

Wellness Committee Meeting Minutes

Thursday, August 22- 2:30 p.m. C301

Members in attendance: Greta Giese, Morgan Granstra, Brandi Hansen, Rachel Hesebeck, Aimee Jaynes, Pamela Lien, Karinne O’Ram and David Van Egdome.

Members absent: Mark Bohnet, Mark Brown, Lindsay Kracht, Megan Lovan, Laura Lappenga, Allie Mouw, and Angie Shilling.

Agenda:

- **Welcome Back Activity**

Committee members wrote the following on slips of paper: (1) favorite wellness activity/initiate and or favorite part of being on the Wellness Committee, and (2) a new wellness activity, initiative and/or a change they would like to see for the future. Granstra will compile answers and we will complete another activity based on these answers at our next meeting.

- **Summer Recess Day Update**

60 individuals (40 students and 20 staff/faculty) participated in summer recess day on June 26. The location was changed to the lawn area outside of Building A and this seemed to help draw more students to participate. THANK YOU to everyone who assisted with recess day! Discussion took place regarding fall 2019 Recess Day and it was decided that this event will be held again spring 2020. With so many student activities taking place and Days of Thunder week being packed with activities, there is no need for a fall Recess Day.

- **Burst Your Thirst Update**

4 teams and 21 participants took part in the Burst Your Thirst summer challenge. Lindsay Kracht was the Activity minutes winner and Mariah Oliver was the ounces winner. Both of these individuals received Subway gift cards and Kind bars. The winning team was team “Thirsty for Fitness”, which included Tracy Gorter, Aimee Jaynes, Leah Murphy and Mariah Oliver. The team will provide the Wellness Committee with a date of when they would like to hold their Fruit/Veggie Tray Party.

- **Wellness to Go Planning**

- September: Office Ergonomics & Healthy Lunch- Morgan has contacted Laurie Hoskins with EMC Insurance (Laurie was supposed to come to campus this past spring, but event got cancelled due to weather.
- October: None due to the Wellness Fair
- November: Holistic Health (Wellness Solutions)- Brandi will contact
- December: Mental Health Topic (Connections) – Brandi will contact

- **Fall Challenge**

Discussion took place regarding a fall challenge. We have the option of the Next Step Challenge through Live Healthy Iowa, or the option of formulating our own challenge. Although the Live Healthy Iowa challenges are a great option, we already participate in Live Healthy Iowa and Burst Your Thirst. Granstra posed the idea of a Wellness BINGO challenge as we have not done a challenge in this format for a few years. This challenge would be free to participate and would be an individual challenge instead of having to form a team. Committee decided this would be a

great option for fall. Email ideas for BINGO squares to Granstra. This challenge will begin the end of September and run for 6 weeks.

- **Wellness Fair Planning**

- Report on Faculty Feedback: Granstra has received feedback from Faculty members that they are rarely able to make it to the fair due to Wednesday being the busiest day for class schedules. Being that the fair is meant to be for Staff, Faculty and Students, the Wellness Committee will do a better job this year communicating with administration to encourage letting Faculty members bring their classes to the fair (many already do this).
- Date: Wednesday, October 16th, October 30th OR November 6th
- Time Frame: 11:00-2:00 (extend one hour longer this year)
- Location: A114-119
- Other:
 - O’Ram reported she hopes to have more student tables at the fair this year with topics including; Nutrition, Diabetes awareness, BP checks, assistance with Flu Shots, Mental Health & de-stress techniques, and assistance with exercise/fitness.
 - Hansen reported she will work on making this date a “Jeans & pink” day for Breast Cancer awareness. She will report back at the next meeting and after our date is determined.
 - Hansen recommended the flu shots be placed in the fair corner of the room so that individuals have to walk all the way through the fair in order to get their shot. Granstra will make that change on the room layout.

- **Wellness Committee Survey**

Being that we have many new staff & faculty members this fall, we will send out a survey regarding the Wellness Committee to all NCC staff and faculty. Please make any additions to the questions for the and send your additions/changes to Granstra by Friday, August 30th.

- **Open Agenda**

- **Happy Health Habits Program**
 - Giese, Hansen and Granstra will investigate this program further via a Webinar on Thursday, August 29. After more information is gathered, the committee will be updated on the findings and discuss implementing this program into our Wellness Initiatives here at NCC.
- **BNB Wellness Tips**
 - Hesebeck reported that the BNB Wellness Tips will soon run out. If we want to continue including a Wellness Tip in the BNB, we will need to send more tips to Jena for inclusion in the upcoming BNB’s. Giese submitted these tips in the past.

