

WHAM Meeting

Tuesday, March 31, 2020



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

- ✓ Kelly Fang
- ✓ Connie Karlen
- ✓ Tracy Arndt
- ✓ Jason Dempster
- ✓ Susan-Fox
- ✓ Randi Hartman

Minute taker: Stephanie Alden

- ✓ Lisa Broek
- ✓ Kelly Borke
- ✓ Stephanie Alden
- ✓ Steve-Murray
- ✓ Wayne Glass
- ✓ Annie McBurney

Agenda

Personal Health & Well-being Check-in

- How are you doing, really?
- What self-care practice is helping the most right now?

Kelly - asked us all to check in - won't share each of our personal responses

Lots going on in everyone's houses

Lunch and Learns

- Cancelled - March 25: iBrain: Learning in the Age of Distraction with Erin Walsh from the Spark & Stitch Institute
- April 29 options: Cancel or host virtually?
 - Erin Walsh willing to facilitate a virtual session.

Kelly is wondering whether or not we should host a virtual session - do we do this? Or cancel?

Discussion with WHAM Committee members -

Steve likes the idea of keeping Erin Walsch on schedule, and doing it Virtually. Maybe also add another Virtual Lunch and Learn.

So.....think we've decided to keep the April 29 date and move Erin Walsh do a virtual presentation on the same topic. Seems like a very relevant topic with all of us working from home. Will keep at same time.

Will we pay her the same fee to present? Then just won't have a lunch bill.

Agreed - will go forward with this. Kelly will follow-up with her and check to make sure she is available for the April 29 date.

Budget Update (Randi)

12,600 revenue

10,750 expenses to date

Future expenses: payments to instructors for spring session, Lunch & Learn (around \$2000)

Right now sitting at +\$50 including future expenses

Randi also went through WHAM Class reservation #'s to date - didn't get the numbers written down, check with Randi on that if you want the specifics. Although this will change daily as registration is open through the end of this week.

Annie has gotten a few questions about circuit training/boot camp and whether or not they need to have specific items to do the work outs. Kelly and her decided to both send out a message to registered participants and put up a note on the website to make sure people knew that they didn't need their own weights ,etc to register for the class.

There was a reminder email that has already gone out to past participants. Do we need another reminder email? Answer: Yes

Registration closes Friday

Is there a minimum? Trying to reach 10. If we don't - will the classes still run? Yes.

Steve is wondering if we should have picked 2-3 classes and made it open to everyone, not paying for service. Kelly F. is torn - thinks that paying a small fee will make people more likely to show up. Fee has been reduced. There are many free resources out there for other people.

Athletics department has also opened up free classes twice a week - open to everyone - not just students.

Lisa was wondering how many non-students attended class yesterday. Steve thought was around 20, but not checking attendance list. Hoping to get better numbers as time goes on.

Lisa talked about Yoga for Anxiety class' popularity - wanted to keep the class (added another section) to keep the feeling of community within Macalester.

Seems like consensus is that we can eat some of the cost. 10 would be ideal but we have some excess because we aren't paying for lunches. Still need to be able to pay for instructors - we are also keeping those instructors employed which is helpful too. Wayne is suggesting that this is an important piece in justifying cost.

Randi says she can update us on registration by email.

Kelly F says it would be good to send a reminder email Thursday or Friday morning - just to get the last hump of people to register. Include info (Jason suggestion): We want to continue to provide these classes and we want to be able to pay the instructors. (Kelly/Randi - will send out reminder)

Spring Classes - Moving to Zoom

- Session 2 begins April 6 through May 11
 - Same class offerings at same times
 - Discount pricing: \$25 for 2x/wk classes and \$15 for 1x/wk classes
 - Promoted it to spouses & domestic partners

Well-being Program Update

- March 31 deadline to complete HA for entry into drawing for a free airline ticket
- Focused on promoting Wellbeats, and other online activities, as well as EAP
- May implement the Better Back 4-week activity if time allows

Kelly F hasn't gotten a final report for March - no updated stats in terms of participation. She's curious to know what happened.

She had a 2 minute presentation to the last faculty meeting at the start of March. Very unusual meeting - Kelly went on stage after the protest. She was supposed to present at the Facilities Services meeting but it was cancelled. She is continuing to promote Well Beats program and EAP.

Kelly F suggested that we all keep our own team in mind and make sure we are checking in with each other. Everyone's home work situation is different - some people are very isolated.

Kelly F may still implement Better Back 4 week activity IF TIME ALLOWS - a big maybe for her right now.

WHAM Committee Membership Update

- Any news on SAC appointees?

Steve - any updates on SAC appointments? He doesn't have any. Meeting SAC on Friday. Will be evaluating the timeline for nominations, etc. Will have more news after Friday, April 3.

With Wayne's departure - will need to add an additional committee position.

After update from Steve - Kelly F and Jason will follow-up and reach out to departments if need new nominations

Steve checked during our meeting and there were 5 names submitted to SAC nominations - good place to start. Will reach out to people to see if they are interested and go from there.

New Business

- Is Chautauqua still happening?

Annie/Jason say no - just too much chaos.

Kellie will reach out to one person booked (DIY personal care products) - cancel her.

Everyone agrees it needs to be cancelled

- Mobile Bloodmobile

Lisa wanted to talk about a blood shortage (Dr. Steph brought up). Wondered if we could bring the Bloodmobile to the LC parking lot. Nathan Lief said that would be fine.

What is the question - does WHAM want to support a Bloodmobile Drive?

? - what does this entail? Who should we use? Would prefer to use Memorial, not Red Cross.

Steve M - if it's just a matter of them using our space, it's fine. But what liability are we taking on when our campus is shut down and we don't want people congregating there?

Kelly B - suggesting that we just put a post in the Mac Daily and ask people to do it on their own.

Jason thinks this is the best thing to do - he would prefer to not have people come to campus when we are shut down.

People agreed - this is what we will do.

Kelly F suggested even posting a list that we could share info about where to find places to do blood donations. Lisa B will get this information and share it with MacDaily so it can be posted.

Proposed Next Meeting Date & Agenda Items:

- Next meeting:

Do we have a final meeting for the academic year?

Yes - we do - wrap up for the year. Maybe end of April? Better than waiting until May. Will be our last meeting.

Kelly F will follow-up with meeting scheduling.

In the meantime, will communicate via email if anyone has questions/concerns.

After classes end, Kelly F/Annie will send out final report, but we might not need to meet.