

WHAM Committee Meeting



Wednesday, April 21, 2021

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

- | | |
|--|--|
| <input checked="" type="checkbox"/> Kelly Fang | <input type="checkbox"/> Jason Dempster |
| <input checked="" type="checkbox"/> Dylan Walker | <input checked="" type="checkbox"/> Susan-Fox |
| <input type="checkbox"/> Annie McBurney | <input checked="" type="checkbox"/> Randi Hartman |
| | <input checked="" type="checkbox"/> Ariel James (new member) |
| | <input checked="" type="checkbox"/> Sarah Schmidt |
| | <input checked="" type="checkbox"/> Steve Murray |

Minute taker:

- | | |
|---|---------------------------------------|
| <input type="checkbox"/> Lisa Broek | <input type="checkbox"/> Steve-Murray |
| <input checked="" type="checkbox"/> Sarah Schmidt | <input type="checkbox"/> Tracy Arndt |
| <input checked="" type="checkbox"/> Stephanie Alden | <input type="checkbox"/> Ariel James |

Agenda

Committee Member Changes

- **Welcome faculty member, Ariel James**
- **Farewell to Lisa Broek**
- **Thank you for your 3 years of service:**
 - Tracy Arndt, Admin/Finance
 - Wayne Glass, Student Affairs

- **Seeking 3 new staff members, each to serve a 3-year term:**
 - One staff member from the reporting line of Admission/Financial Aid
 - One staff member from reporting line of Information Technology Services (ITS) and, (they are soon to become their own division)
 - One from the reporting line of Student Affairs.

Updates from Steve Murray on SAC appointments: nominations have been shared, but have not yet met to discuss nominations.

Activity Classes - Using Zoom

- **Spring Session 2: March 22 – April 30**
 - Strength training: 24 total
 - Circuit Training - 10
 - Boot Camp - 7
 - Flex - 7
 - Yoga M - 6, cancelled
 - Yoga W - 11
 - Dance Cardio - 10
 - Mindfulness - 10
 - **Summer Session 1: May 17, 2021 – June 25, 2021**
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- Registration runs: May 3, 2021 – May 12, 2021
- We do not plan to offer Monday Yoga moving forward unless a group of 10 people are willing to register. (because it cancelled two separate times in a row - this is based on our new WHAM class policy)
- Scott Hintz will be teaching Circuit Training for Summer session 1 and 2 on Tuesdays & Thursdays because Taylor is off for the summer. Boot camp is not offered in the summer because we don't get enough participants to fill both classes.
- Wednesday Yoga will be offered by Ariel
- Mindfulness & Dance Cardio are typically not offered in the summer.

Kelly does not know whether or not we'll be allowed to have any in-person workouts/classes over the summer. Because this is so uncertain, the plan is to continue in a remote fashion for the summer. Hoping that by fall, we will be able to reconsider resuming in-person classes.

Steve also offered that in Mod 5, LC may be opened to all students - still not sure about this, still even less sure about whether or not it would be opened to staff/faculty as well in Mod 5. We'll just need to wait and see what happens.

Lunch and Learns - Using Zoom

- **March L&L Recap:** Transforming your Life through your Space: Using your home as a tool for well-being with Susan Shehata
 - 48 registered, 36 attended live

This was pretty decent attendance for a L&L. Not sure how many viewed the recording afterwards. All agreed that the speaker was well-prepared and organized. Not 100% sure if it affects us positively or negatively. Good name to keep on our roster. Maybe for future would be good to give her specific takeaways to share with our community; not as broad a topic as she covered in her March presentation.

- **Wednesday, April 28: Gardening in the Pandemic for Physical, Mental, and Emotional Wellbeing**
 - [Register here](#) if you haven't already
 - Dylan will serve as the host

Dylan is connected to the presenters - Dylan used to work with the Community Organization in Mpls that the two speakers represent. Dylan is hoping they will share ideas for people who live in apartments and want to garden in some manner.

Spring Bloom (formerly Chautauqua)

- Kelly will give a presentation on loneliness and the importance of social well-being
- Kelly is planning to offer a cooking demo. Topic: plant-based lunches. Other ideas?

Maybe on the air-fryer? She is thinking about incorporating this into the plant-based lunch meal.

Kelly is thinking about lunches @ home, but maybe she'll think about lunches that you can pack? She will see if she can find something to cover each possibility.

Sarah gave a suggestion of ideas for one ingredient for 3 lunches. This is a way to help plan for weekly meal planning. She suggested that this would be a helpful focus. Kelly thought these were great suggestions.

