

**Wellness Committee Nov. Meeting Minutes**  
**Thursday, November 15- 2:30 p.m. A122**  
**Meeting called to order at 2:30 and ended at 3:20**

**Wellness Fair Recap & Feedback**

There were many requests for bags next year. Morgan will check with the NCC College Store, Sanford and, if needed, other vendors to see if someone wants to sponsor our bags for next year (this was done in the past by Sioux County Health Partners).

Nursing student booths were a hit and huge success! The students enjoyed it and we received a lot of great feedback. Karinne discussed having less students work next year or longer shifts for the students.

It was suggested that we change the process for flu shot paperwork. Online insurance card look-up options were discussed. We can talk more about this when Brandi is present at a future meeting.

Sanford Profile feedback was discussed. An employee who put their name down at the Profile booth at the Wellness Fair has been receiving excessive communication from the Profile Representative at Sanford. Greta gave an explanation of the program and explained that the Profile Reps do not have any outside certifications and training is only done through Sanford. Committee did not come to a consensus on if NCC should be a Profile partner. Morgan reminded that this would be FREE FOR NCC, but employees that are interested would receive a discounted rate for the Profile program and items. Morgan instructed members to think about this option and provide feedback to her. For more information on Profile, visit this link: <https://www.profileplan.com/>.

Massages were also discussed. How can we offer more massages? Can we afford to have another Massage Therapist at the fair? Do we reach out to Iowa Lakes Massage Therapy program? Another massage therapy program in the area? Please send any ideas to Morgan. Morgan is looking into pricing and options.

**December Test Anxiety & Meditation Event**

This event will be held on Wednesday, December 12 (during finals week)

The committee decided that we will hold 2 separate 30-minute sessions, one beginning at 11:15 and the other beginning at 12:00.

Leah Murphy will present on Test Anxiety and Melissa Remme-Bohrer, LLRC Yoga Instructor, will present on meditation & complete a short meditation session. The Wellness Committee will sponsor the free snacks at the event!

**November- Healthy Snack & making healthy choices during the Holidays**

Morgan will purchase a variety (Orchard Valley Mix, Kind bars and individual bags of Smart Pop

Morgan shared list of tips provided by Sanford Dietitian, Anna Riley. (see attachment "Holiday Tips")

Morgan will compile list of tips and buy snacks. Available committee members will meet on Mon, Nov 19 at 9:00 a.m. to put together snacks & lists and distribute to all employee's mailboxes!

## **Spring 2019 Events**

### **Hidden in Plain Sight**

This interactive exhibit could be set up on campus for employees to use their detective skills and try to find the drug, alcohol or gambling items hidden in our plain sight. It is designed to raise awareness to parents, educators, etc.

See attachment ("Hidden") for explanation of this display/presentation would entail Committee discussed bring this idea to the Deans to possibly hold on a Faculty/Staff in-service day. This event would NOT be promoted to students.

### **Office Ergonomics & Make Your Own Wrap**

This event would be held in January or February and involve a Home Office Risk Development Representative presenting on Office Ergonomics and easy office workouts, stretches and relaxation exercises. We would pair this with a healthy lunch offered to staff and faculty that participate.

### **Spring Scavenger Hunt**

Start brainstorming ideas for a Wellness themed scavenger hunt! Our goal is to have all details in place by February and begin this in mid/late March 2019. The idea is to have a weekly hunt over a time period of about 4-6 weeks!

## **Live Healthy Sheldon**

Event will run Jan. 14 – March 22 with registration opening Dec. 3<sup>rd</sup>.

Live Healthy Sheldon registration will be \$30.

The Wellness Committee will pay a portion of employee's registration fees on these conditions...

If employee is an LLRC member, committee will pay \$15 and employee will pay \$15

If employee is not an LLRC member, committee will pay \$5 and employee will pay \$25

\*This offers a great incentive to those employees who are LLRC members and still a small incentive to those non-LLRC members.

Greta will send the internal challenges out this year, but committee will finalize these at the December meeting.

## **Other Items**

Committee discussed that we do a great job holding events, initiatives, etc., but how can we be better about creating an, overall, healthier workplace environment. The following ideas were discussed...

Employee water machine- This would add the benefit for employees to have access to cold, filtered drinking water at no cost to them. Greta indicated that this service was just added to the LLRC East (replaced Culligan machine). The cost for the LLRC East water machine is \$80/month regardless of the amount of water used and includes service, etc.

Walkability Study- how accessible is our campus? Yes, this is being looked at, but can the committee look into what/if any walkability studies are being completed? How can we assist in this?

Cafeteria- this has been brought up MANY times in the past. How can we, as the Wellness Committee, be involved in making healthier choices and portion sizes more accessible on campus?