

College Well-Being Committee
October 2, 2008
3:00pm in Room F-103

Attendees: John Lorson, Joe Wilson, Cathy Cooper, Kevin Engle, Cher Deeds, Alan Boettger, Renee Baker, Denise Uitto
Absent: Jackie Ashbaugh

1. Minutes from May 7, 2008 were approved as written.
2. New Business
 - a. Meeting dates for fall semester: November 6 and December 4
 - b. At December 4th meeting, will set the spring semester meeting dates
 - c. Smoking concerns brought to John when he took students to lower C wing. Questions to pose to College Council: What is the designated area for smoking on this campus? How is this policy being enforced? How is the enforcement of this policy being communicated to everyone?
 - d. Speeding through the parking lot has been another concern raised within the committee. Students come down through the parking lot and into the cross walk without looking for cars. Comment to pose to College Council: How can we address the pedestrian crosswalk to ensure the safety of our staff and students?
3. Old Business
 - a. Campus walking program: Question posed to the committee regarding lunch time activities for employees to walk or exercise. A concern was brought up about the nature trail being covered with sticks and is currently not usable for walking activities. A nature path is used by a group of bicycle riders so a walking path is available if it is cleared off. The suggestion was made for the committee to promote a cleaning project for the nature trail. Cathy will take the proposed project to College Council. Ideas were discussed regarding the possibility of a future walking trail and grant funding to support this idea.
 - b. John distributed the draft of the Healthy U, Employee Wellness Program Summary from The University of Akron. Concerns voiced were the funding for a wellness program and the ease of acquiring a health analysis through a personal health care plan. Previous concerns were the fact that the University would have health information on individual employees rather than the health information remaining private by using our personal insurance company.
 - c. Alan will attend the University Group Insurance and Benefits Committee meeting on October 22nd; Cathy will attend the meeting on November 19th and John will attend the December 17th meeting. Typically information is sent to the Dean's secretary and then routed to the chairperson of this committee.
 - d. John suggested that Jackie schedule a program with someone from the Recreation and Wellness center to discuss the activities and programs available through the center.
 - e. The Wednesday Walk Day at Wayne was approved by College Council but a budget request was not provided in order to purchase t-shirts, water bottles, pedometers, and stars for a chart. According to Cathy Cooper, we need to submit a detailed budget request with dollar amounts to the College Council. John will ask Jackie to schedule a seminar on the benefits of walking by the end of October. The next step is to conduct a survey posted in the mailroom for individuals to have a sign-up sheet that will indicate the interest for a walking plan. John will announce the survey to be conducted and the seminar at the college meeting on October 17th.
 - f. Growing Healthy Habits Community Walk will occur on October 30th. Everyone is welcome to come.
 - g. Kevin will ask Dunhan Sports and/or MC Sports in Wooster to request pedometers.
4. Meeting adjourned at 4:02pm.

Respectfully submitted
Denise Uitto