

College Well-Being Committee
Minutes
March 5, 2008 at 8:30 a.m.
Room F-103

Attendees: Joe Wilson (Chair), Alan Boettger, Cathy Cooper, Jackie Ashbaugh, Tom Hammond, Cher Deeds, Kevin Engle, Denise Uitto

Absent: Cathy Warner

1. The members approved the agenda.
2. The recorder of the minutes: Denise Uitto
3. Reports from members:
 - a. Cathy reported that she shared information about the corporate meeting and the attendance by personnel from this committee at The University of Akron Wellness Committee meetings.
 - b. Jackie gave the dates of upcoming presentations: Stress, Dealing with other people's stress on Wednesday, March 12 from noon until 1:00pm in room A-107 by Carol Haburay and Being healthy mentally, physically and emotionally on Thursday, March 27 from noon until 1:00pm in room A-107 by Andrea Dole.
4. Wellness Meetings for Spring:
 - a. Jackie offered diet and nutrition presentations as possibilities for April through Dunlap Hospital. "Unsafe foods" was suggested as another option.
 - b. Cher suggested a scavenger hunt along the walking paths around the College coordinated with the May cookout. Cathy will take this suggestion to the College Council to determine if this idea is approved.
 - c. Another suggestion was to have individuals wear pedometers at work and after work to monitor the distances walked. Teams of individuals could compete with each other. Incentives would need to be determined.
 - d. "Health Fair Quote" from Orrville Industrial Clinic – Joe reported that he talked with the Dean about having a health fair this spring. The decision was made to wait until the fall to hold a Health Fair depending upon the actions by the Wellness Committee at The University of Akron.
5. Wellness Meetings at Akron
 - a. Alan attended the Wellness Committee meeting at Akron. He reported that a draft charter was distributed and concerns from retired personnel were heard at the meeting. Concerns regarding the budgetary commitment were discussed.
6. Good of the Order
 - a. Joe reported that the Dean may establish a budget line item for this committee for the following academic year.
 - b. Themes for next fall will be discussed at the next meeting. Suggestions: "Wayne walks to Wellness" to support walking as an exercise program. Consider

pedometers that all staff can receive as a part of a give away gift. Pilates, yoga or stretching exercise sessions may be offered during the work day.

Future Meeting Dates:

April 2nd at 8:30am: The committee will discuss the College scavenger hunt, if approved. The Fall themes will be determined.

The meeting was adjourned at 9:15am.

Respectfully Submitted:

Denise J. Uitto

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