



California State University, Sacramento
The WELL
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The WELL Advisory Group Meeting

October 12, 2022

The WELL

Sacramento State

MINUTES

1. The meeting was called to order at 7:34 a.m. by Smith
 - A. Present: Christian Vela Pasillas, Julie Torres, Lara Falkenstein, Marina De La Cruz Ramirez, Wayne Linklater, Ruby Morales, Monique Curayag, Elena Larson
 - B. Also present: Kate Smith, Bill Olmsted, Tori Butler, and guest Erica Wood
2. Welcome & Introductions
 - A. Smith welcomes the WELL Advisor Group (WAG), and everyone introduces themselves.
3. Public Comment: None
4. Consent Calendar:
 - A. Approval of Advisory Group Minutes for March 2, 2022
[Consensus for approval of minutes as written: Passed]
5. Old Business
 - A. Garden Update: Smith
 - Smith provides updates on the WELL garden project and shares aerial views of the space with before and after photos. The goal is to create a park-like feel, including vegetation, cobble rock, canopies of trees, walking paths, benches, and lighting. The project also goes towards the facility's LEED certification and has been designed to fit ADA garden beds. The WELL's Recreational Therapist, who works with individuals with intellectual and physical disabilities in the Sacramento County transition program, is looking to start a Recreational Therapy horticulture program, and wheelchair users will be able to pull directly up to a raised garden bed.
6. New Business:
 - A. Elect WELL Advisory Group Chair: Smith (**MSP: Torres, Morales**)
 - Smith announces that the student chair position is up for nominations, including self-nominations, and explains the role. Curayag self-nominates, adding that she's the Vice Chair for the Union WELL, Inc. (UWI) Board of Directors (BOD) and wants to gain additional leadership experience.
 - B. Conflict of Interest Form: Smith
 - Smith notes that forms were emailed out to everyone and signed digitally.
 - C. Union WELL Inc. Board of Directors position

- Smith states that, while Curayag serves on the BOD and represents WAG, a second student position is still open to serve on BOD as a WAG representative. She discusses the board format and meeting dates, which are held in the University Union (UU). Olmsted adds that meetings are heavy budget-wise, but he guides students through each step. He notes that WAG and University Union Advisory Group (UUAG) feed up to BOD, and all groups are student majority.

D. Sac State 5K Fun Run Donation Program: Wood (MSP: Morales, Vela Pasillas)

- Smith introduces Wood, Assistant Director of Information Recreation & Special Events, who explains that 2023 will be the 15th annual Sac State Fun Run. In 2018, the event changed to give back to the Sac State community and started a donation program, donating net proceeds after direct cost to a campus fund. Wood works with University Advancement to identify organizations in need and, initially, runners vote on who receives the award. To keep messaging clear and concise, WAG is asked to vote for the recipient organization rather than have participants vote. Wood announces nominees and summarizes each organization's purpose: the ASI Food pantry, Student Affairs (SA) Housing Costs Scholarship Fund, and Crisis Assistance & Resource Education Support (CARES).
- Falkenstein says she gets feedback from students that there aren't many cultural foods available at the ASI Food Pantry since supply is based on donated food. If the Food Pantry wins, she asks if it's possible to request that funds are put towards that or to start a fund. Smith says it hasn't been done before, but if the group agrees, they could ask for specific purchases since it's a monetary donation.
- Linklater asks if SA Housing Fund would be for an individual scholarship or multiple. Wood is not sure as it's the first time offering that fund.
- Curayag asks if the scholarship would be awarded on an essay basis or financially. Wood believes they are still determining how it would be granted but didn't provide that information. Smith adds that CARES performs an initial intake and then recommends a scholarship. Discussion ensues regarding housing, financials, emergency housing, etc.
- Curayag asks if funds would be distributed to a student or the housing entity. Larson believes it would go directly to students. Wood agrees and thinks it would be like any other scholarship or financial aid.
- Smith shares a QR code to vote for the donation recipient anonymously. Then Wood announced that nominations identified ASI Food Pantry as the 2023 Sac State Fun Run donation recipient.

