



Staff
Advisory
Council

Staff Advisory Council Minutes

August 1, 2018 @ 1:15 pm
Room 412 SU - Council Room.

Guests: Pamela Stokes (UHS), Dr. Tamera Richardson (UHS),

Call to Order: *Melanie Bayles called the meeting to order at 1:15 pm*

Roll Call: *We had 17 members present.*

Approval of Minutes: Motion to approve July minutes was made by Kimberley Meints. 2nd was made by Aaron Moore. *June 2018 minutes were approved*

Approval of the Agenda: Motion to approve August agenda by Kaylie Wehr. 2nd was made by Jenny Cundiff. *Agenda was approved.*

Guest Speaker: Pamela Stokes with University Health Services. Pamela is the Associate Director of Clinical Operations. She shared with us several new things happening at UHS, starting with the implementation of a drive through pharmacy. They have also broke ground on the new Employee Only Clinic. There will be a separate waiting room dedicated only to faculty/staff patients. It will be located on the west side of the building where the Women's Clinic is currently located. The clinic will include a physician who is solely dedicated to staff/faculty patient care, reduced co-payments and discounted prescriptions. The target date of service is September 1, 2018.

Additionally, she shared with us a little about the full time Licensed Dietician at the clinic. Please see **Attachment A** for more details.

Wrapping up, she shared with us that the clinic now has an EAP Psychologist named Dr. Tamera Richardson housed inside UHS. Blue Cross and Blue Shield members are allowed 6 free visits. Her services are also available to dependents to benefit eligible employees.

Officer Reports:

Treasurer Report: *Sarah Axtell*

- No report since the meeting was held a week early.

Secretary: *Ashleigh Hall*

- *Invited Jamie Payne to speak on behalf of the employee shared leave policy. I plan to have her speak at the next meeting she attends.*

Vice-Chair: *Tashia Cheves*

- *Will be ordering new shirts with Eskimo Joes, getting style options and will gather sizes once we determine type of shirt.*
- *SAC Spotlight – John Stephens*
- *Chairs, please send me your committee meeting schedules so I can begin attending those meetings*

Chair: *Melanie Bayles*

- *Sending e-mail with SAC logo for council members to use with e-mail correspondence. Also, sending e-mail getting a pole for interest in door placard to show council membership.*

Branch Campus Reports:

OSU-Tulsa/CHS: David Juergens *no report*

OSU-OKC: Keri Smith – We are currently just winding down from summer semester and ramping up for fall, working on a new Wellness initiative for staff at OSU-OKC, and coming up with some ways to boost morale and show appreciation for staff on campus.

OSUIT-Okmulgee: Briana Johnson – Annual elections are coming up on the 28th of August. They will have a luncheon and hold elections during that time.

Reports of Standing Committees:

Rules, Policy and Procedures Committee: Michelle Stewart

- They are looking in to policy regarding benefit eligible employees being allowed to spend 2 hours per week “on the clock” for Wellness activities.

Communications Committee: Kaylie Wehr

- New photos will be taken for all members once the portrait studio is up and running.

Awards and Recognition Committee: Elaine Johns

- They are spending time updating paperwork regarding committee duties and adjusting timeline for Distinguished Service award to allow awards to be giving at the ceremony in December.
- Will be starting the nomination process ASAP

Fund Raising Committee: Michelle Chitwood

- No report

Events Committee: Shelby Sanders

- No report

Reports of University Committees:

Faculty Council Report: *no report*

GPSGA: Ravneet Kaur – Held their first meeting on July 31, 2018.

Department of Wellness: Kim Beard – Reopening of the Colvin will be held on August 10, 2018. Invite all employees to come see the newly renovated facility. There will be prizes given away during the day to visitors that get all 6 punches from information stations. Faculty/Staff sports league will continue in the fall adding Dodgeball and Spikeball to the already popular Volleyball! Other programs offered are included on the Department of Wellness Newsletter attached. - See

Attachment B

Unfinished Business:

None

New Business:

None

Announcements:

Parking Permits went on sale today! New this year, you can purchase your annual Lake Carl Blackwell permit through the website.

