

WHAM Committee Meeting



Wednesday, October 13, 2021

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

Admin & Finance

- Jason Dempster
- Kelly Fang
- Deanna Seppanen

Student Affairs

- Jen Jacobsen
- Steve Murray
- Kyllian Griffin

Minute taker:

Academic Affairs

- Susan Fox
- Stephanie Alden
- Ariel James

Admissions

- Sarah Schmidt

Advancement

- Dylan Walker

Information Tech. Services

- Ian Robinson

Additional support

- Randi Hartman
- Annie McBurney
- Blake Wise,
HealthPartners

Agenda

Review 2nd Draft of Presentation for President Rivera

- **Decide how to use/share your answers to Dr. Rivera's strategic questions**

Flu Shots Clinic

- **152 shots given vs. 157 last year**
 - Nurse was not given the correct number of supplies but we ran out right at noon so we didn't have to turn anyone away
- **Learning:**
 - Make it MORE clear that it is for staff and faculty, not students
- **Recommendation:**
 - Since all appointment slots were full for the second year in a row, next year we should either extend the hours of the clinic or bring them back on a second day.

Family Fest 5K: SUNDAY 10/17

- **In-person and virtual option**
 - **Register with [Family Fest 5K Waiver](#)**
 - **A great event to promote with your Make a Move teams!**
 - **Volunteers needed?**
-

Mammo a-go-go: 10/12

- **Number of patients served:**

Make a Move Team Challenge

- **Currently in week 5**
- **Any successes or challenges to share?**
- **Best way to announce & celebrate the winning team**

Activity Classes - In Person with masks until further notice

- **Fall Session 2: Registration opens on Monday, Oct. 18**
- **NEW: Neck & Back Workshop** – Friday, 12:05 – 12:35 pm (30 minutes), Deno Fitness Center, November 5 - December 10. Cost \$15
Instruction to help correct posture, regain strength and stability, while reducing pain in the neck and back through proper resistance training exercises. The aim of this class is to educate and inform participants for long term preventative care. Participants will be able to develop a routine that works with their health history and future goals. This class meets once per week for 6 weeks.
Instructor: Taylor Ulrich

Lunch and Learns - Weyerhaeuser Boardroom & Zoom

- **October 20 - Zoom only**
 - When Your Light Dims and Passion Wanes
Trystan Hoffman, MS, Well-being Product Manager, HealthPartners
[Register to attend](#)
 - Need a back-up host
- **November 18**
 - **Tentatively:** Therapeutic Approaches for Healthy Aging
Laura J. Niedernhofer, MD, PhD, Director, Institute on the Biology of Aging and Metabolism, UMN, and Paul Robbins, BA, PhD, Associate Director, Institute on the Biology of Aging and Metabolism, UMN
- **February 2**
 - **Tentatively:** Steve Soderberg, Physicians Neck and Back Clinics **or**
 - Banishing Burnout, Christy Kallevig, Extension Educator for the University of Minnesota Center for Community Vitality
- **February 23 (back-up date)**
- **March 24**
- **April 27**

Well-being Program Update:

- **Wellness incentive deadline: 10/31**
 - Promos last month led to:
 - Student Affairs had a 10% increase in incentive achievement, followed by Advancement with a 5% increase.
 - Overall, 25% of the eligible population has achieved the incentive.
 - There was another 5% increase in HA participation this month, which brought us to a total of 45.8%

Other important dates:

- **Open Enrollment presentations on 10/26 & 10/28**
- **Benefits Fair: 10/27**
 - Order a give-away for the WHAM table?

Budget Update (Randi)

| | |
|--------------------------|-------------------|
| FY 21/22 Reserve Dollars | \$3,000.00 |
| FY 21/22 Revenue Dollars | \$3,885.00 |
| FY 21/22 Expense to Date | \$903.96 |
| Balance | \$5,201.04 |

Next Meeting Date & Agenda Items:

Next Committee meeting: Wednesday, November 17 at 2:00 pm

Meeting with President Rivera: TBD