

# Recreation and Wellness

MINUTES DATE: SEPTEMBER 11, 2018 TIME: 1:30 PM LOCATION: REC CTR BOARD ROOM

<b>MEETING CALLED BY</b>	John MacDonald, Administrator	
<b>TYPE OF MEETING</b>	Monthly Meeting	
<b>PRESIDER</b>	Kristine Kraft, Chair	
<b>NOTE TAKER</b>	Danica Houlé, Secretary	
<b>ATTENDEES</b>	<p><b>Attendees:</b> Audrey Adam, Debra Gannon Danica Houlé, Kris Kraft, John MacDonald, Alma Olson</p> <p><b>Absent with notice:</b> James Thomson</p>	
<b>Agenda topics:</b>		
<b>1:30 PM</b>	<b>CALL TO ORDER</b>	<b>JOHN MACDONALD</b>
<b>DISCUSSION</b>	<ol style="list-style-type: none"> <li>1. John MacDonald called the meeting to order at 1:30 p.m.</li> <li>2. Review of agenda presented no additional items.</li> <li>3. 7/10/18 Minutes approved following motion made by Alma Olson and seconded by Debra Gannon.</li> <li>4. Welcome to Debbie Gannon, new SEAC representative.</li> </ol>	
	<b>FOOD INSECURITY SURVEY UPDATE</b>	<b>JOHN MACDONALD</b>
<b>DISCUSSION</b>	Representative of student body, albeit low representation. Waiting to receive comparative data from Tim McCarragher.	
	<b>STUDENT UNION FOOD PANTRY UPDATE</b>	<b>JOHN MACDONALD</b>
<b>DISCUSSION</b>	<p>John is exploring additional options to better display pantry items. Presently resides in pop-up credenza but is not very visible. We're working with Salvation Army. Refresh our ideas; there are some pre-made cabinets that John found online that could possibly work. Suggestion presented to submit cabinetry request to USG for funding consideration, which all approved and John will pursue. Food drives, donations, and Salvation Army has donated meal bags. Surveys are available at the counter that requests confidential feedback.</p> <p>A student org has been working with Kris Kraft regarding establishment of an expanded pantry at Polsky Building that could include clothing as well as food goods.</p>	
	<b>NEW BUSINESS</b>	<b>JOHN MACDONALD</b>
<b>DISCUSSION</b>	<ol style="list-style-type: none"> <li>1. Election of Vice-Chair – Audrey Adams unanimously nominated.</li> <li>2. Wellness Incentive Program – Exploring Akron General Life Styles Reciprocation of services – 30% discount on enrollment fees – Membership to Life Style Centers. The Rec Center would provide them an affiliate membership fee of \$210.00. One perk we would like to see is a reduction in cost of medical benefits to employees who are members at a recreation center.</li> </ol>	

- 3. Wellness – preventative health care services to faculty & staff – such as immunizations (shingles shots, cholesterol screenings, etc.). What do we offer; what can we offer, how can we provide incentives to our employees to increase health wellness? There are new tax laws that might also impact how much we can do. Recommendation is to vent through HR. We will invite Sarah Kelley to a future committee meeting. Change 45-day to 30-day trial memberships; provide holiday and breaks access to Rec Center.
- 4. 2018-2019 Goals – Review of goals/action plans & measurements. Kris will update the document. Possible goal: Research cost effectiveness and procedures to implement immunizations; i.e., specific services as a benefit: vaccines such as shingles shot for 55+. TDAP.

**ADJOURNMENT** **JOHN MACDONALD**

**DISCUSSION**      Next meeting: October 9, 2018, 1:30 p.m., Rec Center Conference Room.  
**THE MEETING WAS ADJOURNED AT 2:24 P.M. BY UNANIMOUS CONSENT.**