Next Meeting – **September 19, 2018.** 1:15 PM in the Student Union Council Room 412.

Adjournment: Motion to adjourn meeting was made by Aaron Moore and 2nd by Elaine Johns. *Meeting was adjourned.*



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

Nutrition Counseling at OSU

University Health Services offers nutrition counseling to OSU students, faculty, and staff.

Nutrition counseling examines individual eating habits and their relationship to one's health. Our registered and licensed dietitian will assist you in the development of a practical meal plan to meet your specific dietary needs and preferences.

Nutrition services help clients:

- Achieve a Healthy Weight & Promote Energy
- Cope with Emotional Eating
- Reduce the Risk of Chronic Disease
- Stabilize Blood Glucose
- Treat Eating Disorders
- Optimize Sports Nutrition
- Plan Vegetarian & Vegan Diets
- Improve Gastrointestinal Health
- Reduce High Cholesterol & High Blood Pressure
- Measure Body Composition with SECA



Elizabeth Lohrman, MS, RDN, LD

Scheduling an Appointment:

Appointments are available Monday-Friday from 8:30 a.m.- 5:00 p.m. Schedule online through the UHS Online Portal or call (405) 744-7665 to schedule an appointment.

Appointment Cost:

Faculty/Staff: Benefits eligible employees can schedule two consultations at no cost per academic year. It will be \$25 per session for any additional appointments.

Students: \$15 per session.

Accepted methods of payment include cash, check, credit card, or Bursar.

What to Expect:

Before your scheduled appointment time, please check in at the front desk of University Health Services located at 1202 West Farm Road. Parking is available on the north side of the building. Each session is up to 45 minutes.

Appointment Cancellations:

A 24-hour notice is required for cancellation of appointments, or there will be a \$25 missed appointment fee. Cancellations must be made during normal business hours and are accepted by phone at (405) 744-7556 or through the UHS Online Portal.



University Health Services

The Department of Wellness EMPLOYEE PROGRAMS

August 2018



Rediscover the Colvin / Aug. 10, 11am-1pm

Come take a tour of the newly renovated Colvin Recreation Center. Join us at 11:00 a.m. for the ribbon cutting, followed by self-guided tours. Grab a punch card and check out our updated facility and new fitness equipment for a chance to win prizes. Everyone will enjoy light refreshments and a free t-shirt while supplies last.



Wellness Wednesday / Aug. 15, noon-12:50pm

Join Bonnie Cain-Wood and learn "What the Most Successful People do Before Breakfast." Learn tips for creating and establishing a morning routine that jump starts your day before it even begins.

Application deadline: August 10 at noon.

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



Employee Bootcamp / Aug. 27 - Nov. 16

Employee Bootcamp will strive to maintain or increase participants' cardiovascular health, muscular endurance, and muscular strength. Workouts will consist of high intensity cardiovascular exercises and bodyweight and plyometric exercises. This class is open to generally healthy people of all fitness levels.

To register email fitness@okstate.edu or call the Colvin Business Office at 405-477-5510.



Shape Up / Aug. 28 - Nov. 15

Shape Up is a 12-week program designed to support beginner exercisers to develop a safe and effective physical activity routine. The program will allow participants to improve their overall fitness status, including aspects such as cardiovascular health, muscular strength and endurance, flexibility, and overall body composition.

To register email fitness@okstate.edu or call the Colvin Business Office at 405-477-5510.



Saddle Up / Sept. 10 - Nov. 16

Saddle Up is a 10-week program that meets twice a week. The program will be a holistic approach to fitness and wellness. This program will be a blend of structured exercise programming, as well as introductions to various fitness modalities.

To register email fitness@okstate.edu or call the Colvin Business Office at 405-477-5510.



405.744.well (9355)



wellness.okstate.edu



wellness@okstate.edu



OSUWELL



DEPARTMENT OF
Wellness