

MINUTES

Employee Engagement and Wellness Committee

September 12, 2024

3:00-4:00pm

Members Present: Cathy Colella, Renea Peruski, Martha Lull, Charles Heidelberg, Ashley Bergkamp, Aaron Hilliard, Renee Martin, Megan Osetek, Sheila Eisenhauer

Members Absent: Bethann Talsma, David Kobb, Terri McDonald, Noel Corwin, Jessica Potter, Sara Tanis

Recorder: Mary Kay Pobocik

1. Welcome new member Sheila Eisenhauer.
2. August minutes approved.
3. Ideas & Updates

Colella hosted Mindfulness on Zoom and in-person; attendance was spotty. She will continue via Zoom; maybe just one or two in-person not at the same time as Zoom. Trying to get the right mix. Planning dates for Fall.

Peruski reported that the step challenge is kicking off on September 16th. All employees welcome. Will run through October 13. Registration on wellness & HR webpages. Committee will support with shirts for random raffle draw; fitness center window is decorated with the number of steps as a college as well as leader boards. Hoping to surpass 26 million steps. Anything cardio can be converted to steps. Additionally, the WFC will also hold lunch time opportunities every day for employees. Employees can use yoga room Tues/Thurs; Pilates/Strengths Mon/Wed; Pool is also open.

Looking for ways to improve employee turnout at athletic events. Heidelberg tried in the past but only about 3 people showed up. Colella suggested we brainstorm later for ways to bring people in. Lull will champion effort.

Lull reported that Brewing is interested in doing something outside of Taps on Tuesday. Maybe trivia or cornhole along with the beer. It would have to be at the Culinary building. They would like more people to come; but really want students to show up. Students/Alumni/Staff/Faculty get 50% off. Lull will organize this too. Eisenhauer suggested trivia around Halloween, horror movies, etc.

Fun February subcommittee will be meeting later in September.

Potter created spreadsheet with other events so when planning we can avoid the busy times.

Colella informed committee that there isn't a budget for this committee and no way to get a budget. Hilliard said there are other ways we can obtain funding depending on what we are planning. Colella shared that the committee would like to bring in a wellness nurse to give special topic lectures and also to bring the chair massage back as it was a big hit with

employees. A third item the committee needs financial support with is a group movie night (with popcorn and a drink). Hilliard advised Colella to contact Becky Craft regarding a wellness nurse. BCBS has options we may be able to use. Also, the Foundation may give small grants for things that would benefit both employees and students. Colella will identify dates and write proposal. Doesn't have to be Fall semester we could wait until Winter semester.

Peruski looking for feedback on t-shirt design for giveaways. Colella shared design. Everyone liked the design.

Colella and Hilliard are presenting at the Admin Plus committee on the work this committee is doing. They shared the draft of their presentation. Hilliard told the committee that a celebration is due for all the hard work the committee has done. He shared his appreciation for everyone's efforts and invited the committee to have lunch together at the CAH. Have a meeting and celebrate the committee's work. Someone on his team will check calendars to find a date that works best for everyone.

4. Webpage Updates

Committee member names need to be updated as well as upcoming events. Let Cathy know if you need a meet-up added to the webpage.

Peruski has tried to get info about the webpage activity. No response yet. Colella will help get info.

Meeting adjourned: 4:00 pm.