



Supervisory and Confidential Council

Council Meeting Minutes for March 20, 2007

Members Present: Barb Kalsem, Lynnette Hauser, Cynthia Feller, Marcia Clendenen, Malisa Rader, Lesley Hawkins, and Chris Patton.

Ex-Officios Present: Brenda Behling and Adreliz Calzada-Rivera

Guests: Sally Barclay

Welcome & Introductions

Sally Barclay from the Nutrition and Wellness Research Center presented the following information on programs available to employees:

- Working on building Wellness Program at ISU.
- **Nutrition Clinic for Employee Wellness:**
 - <http://www.fshn.hs.iastate.edu/nutritionclinic/>
 - Contact: Sally Barclay, 4-9625, barclay@iastate.edu
 - Goal: Promote and encourage a healthy lifestyle that will enhance your health and work performance.
 - Works with you on eating healthier – set goals for each individual – employee receives 3 nutrition counseling sessions each year.
 - Next month is cancer control month.
 - Every month has a lunch-and-learn session on health topics.
 - Walking Buddies Program – match a person with someone with a similar schedule. Have talked about a walking club but there are some drawbacks. Buddy program works better.
 - Newsletter with health tips and recipes – call or email if want to be on the mailing list.
 - Website with programs and information.
 - Employee Health and Fitness Day (May 16, 2007) –students will be working with Sally and will have a health fair – will be advertised.
- **ISU Exercise Clinic:**
 - <http://www.hhp.hs.iastate.edu/exercise-clinic.php>
 - Contact: Warren Franke, 4-8257, wfranke@iastate.edu
 - Primary objective: Enable participants in having a program of lifelong physical activity that will reduce their risk for chronic disease, diabetes, and obesity.
 - Different cardiovascular stations and weight stations available.
 - Classes supervised by a graduate student and undergrad students.
 - Classes held MWF mornings, noon, and after work.
 - Step aerobics over the lunch hour.
 - Cost is \$60 per semester and \$110 for 2 semesters.
 - Free fitness assessment for participants.
- **Recreation Services:**
 - <http://www.recservices.iastate.edu/>
 - Offices in State Gym, 4-4980
 - State Pool, Beyer Pool, Beyer, State Gym, and Lied Rec Center are open to employees.
 - Warm water aerobics at State Pool – about \$17-\$18 per semester.

- State Gym has an upper track.
- Lied Rec Center has personal trainers that are students who have passed the exam (they offer reduced prices). The cost to join Lied is \$52 per semester, or \$114 annual.
- They offer fitness classes, yoga, aerobics, and precision cycling.
- Students can come to your building/department and setup classes for your group, ex: yoga class, aerobics.
- Rec Milers Program is an incentive program to encourage activity. You can convert cycling, etc into miles, also get credit for water and fruits.
- **Nutrition and Wellness Research Center (NWRC):**
 - Opening up in the research park.
 - Can participate in research studies.
 - Some employee wellness programs may be located there.
 - Service learning with students will also be housed there.
- **Walkways to Wellness:**
 - www.nwrc.iastate.edu click on “Walkways to Wellness” for measured walking routes on campus.
 - Students will be measuring additional routes and also some routes in buildings.
- Areas to incorporate into wellness program:
 - Stress management.
 - Some universities call it work/life balance – time management.
 - Smoking cessation – new rules at ISU – need to help smokers.
 - Healthy eating options – dining centers have some healthy options but hope to build on it.
 - Managing chronic health problems – helping them.
 - Aging issues – how does this affect our energy levels, productivity, etc.
- Suggestions for Wellness Program:
 - Website needs to be updated under wellness – may need additional links.
 - Have more information on different websites (HR, Provost, etc.) linking to the wellness website.
 - Need to let people know the benefits that are offered. Use as a tool for retention and selling ISU.
 - Link website to inside Iowa State.
 - Currently not tied to EAP program.

Approval of February Minutes: Barb Kalsem moved to accept the minutes as written. Seconded by Marcia Clendenen. All in Favor. None opposed.

University committee, council, board reports:

- **RISCAC:**
 - Last meeting was cancelled due to the weather and has been rescheduled for March 28th in Tama.
- **Benefits Committee:** Diane McDonald
 - No report.
- **Childcare Committee:** Susan Stolfus
 - No report.
- **Committee on Disabilities:** Lesley Hawkins

- At their last meeting they had a demonstration on software that can scan a book to voice for students with hearing impairments. They can adjust the speed and chose to have a male or female voice.
- When students need accommodations they need to be tested which can be costly. They are looking at funding or loans for students.
- If employees have a disability they are to work thru their department and Carla Espinoza.
- **Committee on Women:** Deb Larkin
 - No report.
- **Traffic Appeals Board:** Barb Kalsem
 - The P&S representative will be leaving ISU – he took another job.
- **Transportation Advisory Council:** Ralph Oliver
 - Haven't met yet and will be meeting tomorrow.
- **P&S Council:** Malisa Rader
 - Voting online for seats on the P&S Council is ending this week.
 - Voted on the salary matrix and salary policy.
 - Still trying to figure out the flex pay program and what to do with it.
- **Provost's Office:** Brenda Behling
 - Resource Management Model is being formed.
 - The governor's recommendation is to fully fund salaries. We continue to be at the bottom.
 - The survey for working and learning at ISU relating to number five of the strategic plan is due Wednesday.
 - Performance Management Program is a policy that would govern/guide and insure that evaluations for P&S employees are done. Carla Espinoza did a presentation and then will develop a task force.
- **Human Resources – Adreliz Calzada-Rivera**
 - Fair share – will not be affecting S&C. Tim Cook will be able to join our next meeting if we have questions for him.

Unfinished Business:

- Update of Constitution
 - At the next meeting we will review and make changes.
 - It was decided to combine the election nominations and constitution changes in one email.
- Excellence Awards – Barb Kalsem.
 - Have four nominees.
 - Committee needs to look at nomination form and update for next year.
 - Look at wording for “five years by July 1st”. Different interpretation from nomination form and website.
 - Review retirement wording.
 - Look at P&S form

New Business:

- Need an updated list of employees which will help in our recruitment. Adreliz will send the list to Lynnette.
- Carol is doing a good job on website.
- Will be looking for people to serve on the council – watch for ballots in May.

Next Meeting – Tuesday, April 17, 2007 1:10 p.m., 3150 Beardshear

Meeting adjourned 2:15 pm