

# UC Recreation and Wellness

## MINUTES

JANUARY 22, 2014

9:00 – 10:00 AM

RECREATION AND WELLNESS

|                   |  |
|-------------------|--|
| MEETING CALLED BY | MEETING OPENED AT: 1:30 pm   |
| TYPE OF MEETING   | Committee Meeting  |
| FACILITATOR       | Kris Kraft   |
| NOTE TAKER        | Mary Cooke   |
| ATTENDEES         | Mary Cooke, Becky Gibson-Lee, Mary Jane Grebenc, Kris Kraft, John MacDonald, Kent Marsden, Jamie Parker<br><br>Excused: Kim Beyer (for Candace Campbell Jackson), Roberta DePompeii, |

### Agenda topics

APPROVAL OF MINUTES FROM OCT – DEC MEETINGS

KRIS KRAFT

|              |   |          |  |
|--------------|---|----------|--|
| DISCUSSION   | Kris presented the minutes from October, November, and December, 2013 for approval. Becky moved to approve the minutes; John seconded; vote was unanimous approval. |          |  |
| CONCLUSIONS  |   |          |  |
| ACTION ITEMS | PERSON RESPONSIBLE  | DEADLINE |  |
|              |   |          |  |

UPDATE FROM UNIVERSITY COUNCIL

KRIS KRAFT

|  |  |
|--|--|
| DISCUSSION   | UC members wanted more information on the Rec Center funding; this was not on topic for what Kris presented at UC. Kris reported that a ban on e-cigarettes is currently dead because she was told e-cigs cannot be linked to nicotine. Individual professors can, however, decide that students may not have e-cigs in class. |
| Smoke-free campus: we are currently researching other campuses, and we must have a directive and full support from the President or a VP for this to move forward. The Ohio Board of Regents has recommended smoke-free campuses. Ohio State has gone smoke-free. The committee discussion concluded that we must approach key people on campus to discuss this further. |  |

|              |                    |          |  |
|--------------|--------------------|----------|--|
| CONCLUSIONS  |                    |          |  |
| ACTION ITEMS | PERSON RESPONSIBLE | DEADLINE |  |
|              |                    |          |  |

WELLNESS INIATIVE

KRIS KRAFT

|   |  |          |  |
|---|--|----------|--|
| DISCUSSION  | We need to build a culture of wellness on campus. This can include allowing extra time at lunch for employees to exercise.                           |          |  |
| CONCLUSIONS   | We concluded that all initiatives must begin with a mandate and support from upper administration to begin working on a comprehensive wellness plan. |          |  |
| ACTION ITEMS  | PERSON RESPONSIBLE   | DEADLINE |  |
| Kris will set up a meeting with Candace Campbell Jackson. | Kris Kraft   |          |  |

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|              |                    |          |  |
| CONCLUSIONS  |                    |          |  |
| ACTION ITEMS | PERSON RESPONSIBLE | DEADLINE |  |
|              |                    |          |  |

|              |                    |          |  |
|--------------|--------------------|----------|--|
| DISCUSSION   |                    |          |  |
|              |                    |          |  |
| CONCLUSIONS  |                    |          |  |
| ACTION ITEMS | PERSON RESPONSIBLE | DEADLINE |  |
|              |                    |          |  |

MEETING ADJOURNED AT: 2:30 pm

# UC Recreation and Wellness

## MINUTES

FEBRUARY 25, 2014

1:00 – 1:45 PM

RECREATION AND WELLNESS

|                   |  |
|-------------------|--|
| MEETING CALLED BY | MEETING OPENED AT: 1:00 pm                                     |
| TYPE OF MEETING   | Special Meeting with VP Candace Campbell Jackson               |
| FACILITATOR       | Kris Kraft   |
| NOTE TAKER        | Mary Cooke   |
| ATTENDEES         | Candace Campbell Jackson, Kris Kraft, Kent Marsden, Mary Cooke |

