for use as a wellness program offering.

Old Business

Managing Burnout & Promoting Wellbeing Session – Cady will work with Phil to schedule a repeat of this session.

WW @ Work – A new session of WW began mid-August. We continue to have about 4-5 people participating in weigh in.

Morale/Wellbeing – Great Colleges Survey overview will be presented when results are ready.

The meeting was adjourned at 9:30.