
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/](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:
  - 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/](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.
o State Gym has an upper track.
o 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.
o They offer fitness classes, yoga, aerobics, and precision cycling.
o Students can come to your building/department and setup classes for your group, ex: yoga class, aerobics.
o Rec Milers Program is an incentive program to encourage activity. You can convert cycling, etc into miles, also get credit for water and fruits.

o Nutrition and Wellness Research Center (NWRC):
o Opening up in the research park.
o Can participate in research studies.
o Some employee wellness programs may be located there.
o Service learning with students will also be housed there.

o Walkways to Wellness:
o www.nwrc.iastate.edu click on “Walkways to Wellness” for measured walking routes on campus.
o Students will be measuring additional routes and also some routes in buildings.

o Areas to incorporate into wellness program:
o Stress management.
o Some universities call it work/life balance – time management.
o Smoking cessation – new rules at ISU – need to help smokers.
o Healthy eating options – dining centers have some healthy options but hope to build on it.
o Managing chronic health problems – helping them.
o Aging issues – how does this affect our energy levels, productivity, etc.

o Suggestions for Wellness Program:
o Website needs to be updated under wellness – may need additional links.
o Have more information on different websites (HR, Provost, etc.) linking to the wellness website.
o Need to let people know the benefits that are offered. Use as a tool for retention and selling ISU.
o Link website to inside Iowa State.
o 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:
o Last meeting was cancelled due to the weather and has been rescheduled for March 28th in Tama.
• Benefits Committee: Diane McDonald
  o No report.
• Childcare Committee: Susan Stolfus
  o No report.
• Committee on Disabilities: Lesley Hawkins
o 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 choose to have a male or female voice.
  o When students need accommodations they need to be tested which can be costly. They are looking at funding or loans for students.
  o 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