



California State University, Sacramento  
The WELL  
6000 J Street • Sacramento, CA 95819-6138  
T (916) 278-2242 • [www.thewell.csus.edu](http://www.thewell.csus.edu)

## The WELL Advisory Group Meeting

October 13, 2021

Zoom Meeting

### MINUTES

1. The meeting was called to order at 7:36 a.m. by, Smith
  - A. Present: Bernard Omiple, Elena Larson, Amanda (Mandy) Facio, Lisa D'Angelo, Debbie Bruffet, Michael Thompson, Nicole Oneto, Rebecca Woolston, Amanda Visger
  - B. Also present: Kate Smith, Bill Olmsted, Jill Farrell, Tori Butler, Erica Wood
2. Welcome & Introductions
  - A. Smith welcomes all to the WELL Advisory Group (WAG) and everyone introduce themselves
3. Public Comment: None
4. Consent Calendar:
  - A. Approval of Advisory Group Minutes for March 3, 2021  
**[Consensus for approval of minutes as written: Passed]**
5. Old Business
  - A. Expansion update: Olmsted & Smith
    - i. Smith states that the expansion grand opening event was held yesterday and was a huge success with around 250 attendees for the ceremony, and over 200 who attended guided tours. Final and full occupancy was granted yesterday morning so all spaces on the recreation side are now open. Student Health & Counseling Services (SHCS) is using their new spaces, scheduling workshops and programs. She encourages WAG members to contact her for a personal tour.
    - ii. Olmsted notes that the recreation side can mostly be accessed on one's own however with a tour, highlights can be pointed out and discussed. He notes that there was a time when there was concern regarding how to get all the work done. However, with the COVID campus shutdown, there was a silver lining in that the project was fast tracked and construction timeline accelerated in order to provide services as soon as students came back.
6. New Business:
  - A. Elect WELL Advisory Group Chair: Smith (**MSP: Larson, Visger**)
    - i. Smith announces and explains the WAG student chairperson opportunity, then opens for nominations, including self-nominations. Oneto self-nominates and gives statement of interest noting group leadership experience as the Elections Officer with ASI, and interest in being more involved and getting more experience, especially in the health and wellness sphere.
  - B. Conflict of Interest Form: Smith (Information)
    - i. Smith states that Butler will send conflict of interest forms for digital signature via Adobe Sign, which outlines the membership roles and group expectations.
  - C. Program Highlight: Smith (Information)



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- i. Smith shares the WELL website and demonstrates navigation. She announces that WELL mobile application will be launching soon. Active members will receive an email with instructions on how to download the app and how to make reservation. Facility access changed from handprint verification to barcodes on mobile devices. A typical year sees around 24,000-25,000 student members, however with fewer in-person classes and some students are never on campus there are currently 13,877 student members. Non-student memberships are usually a little over 1,000 consisting of faculty, staff, alumni & sponsored members. Member services reached out directly to those members to determine their membership status; 218 accounts remain frozen, 210 canceled, 413 have not responded, and there are 229 new members for a current total of 462 non-student members.

D. Sac State 5K Fun Run Donation Program: **(MSP: Oneto, Omiple)**

- i. Wood provides the history of the Sac State 5K Fun Run which began in 2008, making 2022 the 14<sup>th</sup> annual race. In 2018 the team recognized a time for change and the opportunity to give back, and started a philanthropic angle with net proceeds after direct cost donated to a campus organization that aligns with the WELL's mission and 7 dimensions of wellness. Participants were voting for the recipient during race registration but the need to be more concise with messaging was realized. She reviews the past recipients and donation amounts, then announces 2022 nominees which are the Center on Race, Immigration & Social Justice, MLKJ Graduate of Excellence Award Scholarship, and the Tara O'Sullivan LECS Legacy Scholarship. Wood asked WAG members to vote for the 2022 recipient and launched a poll for voting. The winning vote was for the Center on Race, Immigration and Social Justice.

7. Reports and Comments

A. Executive Director: Olmsted

- i. Although campus went mainly virtual for 2020 and 2021, Olmsted explains that the University Union (UU) and WELL remained operational even though not open to the public. He acknowledges staff for work done throughout the shutdown and all that was accomplished to prepare for the fall semester. The organization took advantage of the closure to conduct work that couldn't have been done with occupied buildings and, upon return, students saw much improved facilities. WELL expansion project is wrapping up but one big component remaining is the space behind the building, which used to be a golf green. With campus geared towards providing more outdoor space, the goal is to turn the space into an area that can be enjoyed as a park-like or meditative space. He shares a rendering of the plan, which includes planting areas, rock beds, bird gardens, trees, granite pathways, and benches for seating. It will be designed as a low water and low maintenance area, reducing the amount of time and resources to manage the space. The hope is to have the project completed by spring. Also, Union WELL Inc. continues to partner with SHCS in efforts for both COVID and flu vaccinations. They started in UU, moved to the WELL terrace suite, and within the next week will be moving into SHCS's new 1<sup>st</sup> floor conference area in the newly added square footage. Lastly, managers have been very excited for the ability to hire new staff members. Olmsted explains that there had been a hiring freeze during most of the COVID period, and since being lifted, the organization starting hiring for several positions. There are five new full-time staff in the WELL, two in maintenance, and there will be a new UU Director starting soon.



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B. Director: Smith

- i. Smith provides updates on WELL programs. Intramurals has modified a lot but has been able to offer cornhole tournament at residence halls, fantasy football, sports trivia night, 2-on-2 outdoor volleyball tournament, and 3-on-3 outdoor soccer league. Recreational Therapy continues 1-on-1 sessions, group settings, and semester prep workshops. Departments are hiring and still looking for student staff; all jobs are posted on the WELL website and UEI jobs. Lap swim resumed three days a week due to staffing challenges. The WELL hosted a successful WELLcome Back trivia event, with 254 registrants and 123 unique views. Group fitness is offering indoor & virtual classes throughout each week. With the new studios, additional classes are being added including classes in the new dedicated spin studio. Hustle from Home virtual personal training program continues and sold out again. Smith adds that 31% of members who completed a free introductory session with personal training signed up for personal training. Group Fit Club and a self-defense course are also being offered this semester.

C. Assistant Director: Swart

- i. Wood provides an update in Swarts absence and echoes Smiths excitement of being fully staffed. A new Coordinator of climbing and group facilitation, Abbie Morrissey, is on board and classes at the wall have resumed. Sport clubs are starting to practice in the facility as well, such as wrestling and climbing club. Climbing will be hosting a Halloween Costume Hangout on October 28, where participants can climb in costume. Wood is planning for an in-person 5k fun run in spring 2022. The WELL will be accepting campus reservations towards the end of November.

D. Advisory Group members

- i. Woolston asks if a virtual option will be offered for the 5k. Wood says it's not off the table but would be logistically complicated. It depends on several factors including what classes in the spring look like.
- ii. Bruffet asks why vaccines are only Tuesdays and Thursdays. Smith states that Janet and Joy are in charge of the schedule, but notes that it might be staffing and availability limitations. Bruffet then asks if the 5k donation recipients are decided at WAG meetings, or if they are pre-selected and then voted on. Smith explains that Wood works with Advancement for a list of the greatest need organizations. Internally, as staff, previous recipients and nominees are reviewed to select the top three organizations to vote on.

8. The meeting was adjourned at 8:33am

Respectfully Submitted:

Nicole Oneto

Nicole Oneto (Jan 7, 2022 19:18 PST)

Authorized Signature

Jan 7, 2022

Date