



TEAM LIFE MINUTES

September 13, 2006

The meeting of the Team Life Committee was held on Monday, September 13, 2006 in room A4-C. The meeting was called to order by Jo Anne Giese at 3:00 p.m.

Roll Call

Members Present: Rico Bianchi; Kelly Falcone; Jo Anne Giese; Shawna Hearn; Kelley Hudson-Maclsaac; Lucy Nelson; Terri Wallace; Patti Waterman

Members Absent: Jayne Conway; Elvia Nuñez

I. Minutes

Not applicable – committee’s first meeting

II. Old Business

Not applicable – committee’s first meeting

III. New Business

A. History of Wellness Team

Jo Anne Giese and Kelley Hudson-Maclsaac, who served on the District’s former Wellness Team, presented an overview of the Wellness Team’s history and discussed activities and events that the team sponsored. The committee discussed sponsoring events that are similar to those offered by the Wellness Team in the past.

B. Review Governance Structure Form

The committee reviewed Team Life’s governance structure. Team Life was approved by and reports to the Human Resource Services Planning Council.

C. Meeting Schedule

The committee will meet on the second and fourth Mondays of each month. Kelley Hudson-Maclsaac said that for at least the first semester, the committee should meet twice per month until its goals are fully established. After that, the committee should only need to meet once per month. The committee agreed to meeting twice per month.

D. P.E. 47

Kelly Falcone, Jo Anne Giese, and Patti Waterman presented information regarding P.E. 47, a half-unit, eight-week health and fitness class that will be offered only to staff and faculty. The goal of the class is to provide a way for staff and faculty to learn about wellness topics and work on their personal health goals in an employee-only environment

and at times that are convenient for them. The class will be held on Wednesday evenings from 5:00 – 6:00, and the first class will be held on September 27, 2006. Depending on the success of the initial course offering, a second half-unit component of the class may be offered in the future in which staff and faculty can work on either cardiovascular or strength training on their own schedules and with the guidance of P.E. faculty.

E. Equipment Purchase

The committee discussed a fitness machine, called MicroFit, that the committee is considering purchasing for the District. The machine provides computerized health assessments in a variety of areas, and the assessments would be available to staff and faculty.

F. Chair or Co-Chairs

The committee discussed the need for a chair or co-chairs to lead the Team Life committee. Jo Anne Giese and Patti Waterman volunteered to serve as co-chairs.

IV. Other

A. Jo Anne Giese mentioned that Team Life's annual budget will be \$1,300. This amount is less than the former Wellness Team's budget. Currently, \$5,000 in one-time funds is also available.

B. Jo Anne Giese presented information on special health-related programs offered by Palomar Pomerado. In the past, Palomar Pomerado offered free health screenings, guest speakers, and lectures on health topics to District staff and faculty. Jo Anne recently received information on similar programs that Palomar Pomerado offers currently; however, the committee agreed that it would be best to wait until after the completion of the bond campaign and the November elections to review their programs and decide if they are appropriate to bring to the campus.

V. Adjournment

The meeting was adjourned at 4:00 p.m.