

# WHAM Committee Meeting



Wednesday, November 17, 2021

**Attendees:** (right click the bullet point to change it to a check mark)

## Admin & Finance

- Jason Dempster
- Kelly Fang
- Deanna Seppanen

## Student Affairs

- Jen Jacobsen
- Steve Murray
- Kyllian Griffin

## Minute taker:

## Academic Affairs

- Susan Fox
- Stephanie Alden
- Ariel James

## Admissions

- Sarah Schmidt

## Advancement

- Dylan Walker

## Information Tech. Services

- Ian Robinson

## Additional support

- Randi Hartman
- Annie McBurney
- Blake Wise,  
HealthPartners

## Agenda

Reflection/Sharing

Budget Update (Randi)

<b>FY 21/22 Reserve Dollars</b>	<b>\$3,000.00</b>
<b>FY 21/22 Revenue to Date</b>	<b>\$5,380.00</b>
<b>FY 21/22 Expense to Date</b>	<b>\$1,915.80</b>
<b>Balance</b>	<b>\$6,464.20</b>

## Outstanding/Future Known Expenses include:

- Jane Fall Session 1 Payment - \$360
- Fall Session 2 Payments - \$720
- \$87.96 from Make a Move Prize
- November 18 Lunch & Learn Speaker - \$250

**New balance is approx. \$5,046.24**

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## January Thaw

- **January 10th-14th**
  - Ideas for workshops, speakers?
  - Committee members invited to present on wellness topic of interest
  - Ask staff & faculty for their ideas?

## Activity Classes - In Person with masks until further notice

- **Fall Session 2 Registrations**
  - Circuit Training - 5
  - Boot Camp - 10
  - Flex - 10
  - Mindfulness - 11
  - Dance Cardio - 10
  - Neck & Back - 6
  - Yoga W - cancelled for the 2nd time
- **Neck & Back class**
  - We made the decision to keep the neck and back class because it is one of the strategic areas we are trying to address. We also wanted to pilot the class to see if it would gain traction.
  - Propose that we survey the current participants to learn about their experience, the effectiveness, how likely they are to take the class again or recommend it to colleagues.
- **Winter Session**
  - Which classes do we want to offer?
  - Class runs: January 3, 2022 – January 28, 2022
  - Registration runs: December 13, 2021 – December 22, 2021
- **Spring Session 1**
  - Class runs: January 31, 2022 – March 11, 2022
  - Registration runs: January 18, 2022 – January 27, 2022

## Lunch and Learns - Weyerhaeuser Boardroom & Zoom

- **October 20**
  - When Your Light Dims and Passion Wanes  
Trystan Hoffman, MS, Well-being Product Manager, HealthPartners
  - 23 Attended
- **November 18**
  - Therapeutic Approaches for Healthy Aging

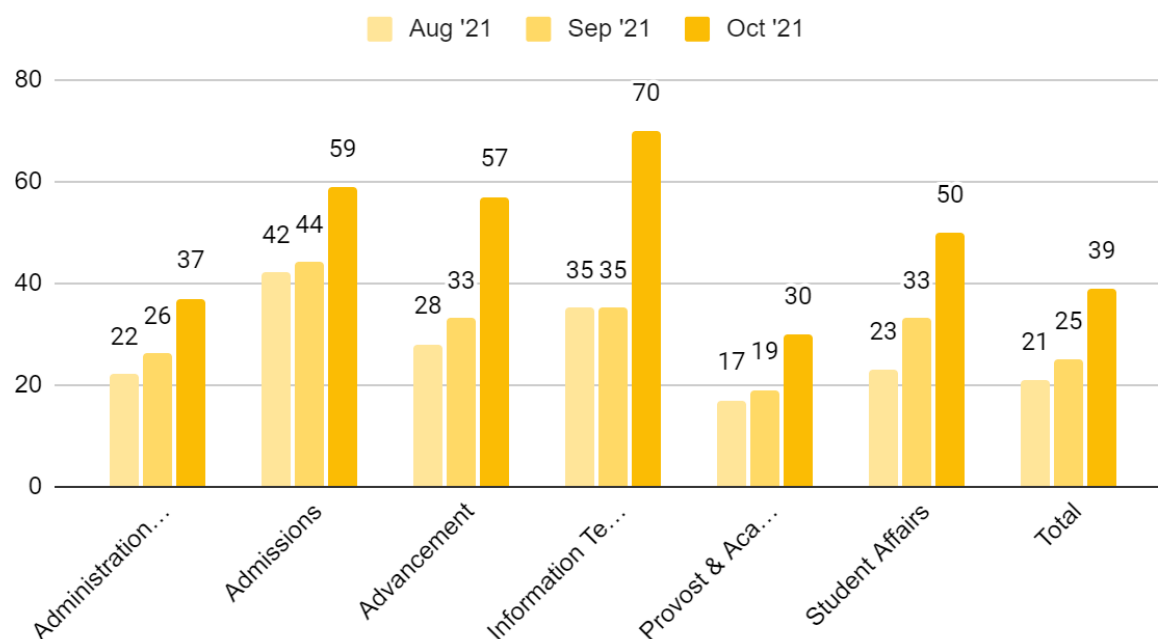
Laura J. Niedernhofer, MD, PhD, Director, Institute on the Biology of Aging and Metabolism, UMN, and Paul Robbins, BA, PhD, Associate Director, Institute on the Biology of Aging and Metabolism, UMN

- 33 Registered; [Register here](#)
- **February 2**
  - **Tentatively:** Steve Soderberg, Physicians Neck and Back Clinics **or**
- **February 23 (back-up date)**
- **March 24**
  - **Tentative:** Banishing Burnout, Christy Kallevig, Extension Educator for the University of Minnesota Center for Community Vitality
- **April 27**

### Well-being Program Update:

- **Strong ending for our well-being program**
  - Health Assessment participation increased by 6% this month to finish at 51.8%, only 6% less than last year.
  - Each division increased their incentive achievement by 11-35% this month with the biggest increase coming from Information Technology, which also had the highest percentage of incentive achievement at 70%.
  - Make a Move Challenge really helped drive participants to the portal.

### Percentage of Incentive Achieved





Other important dates/projects:

- **Prepare kick-off communications for January**

**Next Meeting Date & Agenda Items:**

Next Committee meeting: Wednesday, December 15 at 2:00 pm

Meeting with President Rivera: TBD