

WHAM Committee Meeting



Wednesday, October 14, 2020

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

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

Minute taker:

Agenda

Kelly started off by reminding all of us that part of our role is to be looking out for others' mental health and well being and reminding them of resources available to them.

Activity Classes - Using Zoom

- Fall Session 2: November 2 – December 11
 - Open registration on Tuesday, October 20 to Wednesday, October 28 - Randi said that she is hopeful that classes will be able to go live next Monday, Oct. 19. She and Kelly will talk about this.
 - Free Sample Class of Yoga for Resiliency on 10/15 - 15 signed up so far - that's great! Kelly is very pleased to offer this sample class.
 - Offer 6-week Yoga for Resiliency on Thursdays from 4:45-6:00pm - this will be added to the registration for the next set of WHAM classes, which begin
 - Unable to reach Patricia Brown about African Dance class - so will continue having Cardio Dance on Fridays instead
 - Offering the Flex option for CT and BC again; Taylor to take attendance in chat; Kelly is suggesting that we make sure to advertise that this is an option, hoping to make it clearer this time during the registration process. Note to Taylor: Double check the auto-save Chat feature and whether or not you have to be the host of the meeting for this to work. May need help from ITS.

Lunch and Learns - Using Zoom

- **Wednesday, October 21, 2020**
 - The Revolution Starts from Within: Self-Care through Deep Listening with Rebeka Ndosu, alifeinpractice.com
 - [L&L Zoom Registration Link](#) - 14 signed up so far
 - Roles and responsibilities for Zoom meetings: (this will be happening through Zoom)
 - Registration/RSVP Lead: Kelly
 - Communications Lead: Kelly
 - Host: Kelly
 - Back-up host and technical support: Jason
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- Chat monitor: Randi
 - Kelly is hoping that for future Lunch and Learns - other WHAM members will be able to help share these responsibilities. Before this event, the support team will be doing a practice run through to make sure everything is running smoothly.
- Wednesday, November 18, 2020 - next scheduled Lunch and Learn
 - Thank you for submitting your ideas!
 - Kelly will review and follow up as needed

Recap Events

- Flu Shot Clinic (thanks to Lisa for getting it set up on the front end)
 - 153 regular dose + 4 high dose = 159 total (148 last year)
 - Some may have missed their appointment because of the student death
 - Some students came - when we caught it, we let those with appointments go ahead (they had registered and completed health forms with their own insurance info)
 - Need to update gender options on the form (Lisa will check on this and follow up with any necessary changes) We think that the form said "sex assigned at birth". Lisa also suggests that we can put language ahead of time to let our community know why the wording is set up the way it is.
 - Keep doing online scheduling in the future! All agreed that it really made things go smoothly, and also kept people from having to wait in a long line.
 - The vendor that sends out confirmation emails (reminder emails) was on Pacific time -so people did not get their reminder emails in a timely manner. This seems really strange - and Lisa will also check on this issue.
- Mammo a-go-go
 - 11 visits, only one empty slot left (14 visits last year)
 - Normally they can fit more in, but apts were spaced out for cleaning
- Wellness Virtual 5K
 - 25 staff and faculty registered - officially ended on Sunday.
 - 210 students - including Dr. Rivera who registered as a student by mistake
 - ? completed (will be collecting this info until Sunday)
 - Compared to years' past, number comparison is hard to say because weather is a big factor. Last year 230 or so showed up. On sunny years, they can have up to 400.
 - Registration this year for students was very positive - had to shut down because of the t-shirts. Lisa shared the final t-shirt design. It was fun hearing the story of how it was chosen and the discussions between the students.
 - ? completed total

Budget Update (Randi)

From Randi - as of today:

Our revenue to date \$6000

Expenses to date \$3500

Future Expenses \$1800

Leaves us with a +\$856 in our budget

Just a note: We are paying Jaqueline \$100 for the sample class (still free for participants)

Her class is an hour and 15 minutes, and she charges \$90/hour, so we need to make sure participants understand this.

Well-being Program Update

Notes from Kelly:

- We had another 2.5% increase in health assessment participation this month, and we are 14% higher than this same time last year.
- We had almost an 8% increase in those who enrolled in their first activity this month (Sept.) and about an 8% increase in those who completed their first activity.
- Benefit Open Enrollment meeting on Thursday, October 29 from 12 to 1:30pm.

[Register for the Virtual Benefits Informational Session](#)

Do we want to schedule a meeting with Blake - presenting more in depth data in a future WHAM meeting? Or just wait for a highlighted version at the Open Enrollment meeting?

Jason suggested that we send out the data to the group to preview before our next committee meeting, and then we can ask questions about the data after our review. This was agreed upon.

At the end of the meeting - Lisa suggested keeping more frequent notices in MacDaily about EAP benefits, Mental Health care resources postings - given all of the challenges that our community is facing.

We are curious to know how utilization rates for these services - especially if they changed/increased with the attempts to make extra promotions for the services.

Question at the end of the meeting about whether or not January Thaw will happen this year. Annie isn't sure.

Right now they are hosting a more "fun event" - the first is a trivia night tomorrow (Oct. 15). This may replace the Chautauqua/Thaw events this year. Annie is saying that people are just getting burned out on Zoom meetings.

Proposed Next Meeting Date & Agenda Items:

- Thursday, November 5 at 2:30 pm
Will recap fall registration at this meeting, Lunch and Learn (lessons learned from that event), Open Enrollment recap and also recap of health data.
Next Lunch and Learn Nov. 18.