### Agenda topics

FEBUARY MEETING

KRIS KRAFT

| DISCUSSION   | Kris and Kent presented our goal of a comprehensive wellness plan for the UA campus community and surrounding greater community. Also presented were the obstacles we see to be able to accomplish this goal. Candace was given a document that covered why UA should invest in a wellness plan, the principles of effective plans, and the next steps the committee sees are necessary to move forward. Discussion followed, and Kris, Kent, and Mary answered questions and gave comments on the topic. |          |
|--|---|----------|
| CONCLUSIONS  | Candace will discuss our committee's goals and a summary of our discussion with the UA leadership team and get back to us.  |          |
|  | Note: In response to this meeting, we received an email on 3/11/14 sent on Candace's behalf requesting that a summary document be sent to Rex Ramsier, which our committee will do.   |          |
| ACTION ITEMS   | PERSON RESPONSIBLE  | DEADLINE |
| Discuss summary document at our next committee meeting on 3/12/14. | Kris Kraft  | 3/12/14  |

MEETING ADJOURNED AT: 1:45 pm

# UC Recreation and Wellness

## MINUTES

MARCH 12, 2014

1:30 – 2:30 PM

RECREATION AND WELLNESS

|                   |   |
|-------------------|---|
| MEETING CALLED BY | MEETING OPENED AT: 1:30 pm  |
| TYPE OF MEETING   | Committee Meeting   |
| FACILITATOR       | Kris Kraft  |
| NOTE TAKER        | Mary Cooke  |
| ATTENDEES         | Mary Cooke, Mary Jane Grebenc, Kris Kraft, John MacDonald, Kent Marsden, Jamie Parker. Invited and present were Stacey Adams and Alma Olsen.<br><br>Excused: Becky Gibson-Lee, Roberta DePompei |

### Agenda topics

APPROVAL OF MINUTES FROM LAST MEETING

KRIS KRAFT

|              |   |          |  |
|--------------|---|----------|--|
| DISCUSSION   | Kris presented the minutes from our January 2014, meeting. A motion was made and seconded, and there was no discussion. |          |  |
| CONCLUSIONS  | The minutes were approved.  |          |  |
| ACTION ITEMS | PERSON RESPONSIBLE  | DEADLINE |  |
|              |   |          |  |

UNIVERSITY COUNCIL UPDATE

KRIS KRAFT

|              |  |          |  |
|--------------|--|----------|--|
| DISCUSSION   | The council is currently working on gathering goals from all the committees and they are to be presented in March. |          |  |
| CONCLUSIONS  | Our committee has submitted the goals and they will be presented.  |          |  |
| ACTION ITEMS | PERSON RESPONSIBLE   | DEADLINE |  |
|              |  |          |  |

FEBUARY MEETING

KRIS KRAFT

|             |   |  |  |
|-------------|---|--|--|
| DISCUSSION  | Kris presented the information from the February meeting where Kris, Mary, and Kent met with Candace Campbell Jackson. Candace stated that she was unaware of the obstacles that the Committee has faced and is going to take the Wellness Program up the chain of command. We also were asked to submit a summary document, which John will prepare. |  |  |
| CONCLUSIONS | Our committee will submit a summary document.   |  |  |

| ACTION ITEMS   | PERSON RESPONSIBLE            | DEADLINE |
|--|-------------------------------|----------|
| Prepare and submit summary document on our wellness goals. | John MacDonald,<br>Kris Kraft | 3/31/14  |

WELLNESS INITIATIVE – PUTTING ON PAPER

KRIS KRAFT

| DISCUSSION  | Identify immediate goals and long term goals. We also need to get to the table the people who need to be involved with this initiative. |
|---|---|
| <p>Some immediate goals:</p> <ul style="list-style-type: none"> <li>• Pull together resources already available on campus</li> <li>• Have a contact in departments under each sphere of the wellness initiative</li> <li>• Put together a wellness team</li> </ul> <p>Long Term goals:</p> <ul style="list-style-type: none"> <li>• Peer leadership team of students (can involve organizations, fraternities, sororities)</li> <li>• Gather data for a cost-benefit analysis</li> <li>• Establishing representatives from each sphere on our committee</li> </ul> <p>We discussed possibilities of representatives of departments who should be involved with this goal.</p> |   |

| CONCLUSIONS   |                    |          |
|---|--------------------|----------|
| ACTION ITEMS  | PERSON RESPONSIBLE | DEADLINE |
| Continue discussion of specific action goals and assign to accomplish | Kris Kraft         |          |
|   |                    |          |

