



Staff Advisory Council Minutes

November 11, 2020 @ 1:15 pm

Via Zoom

STAFF ADVISORY COUNCIL

Guests: Lynn Burgett (OSU-OKS), Christa Louthan (HR), Kristen Rowan (OSU-OKC), Angela Cross (OSU-VPAF), Kim Beard (Wellness), Megan Berg (GPSGA), Karen Castle (OSU-Tulsa), Todd Misener (Wellness), Joyce Crawford

Call to Order: *Tashia Cheves* called the meeting to order at 1:15 pm

Roll Call: We had 22 members present.

Approval of the Minutes: *Gary Lawson* made a motion to approve the October minutes, *Raquelle Parli* was second. October minutes *were approved*. *Kimberly Meints* made a motion to approve the September minutes, *Aaron Moore* was second. September minutes *were approved*.

Approval of the Agenda: *Elaine Johns* made a motion to approve the Agenda, *Chris Pivinski* was second. Agenda *was approved*.

Guest Speaker: Todd Misener- Department of Wellness

A Community that Cares www.wellness.okstate.edu

Mental health doesn't stop being an issue when you graduate college. 20% of US adults struggle with mental health. That number has increased to 41% during the pandemic. The age range for the highest suicide is in employees, not students. Department of Wellness is available for everyone.

Listed below are the warning signs that someone is struggling with mental health-

- Negative Thoughts
- Change in eating habits
- Change in activity level
 - Extreme Fatigue
 - Hyperactivity
- Reliance on alcohol or drugs to cope
- Feedback from family or friends that they are worried
- Feeling depressed or anxious

Here are some steps for caring for yourself

- Take care of your body
- Take care of your mind
- Connect with others
- Stay informed
- Ask for help

The following are available resources through the wellness department right here on campus.

- Employee Mental Health Resources
 - <https://wellness.okstate.edu/employee-wellness/resources.html>
 - Employee Assistance Program- EAP
 - Grand Lake Mental Health Center
 - TAO Self-Help
 - Center for Family Services

- Psychological Services Center (PSC)
- Kognito
- Mental Health First Aid
- QPR Training
- ComPsych
- Student Mental Health Resources
 - <https://wellness.okstate.edu/student-wellness/resources.html>
 - Suicide Prevention Training
 - Student Counseling Center
 - Virtual Walk-in Clinic
 - Alcohol & Substance Abuse Center
 - Counselling & Counseling Psychology Clinic
 - Psychological Services
 - TAO Self-Help
 - Call SAM
 - MD Live
 - Grand Lake Mental Health Center
 - Center for Family Services
 - Kognito
 - Mental Health First Aid
 - Black Women's Circle

Officer Reports:

Treasurer Report: *Mary Mach*

- Scholarships have been submitted
- DSA ceremony will be using funds

Secretary: *Ashleigh Hall*

- *No Report*

Vice-Chair: *Melanie Bayles*

- *No Report*

Chair: *Tashia Cheves*

- *No report*

Branch Campus Reports:

OSU-Tulsa: Annette Morey/ Karen Castle

- Virtual graduation is set for December 13 @2PM
- Held a virtual costume contest

OSU-CHS: Sherrita Sweet

- *No Report*

OSU-OKC: Lynne Burgett

- *No Report*

OSUIT-Okmulgee: Na-komas Blackford

- *No Report*

Reports of Standing Committees:

Rules, Policy and Procedures Committee: *Kimberly Meints*

- *No Report*

Communications Committee: *Gary Lawson*

- Power point for DSA is nearly complete

Awards and Recognition Committee: *Elaine Johns*

- Watch DSA Ceremony live on O-state TV. Zoom Is only available to participants in the ceremony.

Events Committee: *Michelle Chitwood*

- *No Report*

Reports of University Committees:

GPSGA:

- OSU Graduate and Professional Student Experience Survey has been sent out to a representative sample of graduate students. If you received a survey, don't forget to complete it! The survey will cover topics such as assistantship needs, expenses, health insurance, and include a space for you to convey additional information to the Graduate and Professional Student Government Association. This pilot project is conducted in collaboration with GPSGA, the Graduate College, and University Assessment and Testing (UAT). If there are any questions pertaining to the survey, contact GPSGA at gpsga@okstate.edu
- Fourth GPSGA General Assembly (virtual) meeting is on November 18, 2020 -5:30 PM (meeting ID: 995 7275 7789; Passcode: 225593)

Human Resources:

Christa Louthan- Human Resources

- Thank you to Veteran's!
 - Check out video from President Hargis thanking our veteran's
 - OSU currently has 126 veteran's and of those, 80 are staff members
- Wear you mask and social distance!
 - Working in remote locations is appreciated!
- Open enrollment until 11/16/2020

Department of Wellness: *Kim Beard*

- See Attachment A
- The Department of Wellness will be implementing a post-Thanksgiving facility schedule due to Fall Break occurring Nov. 23-25th with classes moving online after Thanksgiving. All proposed hours are subject to change due to staff availability. The plan will take certain aspects of the facility offline including equipment room, other than towel service, and sport gyms/courts. Beginning on Saturday 11/21.
- Colvin Recreation Center facility hours will be the following:
 - Sat/Sun. 10AM-4PM (intermission from 1PM-2PM)
 - M-F 6:45AM-7PM (Intermission 10AM-11AM and 3PM-4PM)
- Performance Studio Hours
 - M-F 11AM-3PM
- No Seretean Wellness Center weigh room beginning on 11/21/2020-1/11/2021- locker facilities will be available.
- Facility hours will remain as such until December 18th, 2020.

Unfinished Business:

None

New Business:

None

Announcements:

Next Meeting – **December 9, 2020.** 1:15 PM, via ZOOM

Adjournment: Motion was made to adjourn meeting by *Elaine Johns*. Second was made by *Kimberly Meints*. Meeting was adjourned.

The Department of Wellness EMPLOYEE PROGRAMS



Wellness Wednesday / Nov. 18, 12p.m.

Join OSU Employee Wellness for Wellness Wednesday! This month's topic is: Hacks for Healthy Aging. "What does it mean to have a 'healthy' future? Furthermore, how can we get there? In this facilitated discussion, we will look at tips for achieving our healthiest future."

Registration/cancellation deadline: Nov. 13 at noon
To register, call 405-744-WELL (9355) or email wellness@okstate.edu



Virtual Cooking Demo / Nov. 19, 6p.m.

We all know that staying healthy during the holidays can be a tough challenge. Sometimes a simple swap can make a big difference! Join us for this virtual cooking class to learn a new way to make one of your classic fall dishes just a little healthier. We will be preparing Mashed Cauliflower as a healthy alternative to Mashed Potatoes.

Registration/cancellation deadline: Nov. 12
To register complete the [registration form](#) online at wellness.okstate.edu.



Eating with No Holiday Regrets / Dec. 10, 12p.m.

Eating healthy during the holiday season can be a challenge. Join OSU Employee Wellness to learn some tips and tricks to help you maintain your nutrition related goals while still enjoying your holiday favorites!

To register complete the [registration form](#) online at wellness.okstate.edu.
For questions, email scarlett.ruppert@okstate.edu or call 405.744.5351.



Virtual Holiday Scavenger Hunt / Dec. 15, 7p.m.

Join OSU Employee Wellness for a holiday-themed scavenger hunt adventure! This virtual event can be enjoyed from the comfort of your own home, and we encourage the whole family to participate. You can register as an individual and play against others or register with your partner, friend, or other family members and play against other teams.

Registration/cancellation deadline: Dec. 11
To register complete the [registration form](#) online at wellness.okstate.edu.