

# WHAM Meeting



Thursday, April 30, 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: Tracy Arndt**

## Agenda

### Personal Health & Well-being Check-in

- Kelly - asked us all to check in - Everyone seems to be adapting and doing well

### Lunch and Learns

- April 29: Virtual Lunch & Learn using Zoom Webinar
  - iBrain: Learning in the Age of Distraction with Erin Walsh from the Spark & Stitch Institute - 59 Registered; 31 Attended
  - Speaker did a good job of tailoring her presentation to college students and adapting to the Zoom format.
  - Kelly F to reserve Weyerhaeuser for fall Lunch and Learns, but we decided to choose speakers/topics that can be done remotely.

### Budget Update (Randi)

Randi reported we will not be as far over budget as originally estimated as we did not have to pay for two Lunch and Learn lunches. Given the current circumstances and possible budget cuts, we discussed cost cutting measures such as doing all Lunch and Learns via Zoom whether we have to or not to save on the lunch cost.

### Classes - Using to Zoom

- We decided to continue to offer classes over Zoom for the summer. We will go back to regular pricing and be strict on canceling classes that do not meet the minimum in an effort to be responsible with our budget.
    - Circuit Training, Yoga with Ariel, and Dance Cardio with Ariel
    - Annie will check with Devavani about her availability
    - We will offer two 6 week sessions 5/18 to 6/26 & 7/6 to 8/14
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## Well-being Program Update

- We are almost 15% ahead of where we were this time last year (46.9% vs. 32.1%) We decided to combine the Office of President and Investments into one category called “other” if sharing information outside of WHAM as the departments are small.
- Save the Make a Move Team Challenge for the fall to boost camaraderie and include spouses. Incentive deadline is Oct 31, so the challenge will need to start mid-late September.
- No free airline ticket next year so other prize options were discussed.

## WHAM Committee Membership Update

- News on SAC appointees, Steve was not able to attend our meeting, so no update on who.
- Wayne’s committee position will remain vacant next year

## New Business

- Decided to reschedule Mammo a-go-go for fall to coincide with the same week of the flu shot. Flu shot is September 30th.
- Untiedt’s Farmer’s Market is still planning to offer an on-site farmer’s market. Different locations were discussed, but parking would be a problem. Also discussed the possibility of a sandwich board on the corner of Macalester and Grand.

## Proposed Next Meeting Date & Agenda Items:

- Next meeting: August.