Kelly is hoping to get her promo out for the cooking talk sometime this week.

- Submitted topics/speaker ideas:
 - Processing/discussing what a return to working on campus/in-person will look like
 - Maybe a good topic for EAP to cover?

Kelly knows that this topic brings anxiety to some people. Everything from "I gained weight, my clothes won't fit" to "my sleep schedule will need to change", "when will I exercise?", "I have a dog now, how will I deal with going to work in person?"

Kelly is suggesting having an open forum to provide discussion on the topic, with an emphasis on how to maintain our well being when we return to work. Balancing sleep/health eating/exercise, etc. She is hoping that the group may help to lead discussion?

One idea - create breakout rooms with different topics that people want to discuss. Dylan suggested that REMO might be a good platform for this. Ariel has used a program called GatherTime. Susan has used it before. Uses avatars. Was another interesting platform to use for group events.

One concern that was brought up: people will see who is in each room - can't really privately go to a room without everyone else knowing you are there.

Kelly is also wondering if there will be a campus-sponsored event/topic on this, coming from other college staff/administrators. Maybe it would be good to hold-off on this possible topic, based on the messaging from the President/Senior Staff team? Steve M suggested that it may be better to wait because we don't have info on this.

DECISION REACHED: For now - let's pause on this topic for Spring Bloom.

- Autism Society of MN or Disability Services on neurodiversity

Kelly is connect with Disability Services before reaching out to Autism Society. Maybe they will be able to provide an in-house inservice on this topic.

- RECLAIM - offers both training and on-going consultation to organizations that are interested in improving their ability to work effectively around experiences of sexual orientation and gender identity.

Kelly thinks our campus is doing pretty well as an organization on this topic. But the legal aspect is one that she thinks is lacking - in terms of support for students in schools (in community, that is, not at Macalester). Dylan also suggested that OUTFront might be another organization to present to our community. Kelly will explore this option.

- Poetry workshop to help people process this past year
 - Joe Davis (<http://joedavispoetry.com/>)
 - Diver Van Avery - Family Poetry Project: <https://sparkandstitchinstitute.com/family-poetry-project/>

Kelly is hoping that we will research these suggestions further so that we can share opinions. Diver's name came from "Spark and Stitch" institute speaker. Concept of giving people a space to write and reflect about their experiences this past year. She could help to facilitate this process as a presenter.

Kelly offered to reach out to both names to explore more about what they could offer, cost, etc.

If we have any other ideas for Spring Bloom, send them to Kelly as they are trying to narrow down topic ideas!

Jason said that there is enough \$ in our budget for Spring Bloom to pay for 2 different speakers.

