

Healthy Campus Committee Meeting Minutes:

Feb. 24, 2010 Room 205J

Purpose Statement: Identify and implement strategies to promote good health and fitness among employees and students.

1. **Attendees** – Kelly Vanschaick, Teresa Mattison, Melrene Kaiser, Lynell Wayne, Liz Blazek-Thompson
2. **Chair/Co-Chair** – Lynell Wayne & Liz Blazek-Thompson
3. **Budget** - \$1,500/yr.
4. **Minutes Total** – 240
5. **Next Meeting** – Wednesday March 3 @ 2pm in 205J
6. **Tentative plan:**

March:

- Kelly Vanschaick proposed a ‘Survivor’ with teams starting the first week AFTER Spring Break until Finals week. Teams will NOT be Department based, so that we can get to know new members.
 - Week 1 – Meet your teammates/Bulletin Board creations.
 - Week 2 - Contact Tishara about setting up a staff and faculty massages (shorter times i.e. Four 15min. massages).
 - Week 3 - “Knowledge of the College” Brain Awareness crossword puzzles.
 - Week 4 – Physical Activity.
 - Week 5 - “Knowledge of the College” scavenger hunt (*safety* i.e. What color are caps on eye washing stations?)
 - More suggestions please?
- Lynell & Melrene are contacting Student Senate about putting together drug/alcohol awareness bulletin boards around campus and on the NCTC televisions.

April:

- April 18th is *National Alcohol Screening Day*; Lynell is working on the “e-chug” survey to be available for students on this day. Liz will add this to the ‘*did ya knows*’ in the Pioneer Press for the week of April 15th. Would Mei know if the nursing student clubs would like to help offer the survey to students? Also, as an incentive for student participation in the survey, we could offer free *Virgin Mocktails* set up at a station (if it fits our budget).
- Teresa has contacted Jennifer Derosher to speak about drug/alcohol/over the counter drug abuse in the college population

May:

- Faculty and staff ONLY de-stress room reserved for relaxation during finals week.
- Breakfast for students available during finals week, if we can afford it. Lynell is contacting Cindy and TAHER

Feb. 23rd-Thanks to Kelsey Blowers for organized a presentation on Eating Disorders, thank you!