

Employee Engagement and Wellness Committee

Monday, March 7, 2022

3:00-4:00pm

Recording of Meeting via Zoom Here:

No recording this month

Members Present: Cathy Colella, Nathan Rickey, Bethann Talsma, Sara Tanis, Julia Fedeson, Jessica Potter, Ashley Bergkamp, Charles Heidelberg, Aaron Hilliard, Renae Peruski. Absent: Chelsie Taylor, Terri Zirkle McDonald.

Minutes

1. Minutes from the February 7 meeting were approved.
2. Welcome new member Renae Peruski, new Manager from the Wellness and Fitness Center
3. Marketing: The group discussed finalizing the Employee Engagement and Wellness activities so that this information could be included in the next Employee Newsletter. Erin Dominianni is helping to create a special section in the newsletter for our committee. The group also decided to change the description from “Club” to “Meetup” to have a more informal/inviting feel to it.
 - a. Plant Adoption at the Food Innovation Center: Sara Tanis is working on finalizing the details with Ben Bylsma at the FIC. She will email the final description and photographs.
 - b. Euchre Meetup description is complete. Julia is waiting to see how many decks are needed and where the Meetup will be located.
 - c. Cathy would like to start a walking/meditation club.
4. Jessica Potter reminded us about the use of space for clubs and how these should be arranged through Event Services/Astra to ensure we are using the space appropriately.
5. Renae Peruski briefly reviewed and shared the Wellness Wheel which provided a more rounded view of wellness.
6. Note from Renae about potential outdoor meetups/activities having alternative locations/plans.

ACTION ITEMS:

1. Committee Email – Monitor Wellness@kvcc.edu email for participant responses (Cathy, Sara, Chelsie)
2. Submit final descriptions to Cathy before Friday for the newsletter.
3. Continue to research initiatives and collaborations for mission of the committee (ALL)