Approval of Minutes: The December 2016 minutes were approved

Approval of Agenda: The agenda was approved

Guest Speakers:

Rachel Shreffler; Assistant Director of Health and Wellness-presented information regarding the Guidance Resources Employee Assistance Program that is available to ALL OSU staff and faculty. Please see attachment A for more information.

Treasurer's Report: attachment B

Branch Campus Reports

OSU-Tulsa/CHS: no report

OSU-OKC: no report

OSUIT-Okmulgee: no report

Report of Standing Committees

Rules & Procedures: Melanie Bayles- attachment C

Policies, Benefits, and Budget: Kristin Henderson – no report

Communications: Kaylie Wehr – attachment D

Awards & Recognition: Karissa Lowe – attachment E

Fund Raising: Michelle Chitwood – no report

Events: Sarah Axtell- attachment F

Report of University Committees

Faculty Council Report: attachment G

Department of Wellness: Mary Talley spoke about Attachment H
Officer’s Reports

Secretary’s Report: Toby Tucker – updated information concerning Staff Development Day

Vice Chair’s Report: Jovette Dew – no report

Chair’s Report: Sue Goad – no report

Unfinished Business - none

New Business – none

Announcements – The next meeting will be February 8, 2017 @ 1:15 p.m. in 412 SU- Council Room

The meeting was adjourned at 2:02 p.m.

Respectfully submitted,

Toby Tucker
**GuidanceResources' Employee Assistance Program**

**Why Invest in an EAP**
- Improve employee retention
- Lower absenteeism/premature retirement
- Enhance productivity
- Increase morale
- Improve compliance with a drug-free workplace
- Decrease work-related accidents
- Enhance communication with colleagues and supervisors
- Reduce workers compensation claims
- Promote workplace cooperation

**Why GuidanceResources'?**
- Worldwide leader of Employee Assistance Programs (EAP)
- Global reach
- Extensive network of providers
- Centrally managed EAP
- Holistic assessment
- In-house specialists

**Who is Eligible?**
- All employees (part time & post-docs included)
- Members of the employees household

**GuidanceResources' Services**
- Confidential
- No cost to employee
- Immediate access to license professional clinicians
- 24/7 telephonic support
- Online resources including new chat option
- Crisis response
**Top Services Utilization**

- Family/Reactions
- Michigan Relocation
- Government Services
- Child Care
- LegalConnect®
- Divorce/Separation
- Parenting
- Civil Law

**Other Resources**

- Health Coaching
- FinancialConnect®
- Communications Calendar
- On-Line Expert Information

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**Thank you for your time!**

Rachel Shreffler
106 J Whitelaw
rachel.shreffler@okstate.edu
744-2502
**OSU Staff Advisory Council**  
**Treasurer's Report**  
**January 11, 2017**

### SAC MAINTENANCE ACCOUNT (Year to Date)

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
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<tr>
<td>Balance 7/1/2016</td>
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<td>University Allocation</td>
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<td><strong>TOTAL REVENUES</strong></td>
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### SAC SCHOLARSHIP/PROFESSIONAL DEVELOPMENT

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<td>Homecoming Fundraiser</td>
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<td>SAC Celebration Vendor Tables</td>
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<td><strong>TOTAL REVENUES</strong></td>
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<tr>
<td><strong>EXPENSES</strong></td>
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<td>Office Supplies</td>
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<td>Parking Raffle</td>
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<td>Transfer to Foundation</td>
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<td><strong>TOTAL EXPENSES</strong></td>
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<td><strong>ACCOUNT TOTAL</strong></td>
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### SAC SERVICE AWARD ACCOUNT

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<td>donation from OSUF</td>
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<td>Salaries, Wages &amp; Other</td>
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<td><strong>TOTAL REVENUES</strong></td>
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<tr>
<td><strong>EXPENSES</strong></td>
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<td>Reimb Dist Svc Awards</td>
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<td>Service Awards</td>
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<td>Recapture</td>
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<td><strong>ACCOUNT TOTAL</strong></td>
<td>11,200.06</td>
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Rules and Procedures Committee Report

Both ballot measures passed with little opposition so the changes in the Constitution are now in effect. An updated roster has been posted on the SAC website that reflects the new structure. Address updates are being requested via a sheet that will be circulated during the meeting.

