



WELL Advisory Group Meeting
Wednesday, October 25, 2023, 7:30am
Terrace Suite, The WELL

Minutes

1. The meeting was called to order at 7:33 a.m. by Olmsted
Present: Gloria Coss, Marina De La Cruz Ramirez, Wayne Linklater, Ariana Ochoa, Rosa Colin Vasquez, Madeleine Church
Also Present: Bill Olmsted, Jessica Swart, Erica Wood, Tori Butler, Jill Farrell
2. Public Comment: None.
3. Introductions and Overview
 - a. Everyone introduces themselves, and then Olmsted gives an overview of the WELL Advisory Group (WAG) and its responsibilities. He also discusses the structure of governing bodies for the organization, including Board of Directors (BOD), University Union Advisory Group (UUAG), and the Budget & Finance Committee.
4. Consent Calendar:
 - a. Approval of The WELL Advisory Group Meeting Minutes — March 1, 2023
[Consensus for approval of minutes as written: Passed] Coss, Colin Vasquez
5. New Business:
 - a. Elect WELL Advisory Group Chair: **Passed**
 - i. Olmsted announces that nominations are being accepted for the committee chairperson, including self-nominations. Colin Vasquez self-nominates and all approve.
 - b. Conflict of Interest and Academic Release Forms: Information
 - i. Olmsted discusses the purpose of the conflict of interest agreement.
 - c. WELL Gym Update:
 - i. Olmsted reports record numbers of students coming to The WELL and participating in programs since returning from COVID. On October 12, an errant basketball hit a fire sprinkler in the Gym Box which triggered the fire alarm and the building was evacuated. Olmsted does not believe it was intentional. In the 11 minutes it took to shut off the sprinkler, 90-95% of the gym was covered with water. Sacramento Fire Department deployed two stations, which assisted in squeegeeing water out of the gym, and an emergency management company was deployed within two hours to begin the drying process. Olmsted shares a photo taken by a student right after the incident occurred, and others of the work done to dry out floors and bring moisture down. The entire floor needs to be sanded down to remove the finish and level it out, then lines will be repainted and the floor resealed. The hope is to complete work by mid to late November and have a playable gym before end of semester. Staff is very cognizant of when and how much the building is closed, and only close for specific reasons. This accident knocks the Gym Box offline for 4-5 weeks. Students are not happy, but crews are working as quickly as possible and making tremendous progress. Internally, will explore better ways to protect fire sprinklers in the gym including heavier-duty cages.

