

WHAM Meeting

Tuesday, February 24, 2020



Attendees: (right click box to change to a check mark)

✓ Kelly Fang	✓ Jason Dempster	✓ Lisa Broek	✓ Steve-Murray
✓ Connie Karlen	✓ Susan-Fox	✓ Kelly Borke	✓ Wayne Glass
✓ Tracy Arndt	✓ Randi Hartman	✓ Stephanie Alden	✓ Annie McBurney

Minute taker: Susan Fox

Agenda

Lunch and Learns

Recap of self-care L&L: lots of positive feedback, food from Monkey Temple was great, but way too much food. Tons left over. We'll need to calibrate how much to order; about 15 people did not show up, and with new restaurants it is hard to know how much food they will bring.

- March 25: iBrain: Learning in the Age of Distraction with Erin Walsh from the Spark & Stitch Institute
 - Kelly to create registration form and post promos on website, in the Mac Daily & Events Calendar
 - Lunch order by Annie & Randi from: [Ordering from On's Kitchen Thai](#)
 - Volunteers to help with set-up and clean-up: [Set-up: Tracy and Wayne, Clean-up: Connie and Stephanie](#)
- April 29 options: Nutrition presentation by Jeanette Turner and Kelly Fang
 - Topic ideas: Low inflammatory diet, the movement towards a plant-based diet
 - [The exact topic is still up in the air, but both of the ideas listed here sounded great to the committee](#)

Budget Update (Randi)

- Mindfulness Instructor offered to lower her cost from \$100/hr to \$60/hr and suggested we only raise the price of the class from \$25 to \$30. Break even would be 12 participants. [After some discussion, we decided to start by just reducing the pay to the instructor to \\$60/hr, and to wait on raising the price to participants to see if we hit a break-even point. Might raise the price in the fall if needed.](#)
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Overall Revenue to date is \$12,500, Expenses to date is \$7,500, with future expenses known to be \$3,000. We anticipate breaking even by the end of the fiscal year.

Spring Classes

- Session 1 summary:
 - Enrollments: Boot Camp 7, Circuit Training 30, Monday Yoga 18, Wednesday Yoga 12, Thursday Soma Yoga (21), Mindfulness 15, Dance Cardio 13
 - Cancelled Gentle Yoga for low enrollment. Do we offer it again? No
 - Taking attendance for CT and BC helped ensure that everyone registered
 - Several people missed the registration deadline so we reopened it on an as-needed basis
 - In addition to sending the reminder email before the deadline, we could send an email that let's people know when registration is open. Does this dilute the effectiveness of the Mac Daily?
 - We decided that the more advertising the better, and that sending out an email right away when registration open (to those who signed up in the previous session) might help to avoid last-minute worries about getting enough participants.
 - Should we send an evaluation to the Thursday evening Soma Yoga participants since this is our first time offering Soma Yoga and first time using this instructor?
- Session 2 begins right after spring break on March 23
 - Registration deadline is Wednesday, March 18. When should we open registration?
 - Any changes to class offerings?
 - Can we encourage and promote more people to try the first class for free?
 - We didn't really talk about when to open registration, did we? No changes to course offerings, and we want to try the idea that someone can try the first class for free and then pay to continue. People must email the wham@macalester.edu email address to request a coupon to attend the first class
 - We talked about needing to maintain good relationships with our instructors, especially those who have been teaching here for a long time, like Ariel. We cancelled one of her classes (Gentle Yoga), and we want to be very thoughtful before cancelling a second one if that should look possible.

Well-being Program Update

- Any feedback on Valentine's Day postcards?
 - People seemed happy to get the postcards

- New auto-generated email reminders for the health assessment caused a 10% increase in participation in one week
- Participation is 15% higher than this time last year
- Next on-campus well-being activity will be: The Better Back 4-week activity
 - Registration opens early March
 - Activity runs from March 23 to April 17
 - Participants receive a weekly email, a short weekly newsletter and a tracker to record their progress.
 - Participants finish the activity by completing the recommended strengthening and stretching exercises, and by tracking them for all four weeks.

Progress	February		January	Previous Program Year
	Participants	%	%	%
Health assessment	293	35.5%	24.4%	19.3%
Enrolled in 1st Activity	345	41.8%	33.0%	37.6%
Completed 1st Activity	284	34.4%	28.5%	33.6%

New Business

- Discuss WHAM Committee membership (Connie)
- We started the meeting with a conversation about WHAM committee membership, and how some staff on campus see the WHAM committee as exclusionary, because we have permanent staff members who are on the committee because of their job on campus. Right now Stephanie is on the committee for a limited term, appointed by SAC, but everyone else is permanent. We talked about the role of committee members to do the work that needs to be done, and also to serve as wellness ambassadors to the campus community. After much discussion, we decided that the committee should have 4 permanent members based on their role on campus: Kelly Fang, Jason Dempster, Lisa Broek, and Steve Murray. We would like if possible to have two faculty members, serving rotating appointed terms (but Susan will continue to fill one of those slots until/unless we have other folks step forward who want to take them). Over the next few years, we will phase in all other positions being appointed by SAC for 3-year terms, with the staff members chosen so that each one represents one of the five main “lines” at the college. As of September 2020, Connie and Kelly Borke will step down, and SAC will appoint two people to replace them. As of September 2021, Wayne and Tracy will step down and be replaced by appointed people, and as of September 2022, Stephanie will rotate off the committee and be replaced.

- We also agreed that we will review the bylaws for next meeting and have a discussion then of other changes to the bylaws that need to be made, given the other changes the committee has undergone. We also want to be sure that the committee is aware of anything that is being done in its name.

Tabled items to come back to later

- T-Shirts
 - Sell or give-away t-shirts that allow participants to identify with this part of the Mac community that they feel proud and happy to be apart of: "Mac Boot Camp", "Mac Circuit Training", "Mac Yoga", "Mac Fit Staff/Faculty"
 - Could allow participants to earn it as a reward for attending X number of classes/sessions
 - We didn't discuss this
- Lisa noted that the 5k will be October 10, 2020 in the fall, and that we'll need to be scheduling the flu shots for September.

Proposed Next Meeting Date & Agenda Items:

- Next meeting: March 30-April 2 But if there are issues with second session enrollments, we may meet before then
- Come up with ideas for Chautauqua speakers and events