MEMBERSHIP

KRIS KRAFT

| DISCUSSION   | With the conclusion of the UC year, we will be losing many members: Rebecca Gibson-Lee, AJ Fosselman, Mary Jane Grebenc, Kathleen Hurley, Jamie Parker, and Vicki Rostedt. Kris thanked these members for their contribution. In attendance was Stacey Adams and Alma Olsen. Invitations were extended for both to continue coming to our meetings, as their knowledge is very beneficial. |          |
|--------------|--|----------|
| CONCLUSIONS  | Mary Jane will ask to be re-appointed to this committee. Jamie has been appointed from GSG for the 2014-2015 term.   |          |
| ACTION ITEMS | PERSON RESPONSIBLE   | DEADLINE |
|              |  |          |

MEETING ADJOURNED AT: 2:30 pm

# UC Recreation and Wellness

## MINUTES

MAY 20, 2014

11:15 – 12:15 PM

RECREATION AND WELLNESS

|                          |  |
|--------------------------|--|
| <b>MEETING CALLED BY</b> | MEETING OPENED AT: 11:15 pm  |
| <b>TYPE OF MEETING</b>   | Committee Meeting  |
| <b>FACILITATOR</b>       | Kris Kraft   |
| <b>NOTE TAKER</b>        | Mary Cooke   |
| <b>ATTENDEES</b>         | Stacey Adams, Mary Cooke, Kris Kraft, John MacDonald, Kent Marsden, Alma Olsen, Joe Salem.<br><br>Excused: Candace Campbell Jackson, Becky Gibson-Lee, Roberta DePompei, and all student representatives |

### Agenda topics

UPDATE FROM APRIL MEETING

KRIS KRAFT

|                     |  |                 |  |
|---------------------|--|-----------------|--|
| <b>DISCUSSION</b>   | Kris gave an update from our April meeting. We met with the Chair (Emily Filmore) and Secretary (Margaret Canzonetta) of the Talent Development & HR subcommittee, since our committees' goals significantly overlap. Their committee is completely on board with our campus wellness coordination efforts. They will continue to work with us on wellness goals, with their particular focus on UA employees. |                 |  |
| <b>CONCLUSIONS</b>  |  |                 |  |
| <b>ACTION ITEMS</b> | <b>PERSON RESPONSIBLE</b>  | <b>DEADLINE</b> |  |
|                     |  |                 |  |

UNIVERSITY COUNCIL UPDATE

KRIS KRAFT

|  |  |                 |  |
|--|--|-----------------|--|
| <b>DISCUSSION</b>  | The formal presentation of our committee goals that Kris gave at UC was generally well received. Different points were offered by members of UC that will be addressed by our committee. The PowerPoint presentation is available on SharePoint. |                 |  |
| <b>CONCLUSIONS</b>   | We will continue to move forward with our goals, particularly the need for higher administration support and membership in the BHAC.   |                 |  |
| <b>ACTION ITEMS</b>  | <b>PERSON RESPONSIBLE</b>  | <b>DEADLINE</b> |  |
| Kris will email again requesting membership in the BHAC, since this is essential for resources offered by other universities who have implemented wellness programs on their campuses. | Kris Kraft   |                 |  |
|  |  |                 |  |

CONTINUED WELLNESS INITIATIVES UPDATE

KRIS KRAFT

|   |  |                            |           |
|---|--|----------------------------|-----------|
| DISCUSSION  | Alma said an employee clinic may begin on campus, being coordinated by Annette Mitzel. Billing is an issue that is being worked out. Kris will contact Annette for details. The basement of the Polsky building may become a wellness center. The wellness webpage is very good, with many valuable resources. John will send the link and timeline goals for broader review, keeping its posting on track with our goals. |                            |           |
| CONCLUSIONS   |  |                            |           |
| ACTION ITEMS  |  | PERSON RESPONSIBLE         | DEADLINE  |
| Kris will contact Annette Mitzel to learn about the possible employee clinic on campus. John will send out the webpage link for broader review. |  | Kris Kraft, John MacDonald | 6/10/2014 |

