



"The Council that's working for you."

Staff Advisory Council Minutes

Dec. 13, 2017 @ 1:15 pm
Room 412 SU - Council Room.

Guests: Rachel Schreffler (HR Wellness), Liz Tarbuttom (HR), Kim Beard (Wellness), Luci Wilson (GPSGA), Dave Lassen (College of Human Sciences), Joey Keel (HR), Tim Sullivan (HR), Jamie Payne (HR)

Call to Order: Kristin Henderson called the meeting to order at 1:17 pm

Roll Call: A quorum of members was present

Approval of Minutes: November 2017 minutes were approved

Approval of the Agenda: Agenda was approved as presented

Guest Speaker: Rachael Schreffler, Assistant Director Employee Health and Wellness, HR
Rachael discussed WellOnTarget, an employee benefit that includes an online health assessment as well as other tools to help individuals improve their health and wellness. It is available free of charge to all BCBS members. The program also includes self-guided courses on a number of health related topics, resources for health and wellness, and the ability to synchronize fitness trackers so that progress can be monitored. As employees engage in WellOnTarget related activities and fitness tracking they can accumulate "Blue Points" that can be redeemed for all kinds of merchandise (not just fitness related items) in the WellOnTarget marketplace. Also, see attachment for more information.

Treasurer's Report: no report

Branch Campus Reports:

OSU-Tulsa/CHS: no report

OSU-OKC: no report

OSUIT-Okmulgee: Becky Fox – see attached



Reports of Standing Committees:

Rules and Procedures Committee: Paul Leverington

- No report

Policies, Benefits and Budget Committee: Kristi Wheeler

- No report

Communications Committee: Kaylie Wehr

- No report

Awards and Recognition Committee: Monty Stallings

- DSA Top 10 have been selected and will be invited for interviews.
- Continuing to work on setting policies for future DSA awards.
- Monetary amounts have been set: \$3,000 for 1st, \$1,500 for 2nd, \$1,000 for 3rd, 4th-10th get \$100

Fund Raising Committee: Michelle Chitwood

- 12 flower cards are still out, \$900 to deposit

- 1 Improve communications and representation
- 2 Increase SAC knowledge and knowledge of SAC
- 3 Increase fundraising
- 4 Increase diversity of candidates

Events Committee: *Tashia Cheeves*

- Harvest II
 - Waiting on Dearingers to complete the engraving, as soon as they get them back to me we can present.
 - They have agreed to trade services for booth space at Staff Celebration Day
- Blood Drive
 - Looking at February 5th for Blood Drive (Jan dates were unavailable)
 - Confirming with SU for space
- Staff Celebration Day
 - Awaiting confirmation for May 23rd Availability of BPS West End Zone
 - Setting up Tastings for January (Events Committee and Exec)
 - Will update and begin planning details in Jan
- Staff Development Day
 - March 7th
 - Will have Sign up at Jan Meeting

Reports of University Committees:

Faculty Council Report: *Melanie Bayles*

- *President Hargis reported OSU is on the list for more cuts but to stay tuned.*
- *OSU has received 10,000 applications for admission and 7,000 students have been admitted for the Fall.*
- *A recommendation that would require background checks for all new faculty hires was discussed at length.*

GPSGA: *Luci Wilson*

- *Gave a brief update on GPSGA activities and asked for support of request for Congress not to tax Graduate Student Assistantships and Fee Waivers as was being proposed in the new tax bill.*

Department of Wellness: *Kim Beard – see attached*

- *Wellness Center will be open December 26-29.*
- *OSU Employees can swipe their WellOnTarget cards at the OSU Wellness Center and Colvin Center to get Blue Points.*

Officer Reports:

Secretary: *Melanie Bayles*

- *No report*

Vice-Chair: *Ashleigh Hall*

- *Spotlights for the month are Sue Goad and Susan Malec – see attached*

Chair: *Kristin Henderson*

- *Monty Stallings is leaving SAC*
- *Jenny Cundiff will be new chair of Awards & Recognition committee*
- *Hannah Schneeberg is leaving OSU and therefore also leaving SAC*

Unfinished Business:

None

New Business:

New member Alvina Shearer was seated to fill vacancy

Announcements:

Holiday Happenings – TODAY from 2:00-4:00 in the SU Ballroom, all are invited
Next Meeting – January 10, 2018 at 1:15 pm in 412 SU

Adjournment: *Meeting was adjourned at 1:51 pm*



Live Well with the Well onTarget® Member Wellness Portal

The Well onTarget Member Wellness Portal brings you tools to help you set and reach your wellness goals. The portal is user friendly so you can find everything you need quickly and easily.

Explore Your Wellness World

When you log on to your portal, you will find:

- onmyway™* Health Assessment
- onmytime Self-directed Courses
- Health Trackers
- Trusted news and content

See Your Stats in a Flash!