As usual, nine seats will be up for election this year. Two seats are currently vacant, the 7 incumbents are all eligible to run for re-election (Aaron Moore, Jennifer Craig, John Stephens, Jovette Dew, Patrick Joseph, Jr., and Toby Tucker). They will need to notify me as to their intentions.
Communications Committee Updates
January 11, 2017

- Staff Development Day
  - Webpage: https://sac.okstate.edu/sdd
  - Flier complete (on webpage)
- Promotion coming through Facebook, Email; finalizing details
- Will be working with Awards & Recognition to develop DSA ceremony
  Powerpoint/graphics
- Staff Satisfaction Survey on front page of SAC website
Awards and Recognition Committee
January 2017 Report

We have secured a podium for the event from shake, rattle, and roll.
The interviews are Jan 17 & 18 and then we will know our recipients!
Events Committee Report 1/11/2017

We are still working on securing a venue for Staff Celebration Day.

We have tastings with two caterers over the next two weeks. Our final caterers are Mexico Joes and Celebrations. The menus we are tasting follow a Mexican theme.
Faculty Council Report

Very little to report – it was a short meeting!

Adam Queen (Campus Police) gave an update on what the university has in place for training on Active Shooter situations. It was a good overview presentation and we may want to consider inviting him to come speak to SAC. They have a one hour class that they give to organizations, departments, and other groups. There is also a 20 minute general video on the OSU Public Safety website (A Shot is Fired) that is included in the class.

President Hargis stated that there will probably be no increase in the budget for this year. State budget support is only about 15% of overall budget now. He encouraged everyone to look for additional ways we might be able to cut expenditures.
The Department of Wellness
Employee Programs: January 2017

Cowboy Challenge
January 30 - April 28
6:45 a.m. - 7:15 a.m. or 5:15 - 6 p.m.
Seretean Wellness Center
Registration Deadline: Jan. 13
Free, $150 fee for non-compliance

Experience this 12-week, team-based program that encourages health and fitness. The Cowboy Challenge program includes training, nutrition guidance, and pre & post testing. Participants are able to choose one of three available training times that would best fit with their schedule.

Cowboy Boot Camp
Monday, January 18 - May 12
5:45 - 6:30 a.m.
Colvin 4 Gym North
$60 for students, $70 for non-students

FREE for employees - Dine & Train

This program is designed to push the limits of metabolic conditioning while allowing each participant to workout at their own pace. Workouts will consist of high intensity bodyweight strength and plyometric exercises with short cardiovascular intervals.

Choose You
Mondays, January 30 - April 25
12:10 p.m. - 12:50 p.m.
Seretean Wellness Center
Registration Deadline: Jan. 19, 5 p.m. Free, $100 fee for non-compliance

Choose You is designed for people who are concerned about their risk for developing diabetes or those who have been told they are pre-diabetic. Learn how to develop and maintain a healthy lifestyle while lowering blood glucose through this interactive 12-week program.

Wellness Wednesday:
Earthquake Awareness & Personal Preparedness
Wednesday, February 15
Noon
Seretean Wellness Center
Registration Deadline: Feb. 10, noon
Free: $10 fee for no-shows

Join Dr. Todd Hallman, OSU Professor of Geology, and the Oklahoma Geological Survey to learn the science behind earthquakes in Oklahoma. What’s being done to reduce the intensity of earthquakes and how to keep your family safe.

Certified Healthy Departments
Applications Open: Jan. 9
Applications Close: March 10

Become a Certified Healthy Department by providing a healthy environment for faculty, staff, students, and visitors, while supporting the culture for an overall healthier OSU. Certification acknowledges a department’s efforts to foster healthy lifestyle choices for individuals while at work. For more information, contact Mary Talley at mary.talley@okstate.edu.

Innovators Program
Wednesday, March 8
8:30 - 11:30 a.m.
Seretean Wellness Center
Registration Deadline: Friday, Feb. 10

Contribute to America’s Healthiest Campus by promoting wellness initiatives within your department. A 3-hour training session provides the tools and resources necessary to help you facilitate healthy lifestyle choices among your colleagues. Enthusiastic and committed innovators come from all education and fitness levels, and from all positions on campus.