OFFICER POSITIONS / SUMMER MEETING SCHEDULE

KRIS KRAFT

|  |   |                    |          |
|--|---|--------------------|----------|
| DISCUSSION   | Kris nominated Mary Cooke to become secretary of the committee. Since there were no other nominations, Alma moved that Mary be made secretary; Kent seconded, vote was unanimous. |                    |          |
| The dates for our June meetings were set: the smaller wellness subcommittee will meet on June 3, 11:15 – 12:15, and our full committee will meet on Tuesday, June 10, 11:15 am – 12:15 pm. These meetings will be held in the conference room of the SRWC. |   |                    |          |
| Also, Mary will send out the mission statement and goals to all members, and source documents for our wellness goals to all new committee members.   |   |                    |          |
| CONCLUSIONS  |   |                    |          |
| ACTION ITEMS   |   | PERSON RESPONSIBLE | DEADLINE |
| Mary will send out mission statement and documents to committee members.   |   | Mary Cooke         | 5/31/14  |

MEMBERSHIP

KRIS KRAFT

|              |   |                    |          |
|--------------|---|--------------------|----------|
| DISCUSSION   | With the retirement of Roberta DePompei, we are in need of a Dean representative. Because of the nature of our committee goals and the importance of communication with that college, we will wait until her college has named a new Dean, and then we will ask that Dean to be on our committee. |                    |          |
| CONCLUSIONS  |   |                    |          |
| ACTION ITEMS |   | PERSON RESPONSIBLE | DEADLINE |

MEETING ADJOURNED AT: 12:10 pm

# UC Recreation and Wellness

## MINUTES

JUNE 10, 2014

11:15 – 12:15 PM

RECREATION AND WELLNESS

|                          |  |
|--------------------------|--|
| <b>MEETING CALLED BY</b> | MEETING OPENED AT: 11:15 pm  |
| <b>TYPE OF MEETING</b>   | Committee Meeting  |
| <b>FACILITATOR</b>       | Kris Kraft   |
| <b>NOTE TAKER</b>        | Mary Cooke   |
| <b>ATTENDEES</b>         | Stacey Adams, Mary Cooke, Kris Kraft, John MacDonald, Alma Olson, Doris Robinson.<br><br>Excused: Candace Campbell Jackson, Becky Gibson-Lee, Roberta DePompei, Kent Marsden, Joe Salem, and all student representatives |

### Agenda topics

APPROVAL OF MAY MINUTES

KRIS KRAFT

|                     |  |                 |  |
|---------------------|--|-----------------|--|
| <b>DISCUSSION</b>   | The minutes from the May 20 committee meeting were unanimously approved. |                 |  |
| <b>CONCLUSIONS</b>  |  |                 |  |
| <b>ACTION ITEMS</b> | <b>PERSON RESPONSIBLE</b>  | <b>DEADLINE</b> |  |
|                     |  |                 |  |

UNIVERSITY COUNCIL UPDATE

KRIS KRAFT

|                     |   |                 |  |
|---------------------|---|-----------------|--|
| <b>DISCUSSION</b>   | The “Grand” University Council meeting will be held Wednesday, June 18, 3-4:30 pm; all standing committee members are invited to attend this meeting. |                 |  |
| <b>CONCLUSIONS</b>  |   |                 |  |
| <b>ACTION ITEMS</b> | <b>PERSON RESPONSIBLE</b>   | <b>DEADLINE</b> |  |
|                     |   |                 |  |

SMOKING POLICY

KRIS KRAFT

|   |  |                 |  |
|---|--|-----------------|--|
| <b>DISCUSSION</b>                                 | We revisited the no-smoking policy to consider proposing to University Council again.                  |                 |  |
| <b>CONCLUSIONS</b>                                | Our consensus is to work on our overall wellness plan for now and the no-smoking policy down the road. |                 |  |
| <b>ACTION ITEMS</b>                               | <b>PERSON RESPONSIBLE</b>  | <b>DEADLINE</b> |  |
| Alma will email Joe Salem for lit-serve research. | Alma Olson   | 7/8/2014        |  |



