

## Meeting Notes 2/25/2020

**Juniata College  
Wellness Committee**  
2/25/2020; 9:00 am  
Rockwell Seminar Room - VLSC

### Committee Members Present:

Delta States	Cady Kyle
Joel Pheasant	Andrea Smith

### *Old business*

-Blood Pressure Screenings – Cady reported that the locations of the screenings (as suggested at a previous meeting) has been changed to be in two locations: Von Liebig Lobby and Ellis Lobby. Cady said after the location change was initially made, turnout was back up, but since then, has dropped off to about 10 people each time. Cady said she will monitor the situation and if necessary, will talk to the director and ask for suggestions on getting our numbers up.

-Weight Watchers – Andrea reported that we have 7 employees signed up for this at work Weight Watchers Session (which is 12 weeks). Currently we are in our 3<sup>rd</sup> week.

-Retirement Wellness Session- Tracy Grajewski and Jerrod Smith (TIAA) will be offering retirement planning sessions on Thursday, February 27<sup>th</sup> at 7 a.m., 11:30 a.m. and 2 p.m. Andrea reported that there were 28 employees signed up at the time of the meeting.

-Lunch and Learn Ideas- Highmark – Highmark offers lunch and learn presentations as well as webinars on various health and wellness related topics. There is a cost associated with the presentations. The committee suggested that we first reach out to our local hospital to see if we can get a presenter for March and April so that there would be no fees associated. If necessary, we will circle back around with Highmark. We have a wellness credit that would offset the cost if we decide to go that route in the future.

-Wellness Rewards- Andrea reported that 115 faculty and staff have signed up for 2020 Wellness Rewards. This figure is up for 107 who signed up last year. The points for preventative doctor's visits was increased on the Wellness Log from 5 to 10 as suggested in a previous meeting.

-Fitness Classes – The committee discussed the fitness classes currently being offered on campus: Yoga with Jen Streb on Thursdays at noon. Tasia White is teaching a Zumba class on Mondays and Wednesdays at 5:15 in the Von Liebig Dance Studio.

### ***New business***

-Step Challenge with Susquehanna – As discussed in the January Wellness Committee meeting, the Step Challenge with Susquehanna will be changed for 2020. It was discussed at the January Wellness Committee Meeting to challenge employees to walk to a warm location. Andrea met with Susquehanna and it was decided that employees would be asked to rack up 2 million steps to get to Florida (approximately 1000 miles x 2000 steps per mile). The first school to reach the warm destination will be the winner of this year's challenge. The challenge will begin on March 16<sup>th</sup> and will run for 4 weeks. Joel suggested a participation prize of personalized beach towels. Those at the meeting agreed this would be a good prize, even though a prize is not generally given for this step challenge. The committee agreed not to announce that there will be a prize.

-Essential Oil Make and Take Class – Cady shared information on an Essential Oil Make and Take class that will be held on March 10<sup>th</sup> at the Huntingdon Health and Wellness Association. Cady will reach out to the committee to see if this is something we should share as well as information received from Drayer Occupational Therapy on a drive that are working on.

Next meeting is scheduled for March 24<sup>th</sup>.