

## Meeting Notes 9/26/17

**Juniata College  
Wellness Committee**  
September 26, 2017; 11:00 am  
Treasure Room - Library

Committee Members Present:

Bethany Sheffield  
Steph Turner  
Kerry Harper

Cady Kyle  
Penny Hooper Conway  
Joel Pheasant

Guest: Genna Kasun

### Old Business

***Genna Kasun-Social Media*** - Genna came to speak to the committee for assistance with our strategic goal of expanding use of social media to promote wellness events. Genna gave an overview of the College's social media pages and the audience for each page. She explained that creating a Facebook page just for Wellness Committee wouldn't be the best way to share information about our events because it is really difficult to get posts to show in everyone's feeds without having to promote them (money). She suggested a number of things the committee could do now to improve communication:

- Create a checklist of methods of communication (daily announcements, digital media, existing pages –Juniata Faculty & Staff, Alfie the Eagle, Juniata Facebook, Class pages for current students)
- Develop message and graphic- share with JA for posting
- Identify ambassadors who use social media to ask them to post and share about your event
- Consider use of hashtags to start a conversation about your event – Juniata should be included ie) #juniatawellness or #bewellatJuniata. Share your hashtag with participants and ask them to post about it.
- Kerry suggested having stickers people could wear saying "I attended the Health Fair" or "I got my BP checked"

***Lunch and Learn (November)***- Next L& L is scheduled for November 14. Deb Kirchof-Glazier will discuss Alzheimer's Disease: Diabetes Type III.

**Blood Pressure Screenings** – Cady noted that at this time College nurse will not be able to provide blood pressure screenings on campus. We will continue scheduling with Pinnacle for the fall, then re-evaluate participation to determine if we will continue for the spring.

**Health Fair** – There are 23 vendors so far for the Health Fair, which is scheduled for October 30<sup>th</sup> from noon – 3 p.m. It is still early, and we are waiting for the hospital to respond. Andrea is going to reach out to those who participated in the health fair last year, but haven't responded yet this year. Andrea has a meeting with Careerlink on October 4<sup>th</sup> to finalize details.

- We will be providing flu shots. The price has increased to \$18 per shot. Cost to employees will be \$5, and Wellness Committee will cover remainder of cost. Nurse Cori will administer shots.
- There will be 60-100 local high school students coming to the fair this year. Andrea is working with Rob and Brittany in enrollment, as well as Mandy Siglin, to plan to talk with students about opportunities at Juniata.

**Biometric Screenings** –74 people completed the screenings. As soon as we receive the aggregate results, Andrea will send them and the committee can review next steps based upon recommendations. Overall screenings went well, and there were many positive comments about J.C.Blair-Pinnacle providing the screenings.

**Weight Watchers** – Not much to report. Enrollment was slightly lower than needed but we moved forward with At Work session. There will be an open house scheduled in October, with discounts for early enrollment for next session.

**Cycling Class** – Shya is changing times a bit in October. This change will go in the announcements. Shya typically has 1 faculty member at the morning class and between 1-4 people at the noon class. She has had a couple of students try it.

**Massage on Campus-** Massage Therapy equipment was moved from the Stone House to an office on the second floor of the Health Center. There was some discussion around scheduling and confidentiality, so the therapist has not yet been able to schedule clients. Cady is working with Cori and Matthew to identify times therapist can come back to campus.

**Financial Wellness**– Val posted announcement regarding on-line TIAA video sessions available on different topics. Faculty and staff can watch these videos at their own leisure.

**November Wellness Activities** –

- Great American Smokeout – JA is working on getting kits to supply on campus
- Thanks-Giving Event – Will be held MonWe will again hold note card writing and food collection campaign. For a food donation, thank you notes can be wing-delivered via Eaglegram through Alfie the Eagle. Kerry noted that her student was interested in planning an event like this for World Kindness Week. Wellness Committee will partner with Counseling Services for this event.

**Wellness Initiatives** – Committee members were asked to query campus staff and faculty regarding our wellness initiatives for feedback that will help our planning. There was generally a great response, and lots of compliments about effort put into planning wellness events.

- Suggestions – An end of day walking group/tour of gym facilities/way to have wellness activity add to your calendar by clicking on it in the announcements (Andrea said she will look at setting up as event)/encouraging supervisors to let their teams know it's encouraged. For CAMPusFIT AMPED-add additional times for an event to suit more schedules. Joel suggested we promote walk to the farmer's market weekly.
- Reasons for lack of participation – As expected, a time issue, not knowing if they are permitted to take part during work/not wanting to get sweaty.

New Business

**Wellness Grant Application** – Grant was approved for Juniata Muddy Runners in the amount requested. Cady will follow up with Dave Hsiung asking him to prepare a Lantern article and submit a picture of the event.

**Wellness Strategic Plan, Next Steps**– Our next steps were to invite Genna to speak, which we have covered, and to invite new members (including student reps) to participate in the committee. This will be completed in upcoming months.

**Other Business** – Joel inquired about Justine's suggestion to committee. Decision was made at last meeting. Cady will follow up.