## WELLNESS GROUP UPDATE

KRIS KRAFT

|   |   |          |  |
|---|---|----------|--|
| DISCUSSION  | Alma researched sources and wrote out specific goals for each sphere for employees and students. She recommended "Healthy Campus 2020" as an excellent resource. We discussed talking with Marketing and Joe Salem for input on surveys and data we need. John gave the committee an example of learning outcomes for each program in SRWS. |          |  |
| CONCLUSIONS   | We will continue to work on the executive summary for wellness.   |          |  |
| ACTION ITEMS  | PERSON RESPONSIBLE  | DEADLINE |  |
| John will send out to the Wellness small group the format for the executive summary, and what has been submitted, to use as a base from which to work on our executive summary. | John MacDonald  |          |  |

## CONSORTIUM UPDATE

KRIS KRAFT

|              |  |          |  |
|--------------|--|----------|--|
| DISCUSSION   | We have not yet heard if we can join the BHAC consortium. Kris was told she should know the decision by Friday, June 13. |          |  |
| CONCLUSIONS  |  |          |  |
| ACTION ITEMS | PERSON RESPONSIBLE   | DEADLINE |  |
|              |  |          |  |

MEETING ADJOURNED AT 12:10 pm

# UC Recreation and Wellness

## MINUTES

JULY 8, 2014

11:15 – 12:15 PM

RECREATION AND WELLNESS

|                   |   |
|-------------------|---|
| MEETING CALLED BY | MEETING OPENED AT: 11:15 pm   |
| TYPE OF MEETING   | Committee Meeting   |
| FACILITATOR       | Kris Kraft  |
| NOTE TAKER        | Mary Cooke  |
| ATTENDEES         | Stacey Adams, Mary Cooke, Kris Kraft, John MacDonald, Alma Olson, Doris Robinson.<br><br>Excused: Candace Campbell Jackson, Becky Gibson-Lee, Joe Salem, and all student representatives. |

### Agenda topics

APPROVAL OF JUNE MINUTES

KRIS KRAFT

|              |   |          |  |
|--------------|---|----------|--|
| DISCUSSION   | The minutes from the June 10 meeting were unanimously approved. |          |  |
| CONCLUSIONS  |   |          |  |
| ACTION ITEMS | PERSON RESPONSIBLE  | DEADLINE |  |
|              |   |          |  |

WELLNESS UPDATE

KRIS KRAFT

|              |   |          |  |
|--------------|---|----------|--|
| DISCUSSION   | <p>Kris and John attended the Talent Development and Leadership committee meeting. The Goal is to collaborate and share information with this committee in their work with UA employees on wellness.</p> <p>John reported that a submittal form will go live for departments to submit information that should be added to the Wellness website.</p> <p>We discussed using 25Live for wellness calendar items. With this system we could enter wellness events and they will go on the University calendar.</p> |          |  |
| CONCLUSIONS  |   |          |  |
| ACTION ITEMS | PERSON RESPONSIBLE  | DEADLINE |  |
|              |   |          |  |

VICE CHAIR POSITION

KRIS KRAFT

|              |  |          |  |
|--------------|--|----------|--|
| DISCUSSION   | Kent has retired. Kris nominated John to be Vice Chair. John accepted the nomination. Alma moved and Doris seconded to elect John as Vice Chair. Unanimous approval. |          |  |
| CONCLUSIONS  | John MacDonald is our new Vice Chair of the Recreation and Wellness Committee.   |          |  |
| ACTION ITEMS | PERSON RESPONSIBLE   | DEADLINE |  |
|              |  |          |  |

WELLNESS EXECUTIVE SUMMARY

KRIS KRAFT

|   |   |          |  |
|---|---|----------|--|
| DISCUSSION  | We went over drafts of goals and objectives; Stacey will pull these together into one document. |          |  |
| CONCLUSIONS   |   |          |  |
| ACTION ITEMS  | PERSON RESPONSIBLE  | DEADLINE |  |
| Pull drafts of goals and objectives into one document | Stacey Adams  | 7 8 2014 |  |

CONSORTIUM UPDATE

KRIS KRAFT

|              |  |          |  |
|--------------|--|----------|--|
| DISCUSSION   | We have not yet heard if we can join the BHAC consortium. Kris was told she should know the decision by Friday, June 13, but at this date they are still checking on it. |          |  |
| CONCLUSIONS  |  |          |  |
| ACTION ITEMS | PERSON RESPONSIBLE   | DEADLINE |  |
|              |  |          |  |

