

Recreation and Wellness

MINUTES DATE: JANUARY 8, 2019

TIME: 1:30 PM

LOCATION: REC CTR
BOARD ROOM

MEETING CALLED BY	John MacDonald, Administrator
TYPE OF MEETING	Monthly Meeting
PRESIDER	Kristine Kraft, Chair
NOTE TAKER	Danica Houlé, Secretary
ATTENDEES	Attendees: Audrey Adams, Alma Olson, Debra Gannon, Danica Houlé, Kris Kraft, John MacDonald, John Roncone, James Thomson Guests: Sarah Kelly
Agenda topics:	
1:30 PM	CALL TO ORDER
DISCUSSION	<ol style="list-style-type: none"> 1. Kris Kraft called the meeting to order at 1:30 p.m. 2. Review of agenda presented no additional items. 3. 11/3/18 Minutes unanimously approved following motion by James Thomson and seconded by John MacDonald.
FOOD INSECURITY SURVEY UPDATE JOHN MACDONALD	
DISCUSSION	Tabled pending receipt of comparative data analysis. T. McCarragher simply has not had the spare time to work on this project.
STUDENT UNION FOOD PANTRY UPDATE JOHN MACDONALD	
DISCUSSION	<p>John MacDonald provided a comprehensive update and next steps to enhance food pantry services to our students. The pantry is well utilized and users are completing surveys; results are being tracked. There has been no increase in homeless traffic at the Student Union. The Salvation Army has had a change of leadership and so services have dropped slightly; however, several departments across campus have contributed food. Ali Doehring is exploring SEFA grant marketing for additional signage to increase visibility. An enclosed shelving system has been selected and decision will be made regarding fit, quantity to be purchased, and source of funding to pay for the added cabinets. Plans are progressing to identify and establish a location for a food pantry in the Polsky Building.</p> <p>Miscellaneous: Contact Anne Bruno to contribute overstocked promotional supplies (i.e., binders, tote bags, etc.). These items will be placed near the Student Union pantry for students to take as needed.</p>

	IMMUNIZATION	ALMA OLSON
DISCUSSION	<p>The recent closing of Student Educational Benefit Trust, which had provided health insurance benefits to students, has resulted in a significant loss of revenue to Health Services. Alma will contact Michael Spayd to explore what vaccination options and extra benefits could be made available to UA's community for a nominal fee. The services would be beneficial to faculty and employees while also providing extra revenue to Health Services.</p>	
	AWARENESS OUTREACH AND EDUCATION	JOHN MACDONALD
DISCUSSION	None	
	HOLISTIC WELLNESS PROGRAMS	JOHN MACDONALD
DISCUSSION	<p>Sarah Kelly, Associate VP, HR, met with committee members to discuss wellness incentive programs/opportunities for UA community. Bottom line: such programs can cost several hundred thousand dollars with a poor or no return of investment to the employer. Ancillary products/services require software/platform purchase to track participation and there is currently no budget to do so.</p> <p>Committee Suggestions:</p> <ul style="list-style-type: none"> • Move the wellness website access to HR to have a stronger employee wellness presence and information (Michael Spayd). Look into tracking and data collection to provide information about how many people checked the site to demonstrate a level of interest. • Can we provide different screening services: depression screenings; nutritional analysis; BMI/physical fitness assessments? Perhaps services can be packaged at a discounted price to generate additional revenue. • HR outreach to campus departments on services that are available to employees and any associated costs. Determine best methods for accessing those services and communicating them to employees as well as the campus wellness website. • Package services and determine best marketing campaign to increase awareness: provide information that summarizes health maintenance guidelines by person's age. Increase social media avenue to give short updates. • Develop campus wellness aspects and establish partnerships before next wellness fair. Doing so would ensure greater publicity through the partners as well as generate increased public participation. 	
	ADJOURNMENT	KRIS KRAFT
DISCUSSION	<p>Next meeting: February 12, 2019, 1:30 p.m., Rec Center Conference Room.</p> <p>The meeting was adjourned at 2:30 p.m. by unanimous consent.</p>	