

# Wellness Committee Meeting Minutes

## August 2017

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### Agenda

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- New Members (Dan Cline, Lindsay Kracht, Angie Schilling & Paula Meyer) Introduced 3 new members; Dan Cline, Lindsay Kracht, and Paula Meyer
- Fitbit Tutorial Lunch-n-Learn (September/after Labor Day) - Who could present this? Team presentation?  
Greta has volunteered to teach this on Wednesday, September 6 at 11:00 and 12:20. Greta plans to bring her class (4 students). Mark B also plans to bring his class (11 students). We will be surveying everyone who comes to see if they are interested in participating in a Fitbit or Next Step challenge.
- Fitbit Challenge or Next Step Challenge?  
The committee agreed that we would be willing to pay \$5 of the \$10 registration fee for each NCC employee that wishes to participate in the Next Step Challenge. If we did a Fitbit challenge, it would be free to participate. After the Fitbit Tutorial Wellness-to-go, we will see what participation we get and go from there.
- Healthy Lunch + why is lunch healthy? Wellness-to-go(November)  
I am checking on pricing with Hy-Vee Catering for providing a healthy lunch. I am also checking in on who will be the new Hy-Vee Dietician and when they will begin. Once I hear back on price from Hy-Vee Catering, we will decide if we want to go through them or if we want to provide our own healthy lunch. This would be a good way to expose the new Dietician to campus and begin a relationship with them. We will make this wellness-to-go an RSVP event.
- Wellness Fair (October 25) -Sandy has ISEBA & Flu Shots arranged for 11-1  
Wellness Fair will take place Wednesday, October 25th 11-1 in Rooms 114/115/117/118 Building A. Morgan checked with TRIO and they changed their Lunch-n-Learn location. Dan was going to check on changing the CRU meeting location for that day. Sandy has arranged ISEBA & Flu shots to run from 11-1. Some new ideas are skin cancer screening & essential oils again. Greta is checking on skin cancer screening. Morgan is checking on essential oils and massages. Please send any other ideas to Morgan ASAP!!
- Healthiest State Walk (October 4)  
We will participate again this year. This event will take place Wednesday, October 4 at Noon. We will plan to meet at the LLRC and walk outside on the trail. If it is raining, the location will be indoors at the LLRC. The goal this year is 30 minutes of walking and extending an invitation to a co-worker, family member, or friend! We will encourage everyone to bring a buddy and walk!! I will send out a campus wide reminder of this event!

- Committee Make-Up: who will be the new vice-chair?  
We discussed who will be the new vice-char. I explained the role of the vice-chair: attending meetings, participating in events/activities, helping formulate new ideas, leading meetings/taking initiative when chair is not on campus etc. The role of vice-chair is really no different than being a member of the committee, but the individual will be the committee chair for the next year beginning in July/August 2018. We are taking volunteers and recommendations until the September meeting at which a voting will take place. It was discussed that it unfortunately can't be Sandy, Jan, or Dee as they are all heading into retirement following this year. If we do not have any volunteers/recommendations, we will vote anonymously at the next meeting.
- Fall 2017 NCC Recess Day? Do we want to try and have this?  
I checked with Nicole and she approved that we could have recess day on Wednesday, September 27 during Days of Thunder week! Recess Day will take place Wednesday, Sept. 27<sup>th</sup> from 11-1. I will send out a sign-up sheet for workers soon. Nicole is adding this to the DOT schedule. I will make a poster and send it out via email to all staff/faculty/students.
- Sanford Profile  
Sanford Profile stopped on campus early this week to check if NCC would be interested in being an Employer Partner. I emailed Sandy and provided her with the information. I have asked Sandy to check on if this program is something NCC could do and if so to also check on employee interest. If we get the interest and it is something we can participate in, the committee will discuss again at the Sept. meeting. This would be free for NCC to be an employer partner.

Members Present:

Mark Bohnet  
Dan Cline  
Greta Giese  
Morgan Granstra  
Lindsay Kracht  
Dee Kreykes  
Pamela Lien  
Paula Meyer  
Jan Snyder