

# MINUTES

## Employee Engagement and Wellness Committee

**October 7, 2024**

**2:00-3:00pm**

*Members Present: Cathy Colella, Martha Lull, Charles Heidelberg, Ashley Bergkamp, Aaron Hilliard, Renee Martin, Megan Osetek, Jessica Potter, David Kobb*

*Members Absent: Bethann Talsma, Terri McDonald, Noel Corwin, Sara Tanis Renea Peruski, Sheila Eisenhauer*

*Recorder: Mary Kay Pobocik*

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1. Welcome and Approve Minutes from September 2024 Meeting
2. September minutes approved.
3. Committee Celebration/Lunch Meeting Follow Up  
Martin following up on Celebration Lunch.
4. Website traffic  
Colella reported she met with Mike Thompson and asked him to look into webpage traffic. Will learn more soon.
5. Funding opportunities  
Colella will meet with Becky Craft in HR regarding benefits partners opportunities. Colella sent wish list to Hilliard regarding items we'd like to do. Hilliard explained that last year we weren't able to provide some activities due to late request; this year for Fun February he'd like to get items in as soon as possible...movie night especially, so that we can get the funding in place; limited funds available but will consider requests. Bergkamp, will check on the price for movie night to make sure we've got up-to-date pricing.
6. Step Challenge and Wellness & Fitness Center Update  
Peruski was unable to attend but sent this update:  
2nd Annual Step Challenge wrapped up Sunday October 13th.  
150 total participants. 70 as individuals and 80 on 25 teams  
Total college steps = 35,862,367 crushing last years of 26 million  
Winners will be announced in the KV Focus and in an email to all who registered before the end of the week. It was great to see all the campus represented in the challenge.  
  
WFC we will be offering 5:15pm workout classes on Monday and Wednesdays in 6040. The class will be provided by Just Move who currently do the noon hour classes twice a week. The workouts will be 30 minutes sessions that we will on demand style.
7. Athletics/Attendance  
Lull, reported she spoke with Miranda about organizing; employees blackout/whiteout for game and is starting to organize. Suggested to do this next Fun February.

8. Fun February Subcommittee: Martha Lull

Lull reported that a second meeting is planned for October 21 to discuss plans. Potter explained that the first meeting was just brainstorming; this next meeting will create more concrete idea to large group. Potter asked about survey to gather feedback from colleagues. Colella said we've gotten a lot of feedback; difficult getting it organized and getting the event to fly. Survey could include key ideas; then employees could select the ideas they are most interested and best time of day. Surveys should be targeted. Link in newsletter? Brainstorming ideas: best attended was night walk; athletic events, brewing wants trivia night, museum people are excited to welcome colleagues for the planetarium show offerings & collections tours, line dancing at Cowboy UP, bingo with prizes, Lego kits like at summit, crocheting, online gaming. Potter said that after the small group meeting they will bring forward final suggestions to Colella & Hilliard for final approval.

9. Other Updates: All Members

No other items.

Meeting adjourned: 2:30 pm.