Everything you want to see quickly is on My Dashboard. The dashboard shows all of the Well onTarget programs you are involved in. See where you are today compared to where you started. You can also get the latest health news and check your activity progress.

onmyway Health Assessment

The Health Assessment asks you questions about your health and habits. You then get a Personal Wellness Report. The report shows you how you might make positive lifestyle changes. Your Personal Wellness Report can tell you which program to start first to get the most benefit. You can also print a Provider Report to share with your doctor.



The Well onTarget Member Wellness Portal, available at wellontarget.com, offers you the tools and resources you need to reach your wellness goals.

* onmyway is registered mark of Onlife Health.

Blue Cross and Blue Shield of Oklahoma, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company (HCSC), an Independent Licensee of the Blue Cross and Blue Shield Association

Blue Cross®, Blue Shield® and the Cross and Shield Symbols are registered service marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans.

Well onTarget is a registered mark of HCSC.

Life Points**

Small rewards can help you to make changes to meet your goals. With Well onTarget, you can earn Life Points for making healthy choices. If you enroll in the Fitness Program or take your Health Assessment, you earn points. You can also earn points when you achieve milestones in the Self-directed Courses. Redeem your Life Points for a large selection of rewards in the online Shopping Mall.

Health Tools and Trackers

Tracking what you eat and how much you work out each day can help you reach your goals. But keeping track of all that you do can be time-consuming. To make it easy, the Well onTarget portal has an interactive Food and Exercise Diary. You can track all your nutrition and fitness data in one place. The diary will track your progress toward your goals. You can record how many glasses of water you drink. An online pedometer measures the steps you take.

Other health trackers are sleep, stress, blood pressure and cholesterol.

The portal also offers a Symptom Checker. When you don't feel well, this feature can help you decide if you should see a doctor.

onmytime Self-directed Courses

These 12-week courses allow you to study on your own time. Taking these courses helps you get to the next level of wellness. Course topics are nutrition, weight management, physical activity, stress management and tobacco cessation. You can enroll in up to three Self-directed Courses at a time.

Through the "Progress Check-In" feature on the Dashboard, you can fill out Milestone Assessments.

This feature will help check your progress in each course you've joined. You can then view a personalized report with actionable recommendations.



Your Well onTarget Member Wellness Portal experience is personalized for you based on your answers to the Health Assessment.

** Life Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal for further information. Your company may have additional reward programs in place to encourage you to take advantage of certain preventive care and wellness activities or for making healthy changes. Check your employee benefits.

SAC BRANCH CAMPUS REPORT

OSUIT, OKMULGEE

Submitted by Becky Fox, OSUIT FSC Staff Representative, December 13, 2017

Becky Fox has been with OSUIT for five years in the administrative assistant position for The Center for the Advancement of Teaching & Learning. This department provides support for the faculty and staff, providing professional development as well as support and advice for the faculty as they build their online courses. The Center also provides rooms for a variety of meetings.

The Grand Old Post Office

In 2014, OSU Institute of Technology began studying a unique opportunity to show its commitment to the Okmulgee community while simultaneously increasing housing options for students. In early 2015, OSUIT purchased two properties in downtown Okmulgee, the *Grand Old Post Office* complex, and the Bell Block Building. The Grand Old Post Office (GOPO) complex consisted of two connecting buildings: Okmulgee's original post office built in 1918 and the Barksdale Apartment Building, completed in 1919. The plans for this property included renovating the buildings into a student-housing complex for nontraditional students. Architects and construction firms were Tulsa-based firms.

During the demolition work, elements of the original building such as skylights, interior doors, hardware, industrial doors, even wood moldings and wooden floor joists were saved to be repurposed within the renovated building. The ground floor had to be excavated in order to level the various different floor heights. The original staircase had to be rebuilt because of extensive damage. An elevator was also installed.

The GOPO will house 75 students in 38 apartments, flats and loft-style. Each apartment includes bedrooms, living area, full kitchen, and bathroom. None of the apartments has the same floor plan as the architects used all their skills to cut out apartments in two buildings that had had two very different purposes. There is a one-bedroom apartment while the majority of apartments have two bedrooms. There is one four-bedroom apartment since there was not enough room to have two two-bedroom apartments both with kitchens; thus, they created a four-bedroom apartment with one kitchen. There are a number of common spaces including a community kitchen, laundry facility, study nooks and outdoor patio.

The ground floor has a modern industrial theme while the second floor takes one back to a previous century. All the interior doors were retained to keep the atmosphere of a turn of the century apartment building. Two prominent architectural features are the light wells that stretch from floor to ceiling. This provides natural lighting to all the apartments. The brick walls have been preserved where they could be. The original skylights were discovered and repurposed as light fixtures in the common areas.

