

Meeting Notes 03/29/06

Juniata College Wellness Committee

March 29, 2006, 2006; 2:00pm
vLSC Rockwell Seminar Room

Committee Members Present:

Darwin Kysor
Dave Fusco
Cady Kyle

Joanne Krugh
Wanda Lightner

Barb Williams

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. March Lunch & Learn: "Live Free-Smoke Free": This presentation was postponed. We are going to try to do it again in conjunction with The Great American Smokeout which takes place in November.

2. April Lunch & Learn: Personality Styles: Darwin Kysor will be doing a presentation on April 26, 2006 at 11:30 in the Ellis Ballroom. The session will deal with using a tool to determine your personality style and how knowing your personality can help you in fostering good workplace relationships. We are working on a title for the presentation and announcements will go out closer to the date.

3. Sleep Info Session: HOSA is sponsoring a presentation by Sarah Estes of the sleep lab on Wednesday, April 12 at 7:15pm in BAC C225.

A draft of the new Wellness page created by Whitney Glosenger, a student working on web design with the HR department, was shared with the committee. The page features a version of the wellness wheel which highlights pictures of employees. The center of the circle contains the Juniata College Eagle logo and information about the Wellness Committee. We are continuing to add content to the new pages and will discuss progress at the April meeting.

The following new business was discussed:

- Further information was shared about the CareWise program through CoreSource. Participants in the College Health Plan will receive a self-care guide and a 24-Hour Nurse Advice Line is being made available. This should take place on or around May 1, 2006. Each member will receive a member kit, including a self-care guide that serves as a reference tool for education and supporting plan participants in making good healthcare decisions, positive behavior changes and appropriate use of self-care. A sample kit was shown. More information will be shared with plan participants through the Announcements and information sessions.
- Juniata College and J.C. Blair Memorial Hospital will be challenging employees to walk 100 miles between May 1 and September 1. Employees will sign up and report their walking totals to Human Resources. There will be individual incentives for being the first to reach mile markers as well as team challenges to be the first team to meet larger goals. A kickoff event is tentatively scheduled for the first week of May. More details are forthcoming.
- The date for the 2006 Health Fair has been tentatively set for October 2, 2006.

The next regularly scheduled meeting will take place on Wednesday, April 26, 2006 at 2:00pm @ vLSC Rockwell Seminar Room.