MEETING ADJOURNED AT 12:10 pm

**The University of Akron**  
**University Council Recreation and Wellness Committee**

Meeting Minutes

*October 20, 2014*

*Present:* Kris Kraft, Stacey Adams, John MacDonald, Alma Olson, Doris Robinson and Joe Salem

*Excused* Candace Campbell Jackson, Mary Cooke, and student representatives

*Next meeting:* November 17, 2014; 1:00 p.m.; SRWC 233

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**I. Announcements**

Kris Kraft was happy to announce that the University has joined the National Consortium for Building Healthy Academic Communities (BHAC).

John MacDonald reported that The Rape Crisis Center liaison to campus as described in the MOU is now being housed in the Student Recreation and Wellness Center. Vanessa Sampsel's office is SRWC 246

Stacey Adams announced that a student from the Buchtelite contacted her regarding the new wellness website highlighted in the Oct. 10 Digest. They asked general questions about why the website was created, if there was data on attendance for the events promoted on the website, etc.

Kris Kraft announced that committee secretary Mary Cook has taken a new position within the School of Law and will no longer be able to serve as secretary to the committee going forward. Kris expressed appreciation for the work Mary had done for the committee and asked if Doris Robinson would be willing to take over the duties of secretary for the committee. Doris agreed to serve.

John MacDonald moved to make Doris Robinson the secretary for the committee and Joe Salem seconded the motion. All present approved the motion.

**II. Discussion**

Goals

Discussion for revising our goal for a policy for e-cigarette usage on campus lead to changing the language of that goal to read: "Create a policy that prohibits tobacco use in all its forms on campus, including e-cigarettes".

Stacey's updates on progress on goals for marketing and outreach to campus and enhancing recreational offerings allowed those long-term goals to be moved to our short-term list.

John MacDonald requested a change in the language of our short-term goal from "Develop a wellness STATEMENT that encompasses and promotes wellness on

campus” to read “Develop a wellness POLICY that encompasses and promotes wellness on campus”.

Alma Olsen proposed that a Title IX goal be added and volunteered to write the goal for review by the committee.

All these changes were voted on and approved.

John MacDonald volunteered to make these changes to the original goals document and send them to the committee.

Being no other business, the meeting was adjourned.

**The University of Akron  
University Council Recreation and Wellness Committee**

Meeting Minutes: November 17, 2014

**Present:** Kris Kraft, Stacey Adams, Alma Olson, Doris Robinson and Joe Salem, Peter Obiefule (USG), Nick Owens (USG), Chris Henderson (SOCA), Liz Newcomb (GSG), and Jamie Parker (GSG)

**Excused** Candace Campbell Jackson, Mary Cooke, John MacDonald

**Next meeting:** December 15; 2014 at 1:00 p.m.; SRWC 233

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**I. Announcements.**

New members of the committee were welcomed and introductions around the table were made.

Copies of the October minutes were distributed as well as the updated goals document.

Kris Kraft announced that the Tobacco Free Policy was going to be presented at the UC meeting on Tuesday, Nov. 18. She provided copies of the Policy and the amended Board Rule 3359-20-05.5. The language in the Board rule now includes nicotine.

**II. Discussion**

Kris Kraft shared information gleaned from a recent study regarding the negative effects of nicotine. She also said that her research showed that there were currently already 23 smoke free campuses in Ohio and that the Ohio Board of Regents supports smoke free campuses.

All participated in a robust discussion regarding ways to get students to support a smoke free campus and problems caused by lack of enforcement of the current 25-foot rule were also mentioned.

Chris Henderson of Students Organized for Collective Action (SOCA) shared the results of a student survey his group did on campus that showed support for a smoke free campus among those who took the survey.

Liz Newcomb suggested peer to peer activism would be the most effective way to influence students to comply with the smoking ban.

**III. A Motion to approve the content of the Smoke Free Campus Policy and present it to the University Council was requested.**

The motion was made by Joe Salem, seconded by Doris Robinson and approved by vote of the committee.

**IV. Being no other business and the meeting time being expired the meeting was adjourned.**