7. Reports and Comments

A. Executive Director:

- Olmsted says the garden project is one of the last pieces of the WELL expansion project occurring over the past few years. The team in The WELL and the design team came up with unique ideas that were put in the building, which have been received very well by students. The project received accolades from ENR (Engineering News Record), a construction trade entity. The WELL expansion was voted the best higher ed/research project in Northern California, which will be presented at an award ceremony. Teams are reviewing the budget for the academic year and projects such as replacing carpet, maintenance of chillers, etc. There's been a lot of traffic in the building, which is very encouraging. The WELL has stayed consistent with activated memberships, facility utilization, etc., compared to traffic and patterns in other facilities on campus, including UU. The corporation currently has 47-48 full-time staff and is in the process of hiring with five searches in various states to replace vacated positions and add one new position.
- A new collaboration between WELL and UU is the *Sticker of the Month*. Staff came up with the idea over the summer to provide a special sticker each month with different themes for each month of the academic year. The first sticker theme was Hispanic heritage month, and the current theme is Mental Health Awareness month. This month, teams are focusing on programs for mental health awareness, including collaborations with SHCS.
- Falkenstein thinks it's a great partnership and adds that October 10 was SHCS's first annual "It's

Okay to Not Be Okay” day. Each spring, Sac State hosts one of the largest campus walks for suicide prevention and is one of the only CSU campuses to participate. They wanted to offer something in the fall to help students learn about resources on campus. SHCS hosted a gallery in the UU, where students wrote down secrets to display on the gallery wall for others to see. Some things are serious, but some are funny. She notes that there are patterns of students sharing concerns. Olmsted adds that it’s on the main gallery lounge on the second floor of UU.

B. Director:

- Smith discusses projects in the facility such as mounting projection screens in ceilings, the conference suite prep-kitchen being converted to storage, converting a small storage space to a small prep-kitchen, exploring additional bike parking, and replacing signs in the Gym Box.
- The fall semester is off to a very busy start; 17,966 students activated their memberships, although before COVID average was 24,000-30,000 students. There are 19,173 members, including faculty, staff, alumni, and sponsored members. Guest passes are back; 1,292 were issued in September.
- Intramural Sports (IM) offers flag football, volleyball, dodgeball throwdown tournament, and the Aaron Rehman memorial soccer tournament that started in 2014 for a student employee who passed away in a tragic accident. RT programs include outdoor wellness, wheelchair basketball, and unified soccer in collaboration with Special Olympics and the Sacramento County school district transition students. WELLcome Back had a great turnout, with 704 shirts given away, 67 silent disco tickets redeemed, 261 game cards turned in, and around 1,800 people who came through the door. The Group Fitness (GF) schedule is back to pre-COVID numbers with around 67 classes, including four virtual classes per week. Personal Training (PT) had its largest month with \$9,296 in PT sales, 177 sessions, and 40 free sessions. The WELL continues to partner with SHCS for the Exercise Is Medicine program and Koru Mindfulness. Zumba glow is on October 27 in the Trinity & Truckee studio. GF Club started this week, and members who attend twelve classes between now and November 6 get a free shirt.
- Falkenstein adds that SHCS gave 300 flu shots during WELLcome back.

C. Assistant Director: Wood, in Swart’s absence

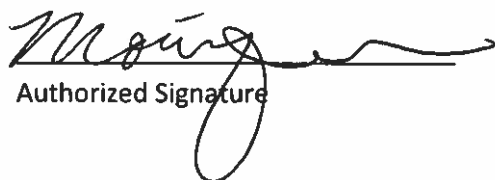
- Wood provides an update in Swart’s absence. WELLCome back occurred, and WAG members were given stickers and other giveaways. The Go Boulder, Go Home competition will be held on October 22, including participants from other universities. Adventure Race is on October 28 and is a Climbing, IM, Fitness, Aquatics, and Peak Adventures collaboration where participants bike, climb, swim, and run. Climbing is offering classes and workshops. IM is starting basketball and indoor soccer this month.

D. Advisory Group members

- None

8. The meeting was adjourned at 8:33 am

Respectfully Submitted:

 12/7/22
Authorized Signature Date