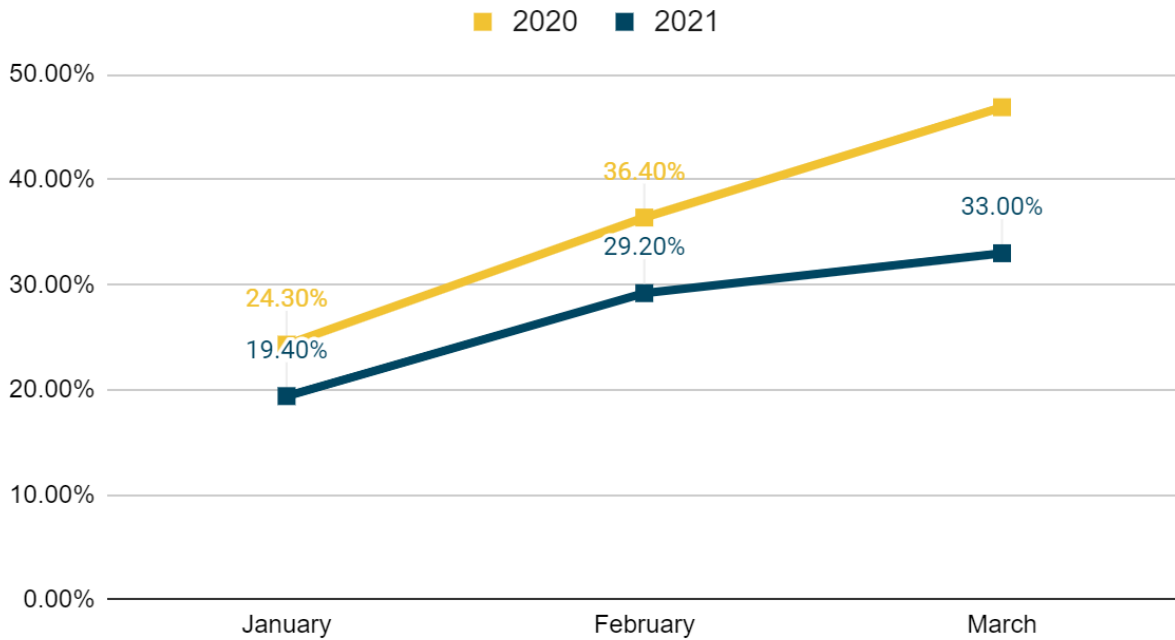
Well-being Program

- **Home Harmony**
 - 38 registered
 - Just wrapped up April 16
 - Evaluation responses due Friday, April 23
 - Results will be summarized and shared

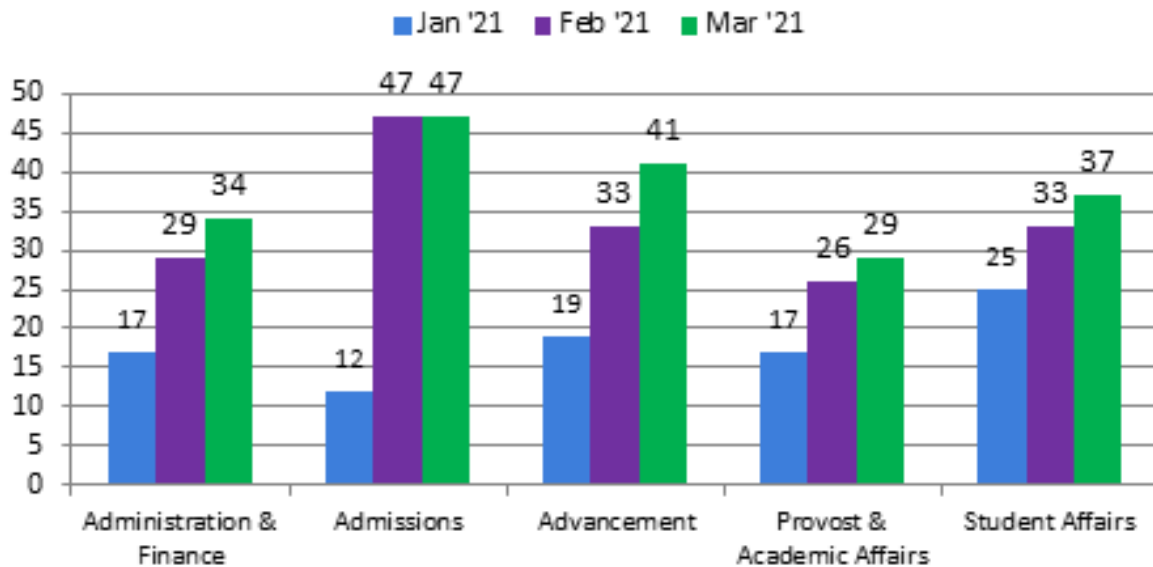
Didn't have specific requirements for the program - Kelly just wanted it to be a source of stress relief. Therefore, she has no idea what responses will be from evaluation.

Health Assessment engagement

Cumulative health assessment completion rate



Percentage of Health Assessment Completion by Division



Creeping back up towards last years' numbers, steady growth in all other divisions. Academics still has the lowest participation rate. Maybe reaching out to them in the summer? Would be a good idea?

Admissions is rocking it (go Sarah!!!)

Budget Update (Randi)

Sitting pretty good. \$1016 as a balance. But reminded us that usually we have lunches at lunch and learn, so in a normal year would be under-budget by now. That's why we have extra funds left this year. We may need to revisit our budget for future, as we haven't had \$ leftover at the end of year. The extra funds allowed us to buy things for next year, to save for speakers, events like the 5K fun run, etc. Maybe we need to think about increasing our budget - it's been the same for the past 20 years. Randi doesn't know the history of the budget. Jason was gone - so he couldn't weigh in on this. Will be a conversation to have with him in the future, to set our expectations for next year. Not wanting to create stress for being under-budget next year, when it doesn't seem likely that with our current budget we can stay ahead.

Proposed Next Meeting Date & Agenda Items:

Kelly doesn't know if this will be our last meeting. She thinks so. She'll send us class updates for Mod 5 registration. She'll keep us updated for now via email. We decided this would likely be our last committee meeting of the academic year.