

# WHAM Committee Meeting



Thursday, August 27, 2020

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

- |                    |                    |                     |                  |
|--------------------|--------------------|---------------------|------------------|
| ■ Kelly Fang X     | ■ Jason Dempster X | ■ Lisa Broek X      | ■ Steve-Murray X |
| ■ Dylan Walker X   | ■ Susan-Fox        | ■ Sarah Schmidt X   | ■ Tracy Arndt X  |
| ■ Annie McBurney X | ■ Randi Hartman X  | ■ Stephanie Alden X |                  |

**Minute taker:** Steve Murray

## Agenda

### Welcome and New Member Introductions

- Dylan Walker, Digital Content Assistant, Communications and Marketing
- Sarah Schmidt, Associate Director of International Admissions, Admissions

### Committee Goals/Ideas for 2020-2021

- Partner with more POC as speakers and instructors. Future goal: Have more POC represented on the committee.
- Leverage committee members to promote WHAM events, programs and incentives with their respective divisions.
- Be on the lookout for ways to support our staff & faculty or offer a referral to an appropriate resource.
- Others?
  - Stephanie - Should mental health be a specific goal with COVID19 and increase participation in programming
  - Opportunities in events being online, does it give us access to what we normally don't have
  - How can we utilize funds differently without having food costs this year
    - Will not have food costs this year
    - Budget does not have a lot of room even with these cost savings

### Classes - Using to Zoom

- Have some staff who would like classes to be continuous and not have breaks between classes
    - Could we post recorded classes during these breaks?
    - We do have wellbeats that are free and always available
    - The break does allow us opportunities to review offerings
  - Fall Session 1: September 14 – October 23
  - Fall Session 2: November 2 – December 11
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- Registration for Fall Session 1 will open on Wednesday, Sept. 2nd and close on Wednesday, September 9.
- Spouses and domestic partners are encouraged to register and join our WHAM community in staying healthy and well during this unusual time.
- Class offerings
  - Circuit Training, M&W with Taylor
  - Boot Camp, T&Th with Taylor
  - Yoga, Monday with Deevani
  - Yoga, Wednesday with Ariel
  - New: Yoga for Anxiety Management, Thursday at 4:45pm with Jacqueline Vlietstra(mental health focused yoga instructor, works with anxiety and eating disorders)
    - 60 min or 75 min?
      - Classes s
      - he offers are 75 minutes, but could offer a slightly different class to meet the 60 minute time
      - 75 minute class has a weekly skill that the class is built around and is a narrow focus of anxiety management
      - This seems like a great opportunity to reach the goal of something specific to dealing with COVID19
    - \$90 Instructor fee
    - Goal is 16 participant minimum
    - Should we charge more than \$25?
      - Should try \$25 and see how it goes, and run it as long as we are at 10 or more to give it a chance
        - Committee agreed and we will try it
  - Mindfulness, Thursdays with Jane
  - TBD: African Dance on Fridays with Patricia Brown
    - Waiting to hear back from Patricia
  - TBD: Dance Cardio on Fridays with Ariel
    - This is back up in case we do not get African Dance class

### Lunch and Learns using Zoom

- Format: Webinar or Group Zoom?
  - Webinars do not seem as community focused
  - Zoom gives more flexibility and allows us to control breakout rooms
  - We will move forward with using a zoom meeting
- Fall dates:
  - ~~Wednesday, September 16, 2020~~
    - With all of the programming in September and the start of the semester we will begin these in October

- Wednesday, October 21, 2020
- Wednesday, November 18, 2020
- Speaker ideas
  - Joi Lewis, [Joi Unlimited](#)
    - From Hollering to Healing: Radical Self-Care in Challenging Times
    - From Silos to Social Justice: The Anatomy of Belonging
  - Joi is over booked, but recommended another person to cover the same topic
    - Committee likes the topic and we will move forward with that person

## Other Upcoming Events

- Flu Shot Clinic
  - Monday, September 21 from 8am to 12:30pm in CC 207
  - Scheduling online is strongly encouraged but walk-ins welcome
  - Volunteer sign up sheet to be sent out
    - Will need two volunteers each shift due to logistics
    - Jason and Kelly, 7:30 to 9:30
    - Steve Murray and Stephanie, 9:30 to 11:30
    - Sarah Schmidt, 11:30 - 12:30
  - Will check with Andy about plexi glass for check in table
  - Will also keep an eye on reservations so we can direct walk ins to certain time blocks
  - Kelly will check in with campus partners about what has worked for COVID19 procedures
- Mammo a-go-go
  - Wednesday, September 30 from 1pm to 5pm near Jan Wallace Fine Arts
  - Scheduling by phone is strongly encouraged but walk-ins welcome
  - Important to promote with individuals having put off prevent care due to COVID19
- Wellness Virtual 5K
  - Saturday, October 10
  - Submit photo and time for t-shirt
  - Will open it up to students, faculty, and staff
    - Would have cost of shipping to students doing online learning and not in the area

## Budget Update (Randi)

Brought in \$3,600.00 from classes

Expenses at this point is \$2,500.00(still have August payments)