These apartments will be available to students that are at least 21 years old. Students currently enrolled and living on campus will have priority in housing assignments to the new residence halls. First time students will be assigned available space on a first-come, first-served basis.

For more information, visit the OSUIT website: https://go.osuit.edu/physical_plant/gopo.

The Department of Wellness

Employee Programs: December 2017

Shape Up

Jan. 26 - Apr. 27

The Shape Up program is designed for individuals who are not currently exercising, or do not workout very often. Throughout the program, participants will learn about their overall physical fitness levels, and how to improve their values through structured group exercise routines.

To register, fill out an application at wellness.okstate.edu/department-wellness-activity-application

Cowboy Challenge

Jan. 22 - May 18

Cowboy Challenge is a 16-week team based program, combining three teams of ten, on a journey to a healthier you.

Program components include pre- and post-program health and fitness assessments, physical activity with a personal trainer and nutrition guidance.

To register, fill out an application at wellness.okstate.edu/cowboy-challenge-application

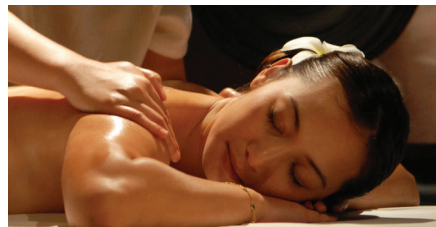
SWEAT

Jan. 22 - May 11

The S.W.E.A.T. program is designed for individuals who are currently exercising regularly and are looking for more intense exercises. The program will incorporate high-intensity based exercises utilizing different modes of resistance to assist with increases in cardiovascular performance and muscular endurance.

Registration fee: \$100

To register, fill out an application at wellness.okstate.edu/sweat-application



Well onTarget®

Phone 405-744-WELL (9355)
Web wellness.okstate.edu
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Instagram @OSUWELL
Twitter @OSUWELL
Snapchat OSUWELL

Wellness Wednesday

Wednesday, Jan. 17

Noon-12:50 pm

Seretean Wellness Center

Registration Deadline: Jan. 12 at noon

Join Cosette Joyner Armstrong and learn how the "hedonic treadmill" of consumption in Western society is one of the greatest contributors to waste on the planet.

To register call the Seretean Wellness Center 405.744.WELL (9355) Monday-Friday 8-5 p.m.

Massage Discount

Jan. 2 - Jan. 31

The Department of Wellness maintains a holistic approach to leading a healthy lifestyle. In addition to physical activity, nutritional balance, and managing stress, the staff believes in the benefits of massage therapy.

We are offering 15% off 60 & 90 minute massages for all OSU faculty and staff in the month of January.

To register call the Seretean Wellness Center 405.744.WELL (9355) Monday-Friday 8-5 p.m.

Well onTarget

Fitness Works is another opportunity from Blue Cross Well onTarget. Fitness Works connects your workout with the Life Points program. You can earn Life Points each time you visit the Colvin Recreation Center or the Seretean Wellness Center and then redeem them for valuable rewards.

Enroll Today!

Log in to Blue Access for Members then choose Fitness Works under Quick Links (top, right hand side of the screen). OR call (888) 762-BLUE (2583), Monday through Friday, 8 a.m. - 9 p.m., and a customer service rep will enroll you.

SAC EMPLOYEE SPOTLIGHT

SUE GOAD

SENIOR ADMINISTRATIVE SUPPORT SPECIALIST



Who is your hero and why? My Grandmother, Lottie Mitchum Goodwin. She showed me by example how to have a servants heart and do it with love and joy.

What is something about you that would surprise people? I drove an 18-Wheeler Truck over the road for 6 years with my husband.

What is one of your guilty pleasures? Cheesecake

What is something you would like to learn to do? Relearn how to play a piano and flute.

SAC EMPLOYEE SPOTLIGHT

SUSAN MALEC

COORDINATOR, DISTANCE EDUCATION SUPPORT SERVICES IN
HUMAN SCIENCES



Who is your hero and why? I attended graduate school with someone named Joy. Joy lived with Cystic Fibrosis and was hospitalized several times during school to have her lungs pounded on to assist in her ability to breathe. With each visit I made to see her when hospitalized, she always greeted me with a smile and I never heard her complain about her disease. She lived out her name fully and was a giver of joy and joyfulness to all she encountered.

What is something about you that would surprise people? This fall, I have started to incorporate Work Out Wednesdays in my office. We go to the Seretean Wellness Center and lift weights each and every Wednesday.

What is one of your guilty pleasures? Ice Cream is one of my favorite desserts, only to be topped by the homemade variety with hot fudge sauce.

What is something you would like to learn to do? When my spouse and I were first married, I begged him to buy me a guitar. He purchased me a terrific guitar and it sits year after year in the corner of a closet. I do hope to learn how to play it someday.