



## **TEAM LIFE MINUTES**

**May 9, 2012**

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

### **Roll Call**

Members Present: Scott Cathcart; Kelly Falcone; Shawna Hearn; Lucy Nelson

Members Absent: Jayne Conway; Lacey Craft; John Emerson; Terri Wallace

Recorder: Kelly Falcone

### **I. TEAM LIFE Governance Structure Request**

The governance structure request form to add a second representative from each constituent group to TEAM LIFE will be discussed at the Strategic Planning Council (SPC) meeting on Tuesday, May 15, 2012. The members of TEAM LIFE will be notified of SPC's decision following the meeting.

### **II. Meeting with John Tortarolo and Keenan**

Kelly and Lucy met with John Tortarolo and a representative from Keenan and Associates regarding introducing more activities and increasing funding for TEAM LIFE. John is examining additional funding for TEAM LIFE's budget that would be used to offer more exercise classes to staff; he is also looking for office space for TEAM LIFE. Kelly and Lucy discussed developing a more formal staff wellness program with better assessments, which would include Health Services and the Wellness/Fitness Center. The representative from Keenan presented information about developing a "culture of wellness" at Palomar, which included benefits incentives that could be offered to staff and statistics showing that benefits costs are lowered when employees participate in wellness programs. Of note was data showing that Palomar's benefits costs have increased 11% each year in the past three years and a 7% increase is considered to be very high.

### **III. TEAM LIFE Blog**

Kelly indicated that the TEAM LIFE blog needed to be updated with prior activities hosted by TEAM LIFE and committee agendas and minutes. Additionally, in the sections of the blog that mention that classified staff may be granted an extra 15 minutes during lunch for participation in exercise activities, the term "exercise class" would need to be replaced with the term "exercise activity." Kelly and Shawna will update the blog as indicated.

### **IV. TEAM LIFE Goals for 2012-13**

The committee discussed several goals for TEAM LIFE for the 2012-13 academic year. These goals include:

- Developing activities for the Fall 2012 semester
- Creating a District-wide "culture of wellness" for employees
- Providing information to staff on the cost of being unhealthy in terms of benefits costs to increase awareness of the importance of wellness
- Developing and sending a survey about TEAM LIFE to staff to generate ideas for development of a new wellness program, with survey results posted on the TEAM LIFE blog

V. **Adjournment**

The meeting was adjourned at 10:00 a.m.