



## TEAM LIFE MINUTES

September 2, 2009

The meeting of the Team Life Committee was held on Wednesday, September 2, 2009 in room SSC-35. Patti Waterman called the meeting to order at 8:30 a.m.

### Roll Call

Members Present: Scott Cathcart; Jayne Conway; John Emerson; Kelly Falcone; Shawna Hearn; Lucy Nelson; Patti Waterman; Terri Wallace

Members Absent: None

Recorder: Shawna Hearn

### I. Fall Projects

**Steppin' Out for Health:** The semester-length walking program will begin on September 10, and the celebration/luncheon will be held on November 18. 25 employees have already signed up for the event; the last day to sign up is September 14. Team leaders have been chosen from Team Life and the P.E. Department, and they will meet groups of walkers at the established times. Each team will consist of 3-5 employees. To promote the event, each committee member is encouraged to wear a Team Life t-shirt one day the week before and the day of the event. Pedometers are being given to each participant; since there aren't many left, Jayne offered to order more through Health Services. The committee discussed prizes that could be offered to the winners.

**Health Fair:** Kelly was recently contacted by a company in Carlsbad that provides health fairs to educational institutions, and offered to host one at Palomar. The company recently held health fairs at two local community colleges. The committee discussed looking into the possibility of offering a health fair this year sponsored by this company, depending on the costs and after reviewing further details when available. All agreed that it would be a good idea to host the fair in February as a tie-in with the spring Biggest Loser challenge.

**Future Meeting Topics:** The committee will discuss the following items at future meetings as follows:

- October: Team Life budget; awards for the Steppin' Out for Health program
- November: Steppin' Out for Health luncheon on November 18

### II. Equipment Purchases

Team Life has acquired the following equipment:

- 2 blood pressure cuffs
- 4 heart rate monitors

Team Life towels were available at one point but are in short supply; the committee may consider purchasing more in the future.

### III. **Team Life Website**

Shawna will add meeting minutes from April and May to the website soon. Kelly will add information about the fall.

### IV. **Other**

***Committee Membership:*** A faculty member has expressed interest in serving on Team Life. The committee reviewed the Governance Structure Request form and determined that the faculty member could be included if Patti was officially appointed as the chair; Kelly became the P.E. Department representative; and the faculty member was appointed by the Faculty Senate. Kelly said she would contact the Committee on Committees about changing her role so the committee could include the new faculty member. A classified employee has also expressed interest in serving on the committee; however, the Governance Structure Request only allows for one CCE representative on the committee. The committee decided to invite the employee to attend the meetings as a voluntary member.

### V. **Team Life Room Update**

The committee took a field trip to the Team Life room. The fitness testing equipment is in; however, Information Services' assistance is needed in setting up the printer. Shawna mentioned that José Vargas had stopped by recently to ask her about the printer, and that he would be contacting Kelly soon.

### VI. **Adjournment**

The meeting was adjourned at 9:30 a.m.