

**Staff Advisory Council**  
**Meeting Minutes**  
**Thursday, January 15, 2009**  
**2:00 p.m. – 3:00 p.m.**  
**Skutt Student Center, Room 104**

Members Present: Theresa Thurin, Jami Monico, Toni Parsley, Lisa Chipps, JoAnn Wilde, Beth Krause, Luann Miller, Taunya Plater, Celeste Hubbard, Tom Thibodeau, Karen Farias, Jan Schnack, Colleen Warin, Mariah Starling, Annette Thomas  
Absent: Theresa Conway, Deb Russell

**Reflection** – Given by JoAnn Wilde

**Approval of December Minutes** – Moved to approve by Luann Miller, seconded by Taunya Plater

**Reports**

**Treasurer's Report** – No report

**Sub-Committees**

**Issues** – No issues. All e-mails that come to the Staff Advisory Council mailbox go directly to Theresa, but at the present time, there have been none received.

**Nominations** – No report

**Staff Relations** – Spring Town Hall Meeting - we will re-evaluate in May to see if we will have one in the fall. Luann Miller made a motion. All were in favor.

Athletic tickets - We will be giving free men and women's basketball tickets in February. We will discuss sending out the communication after the February meeting. We will distribute tickets by representative to pass out vouchers.

**Staff Service** – There are two service projects that we could participate in. One of them is the Homeless Connect being held on March 27, 2009. This requires little time in the planning stage. We will wait until the next meeting to see if Deb Russell knows what other needs they may have.

Lunches for the Homeless is another project that has been brought to our attention. Deb is working with the head of this project to schedule a meeting to find out how SAC can assist in this project. If anyone has other ideas on how SAC can assist in a service project, we would like to hear about them. We will discuss these two service projects at our February meeting.

**Standing Rules** – No report

**MLK Committee** – Volunteers are wanted for the luncheon to be held on 01/21/2009 at 11:30 a.m. to 1:00 p.m. at the Harper Center. Taunya will send out an e-mail via cu\_staff requesting volunteers.

**Chairperson** – Theresa spoke earlier about the SAC e-mail box. Attended the President's Advisory meeting on Monday. There was nothing new to report. Briefly discussed the 10% reduction of budgets. Some very good ideas were presented and the budget committee will be taking the most viable and moving forward with those recommendations. Theresa and Jami were visited by University Relations. Laura Simic and Kelly Ptacek will be speaking at the February SAC meetings to discuss staff participation in fund raising for the University. In March, Lisa Calvert will be coming to speak to update us on the progress being made. We do not have any speakers for the April meetings and beyond. Bob Denney would like to come and speak at one of our meetings. Other suggestions for speakers would be Dana Olson to discuss Google mail and Bryan McLaughlin to discuss security. Dawn would like to come back in the Spring to discuss updates of Wellness Programs.

**Guest Speaker** – Dawn Obermiller came to discuss the various Wellness Programs coming up in the next two months and she would like to come back to give an update in the Spring. Her goal is to try to reach out to all (not just benefit eligible) employees to communicate all the new programs. PEAK Weight Management Program is beginning the first week in February and is going to a 10-week format to see if they can fill up two classes. Based on interest, more classes may be opening up after the first 10 weeks session. Brought in a registered dietician to help facilitate the classes. This includes eight group educational sessions and two individual coaching sessions, and a tracking journal. The objective is to help people lose weight if that is their goal, but also to get them back on track with healthier nutrition and lifestyle.

Daily Weighs - Healthy lifestyle through nutrition and exercise. It is a six week tracking challenge.

Participants will receive an educational package. The goal is to track healthy habits such as exercise, keeping a food journal, and increasing water intake.

Other programs in the works are a cholesterol crack down program and March Mania. More information to follow. Will be reporting results from SimplyWell data at the next Wellness Committee meeting.

**New Business** – Crisis Committee is in the process of creating a website.

**Old Business** – Update on employee electronic “suggestion box” pertaining to budget recommendations. It will not be created. Any comments or suggestions can be made via the SAC form on-line.

Adjournment – Meeting adjourned at 3:00 p.m. The next meeting is scheduled for Thursday, February 5, 2009, at 1:00 p.m. in Room 104 of the Skutt Student Center.

Respectfully submitted,

Toni Parsley

Secretary