



TEAM LIFE MINUTES

February 1, 2012

The meeting of the Team Life Committee was held on Wednesday, February 1, 2012 in room SSC-35. Kelly Falcone called the meeting to order at 9:00 a.m.

Roll Call

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

Members Absent: Jayne Conway; Lacey Craft

Recorder: Kelly Falcone

I. Health Dimensions Health Fair

The fair will be held on February 9, 2012 in the AA/ST courtyard. John Emerson will set up the fair with Lisa Hornsby and Trish Yzerman from Human Resource Services. Lucy Nelson will be unable to attend the event. TEAM LIFE will request that Lisa and Trish provide and collect raffle tickets. Facilities staff will be asked to move the tables in the courtyard prior to the event.

II. Biggest Loser

The Biggest Loser weight loss event will begin on February 9, 2012 with the first weigh-in that day. Subsequent weigh-ins will be each Thursday throughout the spring semester. The cost to participate will be \$25.00, with \$20.00 to be reserved for prize money for the winners of the competition and \$5.00 reserved for TEAM LIFE. Participants will receive a weight loss kit including a lunch sack, water bottle, pedometer, and weight loss journal at sign-up.

III. TEAM LIFE Blog

Kelly Falcone will add Shawna Hearn as an administrator of the new TEAM LIFE Wordpress blog so that Shawna can begin moving content from the TEAM LIFE website to the blog. The benefits of using Wordpress are that it is easier to edit and maintain, and can be updated from any location. Additionally, readers have the opportunity to post comments and questions.

IV. Exercise Classes for Employees

Darlene Handa, a long-time Palomar College fitness instructor, has volunteered to offer free exercise classes to Palomar College employees on Wednesdays at 5:15 p.m. and Fridays at 12:00 p.m. Specific activities will vary each week but will likely include yoga and cardio, and course content will be rotated between the Wednesday and Friday classes to provide variety to attendees. Scott Cathcart commented that Darlene should be compensated for her time.

V. New Business/Other

Wellness/Fitness Center:

The committee discussed the lack of maintenance of the Wellness/Fitness Center (WFC). Comments and questions included the following:

- Why is there poor maintenance, and who is responsible for providing maintenance?
- Michelle Fifield, the WFC Outreach Coordinator, says she has submitted many work orders to Facilities and nothing has been done. Committee members wondered if the work orders were being forwarded to the right people.
- Lucy commented that TEAM LIFE was the committee that prompted the building of the WFC and suggested that TEAM LIFE might step in again and try to help resolve the maintenance issues.
- Committee members discussed wanting to promote the use of the facility, but promotion would be difficult due to concerns about cleanliness and broken equipment.
- Michelle will be invited to the next TEAM LIFE meeting to discuss possible ways TEAM LIFE might assist with resolving the situation. Prior to that, a meeting will be set up with Michelle to talk about the issues.

Meeting Schedule:

The committee briefly discussed changing the start time for future meetings to 8:00 a.m. A decision will be made on the schedule at a future meeting.

VI. Adjournment

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