Wellness Committee

Meeting

Monday, June 13, 2016

12:30-1:00

Denise Bay Julie Baggett

Shannon Crannford Jill Helmer Shila Rakey

Charlene Flanery Bryan Howard Steve Regier

Sara Hawkins Bradley Jennings Tanya Vaughn

Audra Landers Trent Misak

Summer McClure Peggy Roads

Kim Ochoa Josiah White

Kirby Tickel-Hill

1. Wellness Committee Member Changes
   1. We no longer have Cassie Firth as a member.
   2. Continue considering students on your campuses that would make a good valuable addition to our committee.
2. Competed Tasks since November meeting
   1. 2016 Weight Loss Challenge
      1. Began January 19th, Ended April 14.
      2. We had over 40 employees, students and community members participate Northern’s 3rd annual weight loss challenge.
      3. Had a successful and large 5k event “Additude 5k” held on the Enid campus golf course.
3. Task Remaining
   1. NEWLETTER – as you know this is the greatest method that we are using to reach all of our employees with our efforts. Please, help Sara Hawkins as she works to provide NOC with helpful information. If you have any pictures, or if you would like to write an article for the upcoming newsletters that is always a huge help.
4. February Meeting Email Suggestions:

* “I like the idea of the desk concept as well! I was at OU Medical this past Friday. I like the idea of communicating via e-mail.”
* “I like the standing desk idea too.  I used to work at a PT clinic and they would do ergonomic assessments of work stations and evaluate the height of desks, placement of computer equipment, etc. to avoid overuse injuries and things like carpal tunnel.  Not sure if this would be something we would want to get into…..just an idea.”
* “I just spoke with a staff member in the OSU wellness center and she said her department purchased 6 of them  and those who wanted them were able to get them. She said she really loves hers.  I know my department won’t have the money for that.  It would be nice if we could find a grant to help us out.  Do you have any ideas on who to contact to help us with grant?”
* “I know here in the academic affairs office we recently discussed the idea of having the balance balls, most everyone here is interested in them. I like the idea of implementing a similar survey on all campuses to see the general interest in these items.”
* “Since OSU offers the standing desks, would it be possible to find out if those were issued through institutional funds or did they receive a grant to purchase them? If so I will search for similar opportunities that may allow us to include items such as these for employee wellness.”

1. Open Table:
   1. PLEASE RESPOND TO THIS THROUGH OUR GROUP EMAIL.

***“Young people need models, not critics.”***

***~ John Wooden***