

TEAM LIFE MEETING MINUTES

9/1/10

8:15am

SSC-35

TL committee members in attendance: Kelly Falcone, Lucy Nelson, Terri Wallace, Jayne Conway, John Emerson, Scott Cathcart, Lacey Craft, Josie Silva

TL members absent: Shawna Hearn

MINUTES: MEETING STARTED 8:15AM ENDED 9:20AM

Topic

✓ Committee Members

Members:

One Faculty member appointed by Faculty Senate- **Kelly Falcone (CHAIR)**

One AA member appointed by the AA: **Scott Cathcart**

One CCE/AFT member appointed by CCE/AFT **Terri Wallace**

One CAST member appointed by CAST: **Josie Silva**

One representative from Health Services- **Jayne Conway**

One representative from PE/Athletic department- **Lacey Craft**

One representative from HR (Benefit Committee)- **Lucy Nelson**

One representative from HRSPC- **Shawna Hearn**

One representative from Health & Safety Department- **John Emerson**

Discussed adding another member to the committee. Talk to Shawna Hearn about how we would change our structure to include 2 representatives from PE to allow for a faculty senate rep from another department. Request needs to go to HRSPC.

✓ TEAM LIFE Office will be moved from ST-1 to Kelly's new office O-19

John Emerson will help move equipment by Friday Sep 3rd.

✓ REVIEW: 2009-2010 year and planned activities for 2010-2011

Discussed all activities in 2009-2010. Decided that the following were successful and would like to offer them again:

- POKER WALK: one each semester
- BIGGEST LOSER: spring semester only. Successful event.
- HEALTH DIMENSIONS EXPO: in February. Discussed trying to find a location where less students would be involved if possible. Lucy explained that there didn't seem to be any other locations large enough for the vendors. HD did a good job of letting students know this expo was for Faculty/Staff. Kelly suggested the area next to the theater, but it was brought up that construction should be beginning soon.
 - Sign up Biggest Loser at Health expo
- FACULTY/STAFF EXERCISES CLASSES:
 - Friday Yoga Hour: waiting for response from Wayne Tourda
 - Discussed the benefit of *Curves* gym. Lucy explained the benefit of *Curves* is the 30minute workout. We are looking for open times in G-8 to be able to offer a faculty/staff circuit training workout. Lacey Craft and Kelly Falcone will look for times.
- WELLNESS FITNESS CENTER FACULTY/STAFF ORIENTATIONS:
 - Discussed offering WFC orientations for Faculty/Staff. Provide personal training type program development and Instruction.
 - Lacey and Kelly will develop workout programs and set-up times
- SEMINARS:
 - Use Health Dimensions to offer lunch time health seminars. Kelly contacted HD and will try to set-up lunch time meetings in the Faculty/Staff lounge.
- PROMOTE SAN MARCOS RECREATION EVENTS
 - City of SM provides community Rec activities like hikes and bike rides. Promote our city and fitness

- Scott Cathcart will contact the SM Recreation supervisor to try to work directly with the city in promoting their events.
- PROMOTE SAN DIEGO COUNTY RACES AND PROVIDE TRAINING PROGRAMS
 - San Diego Zoo walk Oct 9th. Set-up a Palomar College team for enrollment.
 - Carlsbad Half marathon training program and sign up. Look into Team Sign-ups.
- TEAM LIFE NEWSLETTER
 - Team Life newsletter, one for each semester. Provide electronic copies AND some paper copies for each department. Terri will put together the newsletter. Lacey/Kelly along with all committee members will provide health information and activity info to Terri for Newsletter.

✓ **TEAM LIFE finances: \$300, \$1200, \$500. About \$2000 overall.**

- Polar TriFitt Automated bike is **\$2,700.00**. Should be try to get money from the foundation? Should we try to write a grant?

✓ **Extras:**

- Jayne requested a Walking for Wellness program
 - Tried the Stepping out for Health in Fall 09, not much interest
 - Kelly will make training schedules to include steps not just miles or time in order to promote the sue of pedometers and stepping.
- Terri has a great idea to maybe start a walking group at the Beach
 - Kelly mentioned some affordable training programs like InMotion Fit that do weekly walks.
 - Maybe provide one or two walks each semester, but need someone to lead them.
- Scott Cathcart suggested a half-time battle between the faculty/staff of Grossmont College and the Faculty/Staff of Palomar during the final football game against Grossmont.
 - Relay, touch football game....
- Jayne Conway asked if we would like to promote Healthy Heart in February.
 - Decided YES. At the HD expo in February have faculty/staff sign up for Cholesterol testing and give them a pedometer for making the appointment.
- John Emerson suggested focusing on core strength to help with workplace ergonomics
 - Add in chair workouts and ergonomics to our newsletter
- Jayne Conway suggested provides more information to our employees about nutritional analysis software.