



TEAM LIFE MINUTES

September 19, 2012

The meeting of the TEAM LIFE Committee was held on Wednesday, September 19, 2012 in room SSC-35. Kelly Falcone called the meeting to order at 9:00 a.m.

Roll Call

Members Present: Scott Cathcart; Jayne Conway; Lacey Craft; Kelly Falcone; Shawna Hearn; Lucy Nelson; Jeanna Pina; Suzanne Sebring; Buck Taylor; Terri Wallace

Members Absent: John Emerson

Recorder: Shawna Hearn

I. TEAM LIFE Governance Structure

The committee briefly reviewed TEAM LIFE's governance structure. A second representative from both CCE and CAST is needed to complete the committee membership.

II. Review of Fall 2012 Activities

- **Biggest Loser:** A total of 35 staff (17 teams) are participating.
- **Jazzercise:** 11 weeks of classes will be offered to employees, extending through the Biggest Loser weight loss challenge.
- **Circuit Training:** Employees are continuing to take the classes, which are being offered in the mornings.

III. TEAM LIFE Goals

The committee discussed a number of goals and ideas for improving employee wellness, including the following:

- *Researching other educational institutions for ideas for wellness programs.* As an example, Kelly mentioned that Lane Community College in Oregon offers employees two different options for taking exercise classes at lunch requiring a supervisor's approval.
- *Continuing to offer wellness workshops through Professional Development.* Healthy Dimensions offers one-hour workshops on various health topics. Other ideas for topics included health-related websites and apps and ergonomics..
- *Offering events that are open to the public to publicize TEAM LIFE and will serve as fundraising opportunities.* Kelly indicated that she knows a company that could host a 5k run at a low cost; it was suggested that ASG could help to promote the event.
- *Grants and corporate sponsorship.* Kelly mentioned that evaluating TEAM LIFE's programs and benefits costs with data could lead to financial support through grants. Currently, wellness funding is available through the state of California. Corporate sponsorship could be another way to raise money.
- *Office space.* TEAM LIFE is still looking for an office and computer for providing employee fitness tracking.
- *Wellness/Fitness Center improvements.* Machines have been repaired and some equipment has been upgraded. Flat-screen TVs will be installed soon. Committee members discussed holding a

“grand reopening” event after the TVs are installed to encourage more employees to use the Center.

- *Fitness walk.* John Emerson is continuing to work with Facilities staff on implementing this project.
- *Promotional items for participants.* The committee discussed preparing healthy recipes and menus to give to employees who participate in various TEAM LIFE activities.

IV. TEAM LIFE Budget

Terri reported that TEAM LIFE has approximately \$1,200 in both unrestricted and restricted funds; this amount reflects funds raised from the Biggest Loser fees. Funds will be used as follows:

- Two new scales for use during the Biggest Loser events
- Cash awards for the top three winners of the Biggest Loser
- Unrestricted funds will be used to pay instructors for Jazzercise classes

TEAM LIFE still has several promotional items stocked. Some of these items will be given to participants in the Jazzercise classes.

V. Other

Kelly asked the committee to check with other colleges for ideas for wellness activities to discuss during TEAM LIFE’s next meeting.

VI. Adjournment

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

Next meeting: Wednesday, October 17, 2012 at 9:00 a.m.