

# Employee Engagement and Wellness Committee

**Monday, February 7, 2022**

**3:00-4:00pm**

Recording of Meeting via Zoom Here:

No recording this month

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

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## Minutes

1. Minutes from the January 7 meeting were approved.
2. Welcome new member Ashley Bergkamp from the Library to the committee
3. The group discussed starting up informal employee interest groups or clubs that could provide an opportunity for employees to connect socially, relieve stress, encourage wellness and have fun. These would be during lunch or potential 5:01 activities for now: The group agreed to start the clubs in a fairly simple way with a committee member potentially heading up initial clubs. This may stir up interest for others in the college community to either participate or propose their own ideas.
  - a. Julia Fedeson would like to start a Euchre Club and will put together a description for this.
  - b. Chelsea would like to start a running club
  - c. Cathy would like to start a walking/meditation club.
  - d. Bethann Knitting or Cat Fans : ) . !
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 usually the space appropriately.
5. Marketing ideas: Marketing has agreed to have a monthly Employee Engagement and Wellness feature in the employee newsletter, InFocus. We would like to include something in the newsletter for the March issue so that we can be prepared for the spring plant giveaways.
6. Sara Tanis has worked with Ben at the FIC to identify plant-giving days to employees. She will work on a description about indoor plants improve health and well-being and has recommended that we include a photo of the plant for our March Newsletter space. The dates are as follows:
  - a. Friday, March 25 11am-1pm
  - b. Monday, March 28 1pm-3pm
  - c. Tuesday, March 29 3pm-5pm

ACTION ITEMS:

1. Review the Strengths Materials on the Google Share Drive – (ALL)
2. Sara Tanis will be providing a write up/photos for the spring plants activities (SARA)
3. Committee Email – still needs to be requested (Cathy)
4. Invite new Wellness and Fitness Center Manager to be on committee (Cathy)
5. Submit descriptions of “club” ideas to Cathy before the next meeting. Include brief description who, what, where and how... (Cathy, Julia, Chelsea, and Bethann)