

MINUTES

Employee Engagement and Wellness Committee

November 14, 2024

3:30-4:30pm

Members Present: Cathy Colella, Martha Lull, Charles Heidelberg, Renee Martin, Megan Osetek, Jessica Potter, Sheila Eisenhauer, Renea Peruski

Members Absent: Bethann Talsma, Terri McDonald, Noel Corwin, Sara Tanis, Ashley Bergkamp, Aaron Hilliard, David Kobb

Recorder: Mary Kay Pobocik

1. Welcome and Approve Minutes from October 2024 Meeting
2. October minutes approved.
3. Follow Up Items

Colella hasn't been able to connect with IT yet regarding website traffic. She has quotes for chair massages for employees before the holidays. It's affordable. Looking at December 5 & 6 for 10 minutes massages; two therapists at TTC and one at AWH. Will be passing on to Hilliard for approval. She held last day of meditation for fall semester. Decent turn out this semester; usually at least 3 or 4 people attend; some weeks as many as 7 or 8 in attendance.

4. Ideas for employee newsletter items

Colella suggested recipe share, managing stress during the holidays, how to cope with overwhelm/stress during the holidays. Colella suggested a shared document for the entire college with recipes. She asked what the committee's thoughts were. Osetek shared that in grad school they started doing an annual recipe book a couple years ago and it was well received. Committee liked the recipe share idea and agreed with including coping with holiday stress to the newsletter.

Peruski reported that the Winter 100 will kick off in January and will be included in the newsletter. Same as last year. She also reported that the 5:15 pm fitness sessions have had one/two employees attending each night and getting students as well now. Some people want a live instructor but at this level of participation it isn't justified. If more people attended, we could look into a live instructor. WFC will be open during lunch hour at Summit for employees only. Pool will also be open during lunch. Just Move Group is doing strength and Pilates and learn the circuit with WFC team.

5. Fun February Subcommittee

Lull reported they've met a couple times and will meet again on Monday. During the meetings they have shared new ideas and looked at bringing back activities from last year. The subcommittee has created a calendar listing all ideas. They are not looking to fill every day; however, it looks like most days are filled. Taps on Tuesdays are happening. Some ideas will need a budget. Potter coming up with proposal for funding. Osetek shared "Yes and..." an improv technique that is a fun activity that many enjoyed. She did a session at a Museum

conference and received many compliments. It should be a full day workshop though. Martin reminded that the summit proposal form is closing tomorrow; get proposals in soon. "Much to do about dinner": Noel has volunteered to facilitate making a dish for your loved ones. In this class participants will prep food and take home ingredients to complete at home. Will be held in culinary theatre; 40 can attend. Other ideas: Date night with a Book, private planetarium shows at Museum, Cookies and Crafting; having cookies and coffee and people can create a note of appreciation, Night Walk with Sara Tanis, Basketball game with indoor employee tailgate, chair massages, and a Movie Night. Meeting on Monday to discuss details. Colella asked about a flyer to handout at Summit. Potter said they are planning to have a handout but if we can't get printed in time, we will have landing page that will be available for summit. Colella asked what still needs to be done. Lull stated that funding is needed and many of the activities will need admin approval. Potter said they will circle back on dates and will give all information to Colella & Hilliard to take up the chain.

Potter asked if the committee will be doing a Winter summit session. Colella stated there are no plans for this Winter summit. Potter suggested that if we had a Winter Summit presentation it could help promote Fun February. In lieu of formalized survey; maybe use the session as informal survey. Colella thinks it's a good idea and asked to let her know if anyone is willing to help.

6. Other Updates

No other updates.

Meeting adjourned: 4:00 pm.