

WHAM Committee Meeting



Monday, January 11, 2021

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

- | | | | |
|------------------|------------------|-------------------|----------------|
| ✓ Kelly Fang | ✓ Jason Dempster | ✓ Lisa Broek | ✓ Steve-Murray |
| ✓ Dylan Walker | ✓ Susan-Fox | ✓ Sarah Schmidt | ✓ Tracy Arndt |
| ✓ Annie McBurney | ✓ Randi Hartman | ✓ Stephanie Alden | |

Minute taker:

Agenda

Committee roles and responsibilities follow-up (Jason)

Jason stressed that it is important that all committee members are participating and helping out with events and activities of the committee

He went through a slide show that discussed WHAM classes and Lunch & Learns, including some changes to streamline/simplify the work required, as well as places where volunteers are needed:

- Needs for WHAM classes:
 - Volunteer to reserve spaces
 - Steve and Stephanie could do reservations
 - Mac Daily Posts
 - could rotate from session to session
 - Possible instructor confirmation
 - Lisa, Tracy
 - WHAM website
 - Dylan offered to do
 - Timing for WHAM classes; We want to plan out the classes a whole year at a time to simplify things; people will know what is going to be offered and when. Here is the schedule for the week before a class session starts:
 - Tuesday: send current registration roster to instructors
 - Wednesday: enrollment in courses closes at 4pm
 - Thursday: if any courses are not enrolled enough to run, we contact those participants and arrange to switch them to another course or refund their fee
 - Friday: instructors send out meeting invite, refunds processed
 - Monday: class begins
 - Plan for how to handle classes that don't hit enrollment goal
 - First cancellation, we offer it again the next session
 - Second cancellation, we don't offer it again
 - Participants are always offered refund or a different class
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- Needs for Lunch & Learns, volunteers to:
 - Reserve spaces
 - Host event (partnering with Kelly for guidance)
 - Contact speaker, make arrangements, get title and description, and introduce them at the lunch
 - Order lunch and meet with delivery person
 - Setting up lunch
 - Cleaning up lunch

Activity Classes - Using Zoom

- **Winter Session: January 4 to 29**
 - Total registrations = 35
 - Circuit Training: Monday and Wednesday = 22
 - Hatha Yoga: Tuesday and Thursday = 13
 - \$30 for twice per week 4-week session
- **Spring Session 1: February 1 - March 12**
 - Offer our standard class schedule
 - Yoga for Resilience not offered again for now
 - "Normal" Schedule is:
 - Circuit Monday-Wednesday
 - Boot camp Tuesday-Thursday
 - Yoga Monday with Devavani
 - Yoga Wednesday with Ariel
 - Mindfulness Thursday
 - Dance Cardio Friday with Ariel

Lunch and Learns - Using Zoom

- **Thursday, February 4**
 - Dylan is going to be the host for Sam Dylan Finch, a positive psychology/wellness coach and writer in Portland, Oregon.
 - Working on details still
 - Model for future L&L (partnering between Kelly and committee member)
- **Upcoming Dates:**
 - Wednesday, March 24
 - Wednesday, April 28
 - Ideas:
 - [Nicole Cardoza](#) (yoga, social justice)
 - Naturopath doctor (Wellness Minneapolis)
 - Covid vaccine and how it was developed (Lisa)

- Helpful to reach people who aren't used to getting vaccinations all the time (like folks who never get flu shots); people have lots of questions
- Emory Vaccine Development Center (Lisa could follow up with person she saw)
- Kelly can reach out to HealthPartners people who could do a talk
- Steph Walters, Lisa will check with her to see if she knows someone
- How to get started with outdoor winter activities (Steve)
 - Stephanie + Dylan have connections
 - Best to do this in late fall, not this spring
- Something on gardening for April? (Steve)
 - Dylan has gardening connections
 - Community garden stuff in North Minneapolis
 - Maybe pair something about vegetable gardening with something about meal planning with respect to growing produce or using a farm share/CSA
- Others?

Well-being Program Kick-off

- Macalester's well-being portal is now open
- Take your health assessment to start
- Letter was mailed to homes the first week of January
- Kelly kicks off the Facebook Group Wellness Support on January 18
 - 6-7 people signed up already! Hoping for that many, upper limit is 20

Budget Update (Randi)

- Revenue: \$8,800
- Expenses: \$7,750

This is without paying for lunch, we will need next year to consider what is different when we are in person and buying food



Proposed Next Meeting Date & Agenda Items:

- Meet the week of February 8