## Summer Session 1

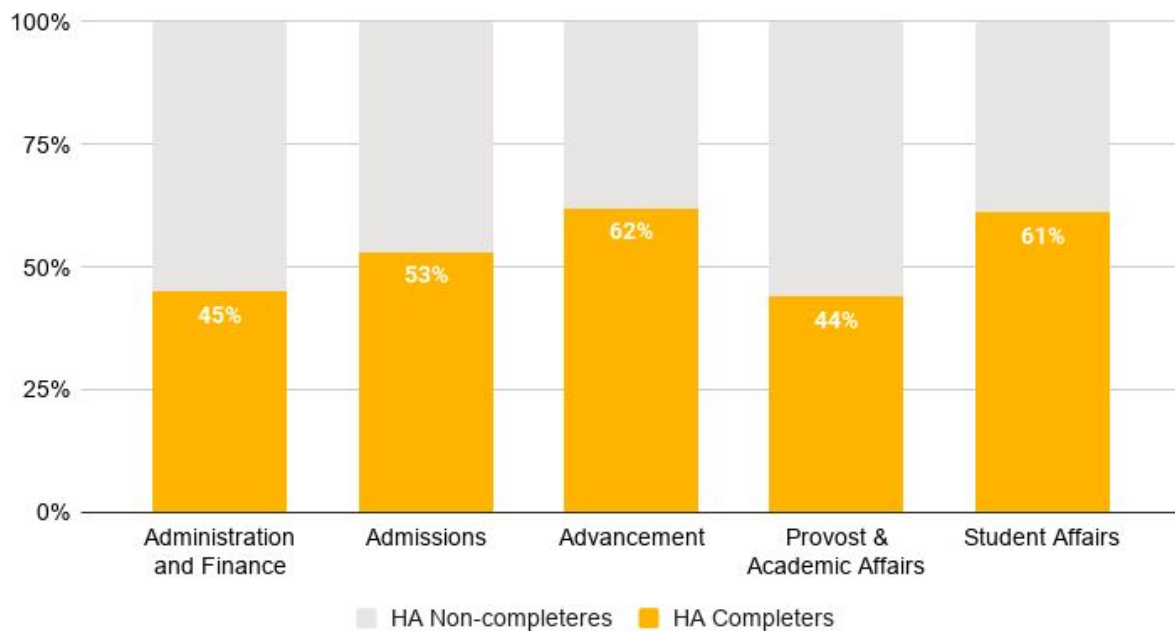
74 Registrants  
 \$1,440 Instructor Payments  
 \$2,135 Revenue  
 CT - 19  
 Yoga M - 16  
 Yoga W - 13  
 Mindfulness - 15  
 Dance Cardio - 11

## Summer Session 2

51 Registrants  
 \$1,440 Instructor Payments  
 \$1,500 Revenue  
 CT - 15  
 Yoga M - 11  
 Yoga W - 8  
 Mindfulness - 9  
 Dance Cardio - 8

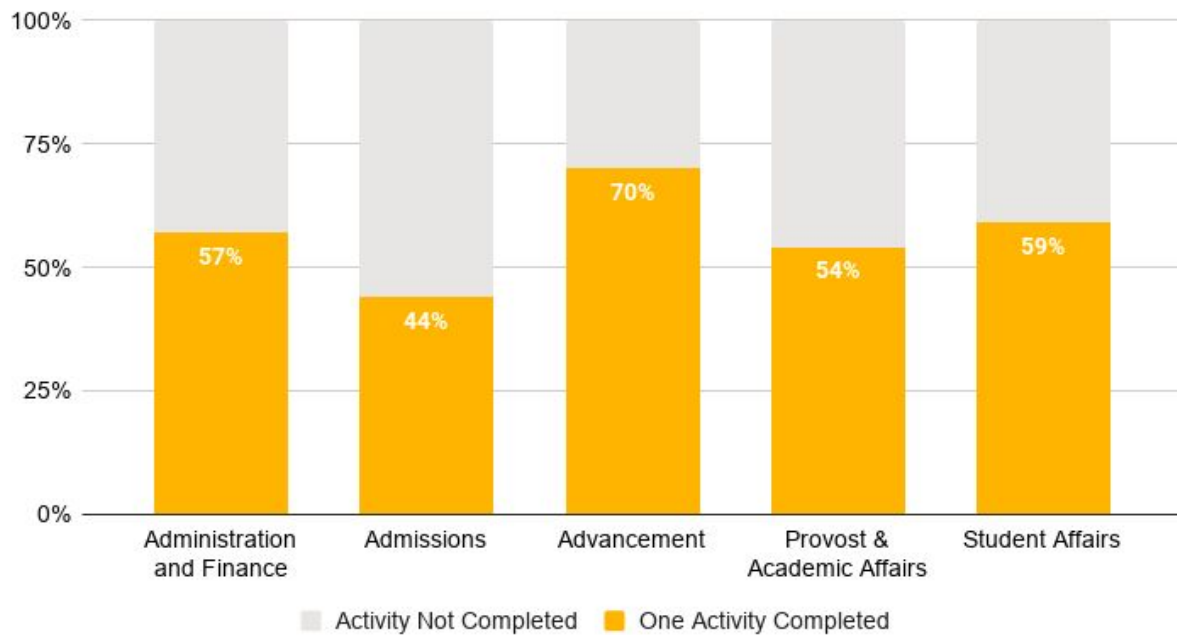
## Well-being Program Update

HA Completions by Division



Kelly has been setting up meetings with the different departments to increase participation numbers. Trying to figure out best timing for these meetings. There is not perfect time, just need to ask and figure out when they will be ok with meeting

First Activity Completed by Division



Yearly exam counts as a program

### Proposed Next Meeting Date & Agenda Items:

- Next meeting:
  - 3rd week of september