

Meeting Notes 02/08/06

Juniata College
Wellness Committee
February 8, 2006; 2:00pm
vLSC Rockwell Seminar Room

Committee Members Present:

Wanda Lightner
Joanne Krugh

Barb Williams
Cady Kyle

Deb Kirchhof-Glazier

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. January Lunch & Learn: "New Year/New You": The committee discussed comments received regarding the January Lunch & Learn on Herbs/Vitamins. There were both positive and negative comments made, and the general feeling was that those attending received good information as a basis to making informed decisions about herb use.
2. March Lunch & Learn: "Live Free-Smoke Free": Kim Witkofsky will be coming on March 16, 2006 to do a presentation on Tobacco Cessation. This Lunch & Learn will be open to students as well as Faculty and Staff.
3. Smoking on Campus: The further discussed the topic of smoking on campus and will revisit the policy/practice issues following the March Lunch & Learn. At that time, the committee may invite interested parties to continue this discussion.
4. April Lunch & Learn: The committee suggested that the next Lunch & Learn should be in April and that the topic should be either Spiritual medicine, First Aid/CPR, or Humor.

The Wellness webpage continues to be under development.

The following new business was discussed:

- Beth Williams asked the committee to consider co-sponsoring Yoga classes with the Health & Wellness Center. Jen at Dancing Earth is willing to teach classes on campus. It was suggested that Beth, Gail, and Jen get together to discuss the details.
- Topics for future Lunch & Learns were discussed. Topics such as "How to Say No", breast cancer, prostate cancer, humor in the workplace, Spiritual Wellness were suggested.
- Deb shared with the committee that Spirit Horse (Ed Kirkpatrick) will be doing a presentation on the Medicine Wheel on Monday, March 13. In addition, Sara Estes, of the sleep lab at J.C. Blair, will be returning to campus to do another session on Sleep which is being sponsored by HOSA. This meeting will take place on Wednesday April 12 at 7:15pm in BAC C225. The committee agreed to help advertise these events and encourage participation among Staff and Faculty.
- The question was raised about providing check stuffers or other newsletters regarding health topics. The committee suggested that it might be better to post something to our website and then send an announcement to staff that there is new information there for them to view. Since there is already a Healthy Resources section in the Lantern, the committee felt it is not necessary to do a separate newsletter.

The next regularly scheduled meeting will take place on Wednesday, February 22, 2005 at 2:00pm @ vLSC Rockwell Seminar Room.