

Campus Life Taskforce Meeting Minutes

Notes taken by Scott Scheer

January 22, 2004

The meeting was brought to order at 1:30 PM by co-chair Debra Jones in the President's Dining Room. In attendance were: Debra Jones, Scott Scheer, co-chair, Karen Jones, Lisa Bridges, Thad Harrill, Donna Harrison, Karen Longerbeam, Cindy Martin, Marnie Smathers, Susan Foster & Sandra Boyd. Debra Jones supplied healthy snacks for those who attended. The group was very pleased by this nice gesture.

The following was discussed:

- ☞ Minutes from the November 12, 2003 meeting were reviewed and approved. It was suggested and agreed upon that the Emergency/Crisis Intervention numbers (as composed by sub-committee: Fred Bayley, Pat Harris & Donna Harrison) be presented to the TALC Leadership Meeting for approval and then forwarded to Management Team (if necessary) for final distribution across campus networks, phone books,... In the mean time, Debra agreed to post the Emergency/Crisis Intervention numbers on the Isothermal web site and add a link for the page to the "Quick Links" section of the home page.
- ☞ Karen Jones reminded the group that Johnny Smith's recent Stress Seminars were sponsored by Campus Life.
- ☞ Bob Bidwell's Safety Seminar at 1 PM on Tuesday, January 27 in the Student Center Testing Room is a Campus Life-sponsored event.
- ☞ An upcoming '*Show Your Panthers* (Carolina Panthers-NFL team) *Pride Day*,' is also being sponsored by Campus Life. The entire campus community is encouraged to wear their Panthers wardrobe or dress in black and/or light blue to show Super Bowl spirit. This '*Day*' is scheduled for Friday, January 31, two days before the Super Bowl. Marnie Smathers and Karen Longerbeam took it upon themselves to say they will discuss the possibility of dressing Fred's Flamingos in Panther gear sometime prior to the Super Bowl, and have them proudly displayed in front of The Foundation. Other stress seminars and one of the convocation stress/crisis management workshops with Pat Harris' daughter, Holly Harris, are also being sponsored by the taskforce.
- ☞ Co-chair Debra Jones reminded everyone that the first Healthy Cooking Pot Luck Club is set for Wednesday, February 4 from 12 – 1 PM, also in the President's dining Room. While direct interaction with Debra has been rather spotty, she remains optimistic for a good turnout and of course, good eats.
- ☞ The Campus Life Health/Wellness Survey was discussed. Thirty-one faculty/staff members completed the survey, with the majority indicating a preference for walking, weight-loss, healthy cooking/eating and aerobics. Yoga, although not printed on the surveys, had several write-in votes as a wellness activity. Lunchtime gatherings and

immediately after work were the two most popular times requested by participants. Marnie Smathers and Karen Longerbeam said they would look into the possibility of finding an inexpensive or 'FREE' aerobics and/or yoga instructor. They commented that those classes have historically done very well via Continuing Education and the instructors always get high marks. Marnie and Karen agreed to compile a comprehensive list of healthy activity classes currently offered by Continuing Education for distribution to Isothermal staff and students. There was some brief discussion of how other corporations and workplaces not only encourage health and fitness, they pay their employees to get and/or stay healthy and fit with money for diet classes, exercise equipment, health club fees.... The topic was dismissed after several Taskforce members began discussing the increasingly limited and costly state employees insurance plans.

☞ Other items discussed: Cindy Martin said a new Wellness publication would be researched and compiled for campus distribution. Cindy said the last one was some ten years old or older. One of Cindy's classes is working on this project. Cindy also mentioned that a contra dancing session with Dr. John Quinley, was in the works but not scheduled yet.

☞ The possibility of some type of Bathroom Stall newsletter was discussed. The newsletter would promote campus events, daily humor and a listing of health/fitness classes and activities to help make faculty, staff and students more aware of the many healthy activities and opportunities the institution does offer. Scott Scheer and Donna Harrison agreed to follow-up on the matter.

The next meeting was set for Wednesday, March 3rd at 1:30 PM. The meeting was adjourned at approximately 2:15 PM.