



SACRAMENTO
STATE

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

The WELL Advisory Group Meeting
October 16, 2019
The WELL, 2nd Floor, Shoreline Room

MINUTES

1. The Meeting was called to order at 7:32am by Kate Smith, Director
 - A. Members present: Kindra Begley, Dominique Rosete, Elena Larson, Mark McGushin, Denisse Ruiz, Justin Chuong, Trinity Jackson, Nneka Omekam, Ethan Shaw, Nadine Braunstein, Prabhjot Shinh
 - B. Also present: Kate Smith, Bill Olmsted, Jill Farrell, Jessica Swart, Tori Butler, Erica Wood

2. Welcome & Introductions
 - A. Everyone introduces themselves.

3. Public Comment: None.

4. Consent Calendar:
 - A. Approval of Advisory Group Minutes for March 6, 2019
[Consensus for approval of minutes as written: Passed]

5. Old Business
 - A. Expansion update: Olmsted & Smith
 - Olmsted provides an update on the Union expansion, which is officially a finished project aside from cleanup and elevator work. He states that the project has been a positive experience and students have been incredibly resilient.
 - Smith explains that the WELL expansion is a joint project with SHCS (Student Health & Counseling Services), which is unique that it is one project being paid for separately. She shows a combination of architecture plans and renderings of the WELL expansion, which are not final. She begins with SHCS plans including the first floor lobby, new classroom space, and athletic training which is moving and doubling in size. She shows a sneak peek of The Cove, which is expanding. Smith explains that while no internal renovations are being done on the second floor, counseling offices will be effected by construction sound so they will be relocated to trailers in front of building on the South Green lawn.
 - Begley asks if moving the counselors will diminish the number of counselors. Smith says no and notes that there are twelve counselors who are planning to move to the trailer. She adds that there are also and satellite offices throughout campus in Lassen Hall, the Department of Engineering, and residence halls.

- Rosete asks if urgent care counseling will move to the trailers. Smith states that she believes the urgent care counselor will still operate out of urgent care, inside facility.
- Smith then shows renderings of the renovation areas including a new Engagement Center, the free weight fitness area that will be expanding into the old Peak Adventures space. She notes that the flooring in the Feather studio is being changed to athletic flooring to be able to hold small group training classes. Women's and men's locker rooms will get new flooring, and an entrance without doors is being explored, pending fire marshal approval. A new space is being captured with all-gender, private changing spaces with just lockers and changing stalls, much like a dressing room. Smith then shows new construction areas such as the "Retreat", which is another all-gender space with private restrooms and showers in addition to smaller men's and women's locker rooms. The area includes a service desk, sixteen private showers, all of which are wheelchair accessible, four all-gender restrooms, and a lounge space. The second floor includes new conference rooms, storage, and two new group fitness studios with skyfold walls, allowing the ability to open up to one large room and hold large group fitness events in-house.
 - Begley asks about temperate controls in group fitness studios. Smith states that although the WELL may never offer hot yoga, the temperature control will improve. The current studios can only get up to 74 degrees since the unit is shared with the cardio suite. The new rooms can get up to 76 or 78 degrees.
 - Rosete asks if the new locker space will affect the Gym Box. Smith states that additional doors are being added, but the team is still working to see how the Gym Box will be affected.
- Smith states that fitness equipment will need to be moved around as spaces are being worked on, and the MAC may be used as an interim solution. Smith encourages the group to ask questions and reach out to her if questions come up.

6. New Business:

A. Elect WELL Advisory Group Chair: Smith [Nomination MSP: Jackson, Omekam]

- Smith explains the Advisory Group Chairperson role and announces that nominations are being accepted, including self-nominations. Shaw nominates himself, adding that he is a business major and the Board of Director's Chairperson.
- Smith asks for a vote on Shaw's nomination. [MSP: Larson, Begley]

B. Conflict of Interest Form: Smith

- Smith refers to the conflict of interest form handed, to be signed and turned in.

C. Activity Space Reservation Policy: [Wood MSP: Begley, Chuong]

- Wood reviews the proposed changes to the Activity Space Reservation Policy, noting that the changes consisted mostly of cleaning up formatting and removing Peak Adventures since they are no longer in the building.

7. Reports and Comments

A. Executive Director: Olmsted

- Olmsted refers back to Smith's presentation and discusses struggles with the state fire marshal. He explains that the fire marshal has a lot of oversight on projects, and the focus on safety has been increased in California with a push towards compliance with building codes and fire life safety. He adds that the changes are warranted and the team is coming to terms with compromises. One compromise was adding a new stairwell in front of the building. The compromise was to add it in the current alcove where the skateboard rack is, and it will be a

glass enclosed stairwell off of the second floor SHCS waiting room. Staff and patients can exit that area in an emergency, but it will not be used as an entry/exit.

- Olmsted states that, last year, the Board of Directors voted to change bylaws for the corporation. A new staff position was added to the Board, Dean of Students, so another student position was added in order to maintain a student majority. There are now thirteen members, who met for the first time last month.
- While the Union Expansion is wrapping up, the architectural design team is now submitting the project for competitions both locally and nationally. The project recently won the 2019 Best Project North award in Higher Education by ENR California magazine, which is a construction industry award.
- Lastly, Olmsted explains that management worked with UTAPS to add Jump Bike charging stations throughout campus, including in front of the WELL. Now scooters are coming to campus as the City now has contracts with two different vendors, and is looking to add two more. As areas and policies are created, which may take time, Olmsted asks for patience as campus seeks solutions.

B. Director: Smith

- Smith points out that the Campus Rec brochure was provided for everyone and it outlines dates of events and programs. She adds that Intramural registration just closed, and basketball is beginning next week. The AIR program had Opening Day for Unified Sports, a partnership with Special Olympics which allows transition students on campus, consisting 18-22 year-olds with intellectual or physical disabilities, to play alongside Sac State students in majors focused on working with people with disabilities.
- Jason Blessinger, Assistant Director of Fitness, resigned over the summer and hiring for that position is in progress.

C. Assistant Director: Swart

- Swart states that the WELL has over 24,500 total active members, which consists of 95% student members. She then mentions upcoming events such as the WELL Hiring Expo being held November 4 and November 7, which is where students come to learn about positions being offered, interview tips and resume building.

D. Advisory Group members

- McGushin announces that this weekend's Homecoming game is the biggest game in his twenty-two years on campus.
 - Smith asks if Sac State is still tied for first place. McGushin confirms, adding that if the team wins this week they will be on track to make playoffs.
- Omekam apologized for being late and introduces herself, noting that she worked at The WELL as a student supervisor. She also states that she has been speaking with alumni and previous WELL staff about a 10-year staff reunion-type event.

8. The meeting was adjourned at 8:33am

Respectfully Submitted:



Authorized Signature

12/4/19

Date