

College Well-Being Committee
December 5, 2007
2:00 p.m.

Attendance: Joe Wilson, Cher Deeds, Tom Hammond, Kevin Engle, Jackie Ashbaugh,
Alan Boettger, Denise Uitto
Excused: Cathy Warner; Cathy Cooper

1. The agenda was approved with Denise recording the minutes.
2. Reports from members
 - a. Jackie reported that the college counselors are willing to offer presentations for the faculty. The presentations could be on a Friday or another date based upon input from employees as to the best days of the week and times to hold presentations. Joe will clarify with the Dean whether a survey within the College meeting is feasible, or if a paper survey in mailboxes, or an on-line survey is best. The first topic may be aligned with the Stress Fest in February, potential dates are February 20 & 21. The specific date has not been set. The following topics of greatest interest based upon a survey of all college faculty, staff, and contract employees. The Dean will address the topic of effective communication within the college meeting
 - i. Being healthy mentally, physically, and emotionally
 - ii. Effective stress management
 - iii. Exercise
 - iv. Creative problem solving
 - v. Conflict resolution
 - b. Jackie reported that 20 pints of blood were collected during the December 4th Blood Drive.
 - c. Joe attended an audio conference with the Dean on “Health Matters” presented by Penn State. The Dean also wants to promote wellness programs as an on-going focus at the college. The focus was on wellness as a choice that individuals make. A focus was on prevention rather than treatment and the data collected by Penn State indicates that productivity loss is due to poor health habits of employees. Using this idea of promoting wellness, the committee discussed a tentative date of March 28th for offering a baseline health screening program. Questions posed by the committee were whether the activities for wellness would be “on or off the clock,” compensation provided or would the events be free. Another issue would be the need to survey the College staff regarding day and time preferences to determine when to offer wellness programs to best serve the needs of all employees. Joe will contact the Red Cross and Dunlap Hospital regarding services they could potentially offer for a wellness plan and/or health screening opportunities.
 - d. Alan reported that an internal link on the College website has been created to announce wellness programs. The link will provide a referral list for employees regarding wellness services offered by accessible organizations and list Wayne College wellness activities as they develop.

3. Develop wellness workshop timeline for spring
 - a. Potentially coordinate the college counselor's presentation on "being healthy" with the Stress Fest activities.
 - b. A potential wellness workshop beginning with a health screening program will be offered this spring, possibly on March 28th in conjunction with the College meeting.
4. Events
 - a. On December 12th at 11:45am at Maibach Ford Community Room, Joe and Jackie will attend a Wellness Services presentation through the Safety Council. Gerber poultry, Smith dairy, and Will-Burt Company are businesses that will be in attendance. The topic is wellness and how businesses are making wellness programs work for their employees.
5. For the Good of the Order
 - a. A discussion was held regarding the potential need to update the Wayne College Safety Plan. Questions were posed about the emergency response process on the campus for when students get sick or other emergencies occur. Issues about training on proper procedures, requesting information, and safety procedures or emergency procedures were discussed. Joe will present these issues to the Dean.
 - b. A brief discussion ensued regarding this committee's mission statement and the specific activities that are the responsibility of the committee.
6. Adjourn at 3:05pm; Next meeting on February 6th at 2:00pm.

Respectfully submitted,
Denise Uitto

The College Well-Being Committee's mission is to promote community, cooperation, communication, and continuity among the various constituencies of Wayne College.