1. Linklater asks to confirm that it's a brand-new floor and asks if sanding again will shorten its lifetime. Olmsted confirms it's a new floor but says sanding and refinishing have to be done every 10 years anyway, so it will still have plenty of life left.
- ii. Swart highlights the positives. The incident happened in the evening when only student staff were running the building. Student staff got to have a fire drill when the facility was busy and did a fantastic job responding to the alarm and evacuating the building. She appreciates Olmsted's actions, who called in a lot of staff and some arrived within 10-15 minutes. In addition to the 10-12 individuals from two fire stations, all was a great effort.
- d. Meeting Dates for 2023–24:
 - i. Olmsted reviews the 2023-24 meeting dates.
- e. Student Liaisons to the Board of Directors:
 - i. Olmsted explains the WAG and UUAG structure as somewhat workgroups for BOD, and each has a member who sits on BOD. This year, De La Cruz Ramirez and Ochoa are WAG representatives on BOD.
- f. Sac State 5K Fun Run Donation Proposal **MSP: Coss, De La Cruz Ramirez**
 - i. Wood discusses the 5K Fun Run donation program history and how recipients were selected in past years to receive the event's net proceeds after direct costs. Campus funds that align with The WELL's mission, the seven dimensions of wellness, and President Nelsen's campus wellness campaign and were most in need of support were identified in collaboration with University Advancement, which were then voted on. In an effort to evolve again, WAG is asked to approve ASI Food Pantry as the designated beneficiary for 2024 and moving forward, noting visits to the food pantry have drastically increased over the years. In 2022-23 there were 32% more visits than in 2019-20, and on average, has already seen 31% more visits so far this semester than in fall 2022. She reviews past donation recipients and amounts, noting donation amounts depend on cost. The 5K is a self-supporting event through registration fees and sponsorships. Olmsted notes that costs will likely increase, which may impact the amount of donations, but it also depends on the number of registrants.
 1. Colin Vasquez asks for examples of event expenses. Wood says the cones rented to mark the course, participant and volunteer shirts, food for participants at the finish line, a swag item for participants, a timing company hired to time participants, campus police fee to shut down parking lots, a U-Haul truck rental for cones, race bibs, staffing cost, and pizza for volunteers at the end.
 2. Coss asks what the overall cost was last year. Wood says there was around \$27,000 in direct cost, which doesn't include the cost of staff. Olmsted notes The WELL has a large student staff and more staff are brought in during that time.
 3. Olmsted asks what the final registration number was last year. Wood says there were 1,200 in-person participants, which is the highest number ever. She adds that they ran out of shirts at 1,121, and people kept registering even knowing they wouldn't get shirts.
 4. Linklater asks for the date of the 5K. Wood announces it's on Thursday, April 25, at 6pm.
 5. Colin Vasquez, as an ASI BOD member, appreciates consideration for the ASI food pantry. Adding that ASI has been trying to find a bigger space due to the high need, and needing to store meat, dairy, eggs, etc. And donations really help.

6. Reports and Comments

a. Advisory Group Members

- i. Colin Vasquez says the director for the College of Health & Human Sciences, in collaboration with Natural Sciences Mathematics, is having a kickback event to highlight both colleges in the Union Redwood room on November 9. Snacks, goodie bags, games, and stress relief activities will be

provided. Also, a dean's table with a suggestion board for students to give feedback to deans. All students are welcome.

b. Executive Director: Olmsted

i. Olmsted says there are currently several full-time staff vacancies since summer, including the Director of The WELL. The job posting had a tremendous response nationwide and is in the final HR paperwork process. Several other searches for positions within the organization are in progress. Union WELL, Inc. employs about 50 full-time staff and well over 300 student staff among both facilities. The fall semester is off to a great start for both buildings; students are very responsive, and the numbers are positive.

c. Assistant Director: Swart

i. Swart states that fall WELL memberships began August 21 and since then there have been 122,873 check-ins, and a weekly average of approximately 14,000. There are 21,336 current members: 200 faculty/staff, 1,200 alum, 141 sponsored members, and the biggest group (96%) being current students at 19,706, which is 64% of the student population. In the past, that percentage has been up to 70-75%, but participation has been building back up since COVID.

1. Linklater asks to clarify numbers for faculty and staff members. Swart confirms 200 and mentions that efforts to engage faculty and staff will increase in spring with more presentations, offering tours, etc.

2. Linklater asks how many faculty and staff are employed on campus. Swart says around 3,500 including auxiliaries. She says a survey was done in 2013 to gain insight on why they haven't joined and some cited working out closer to home, building hours, and some didn't want to work out with students. The WELL developed a faculty and staff-specific program, Start Strong, that combined membership and fitness programming. It was successful the first couple of years, and The WELL is interested in offering it again. Linklater then asks how 200 compares to previous years. Swart says it has been closer to 400-450 at times.

ii. Swart shares program updates. Self-defense session 2 is currently running. Group Fit Club has 270 participants signed up. Yoga Night, in collaboration with Unique, is November 16 in the Union. Climbing classes and special events are being offered. Intramurals (IM) season 2 is starting, and tournaments will also be offered. Lap Swim is open after a two-month facility shutdown. For the first time since the pandemic, a Hiring Expo is being held November 6 & 7. The Causeway Classic blood drive is being held November 6-8. As for staffing, the Operations Coordinator position is in being finalized, in-person interviews are starting for a Marketing Coordinator, and IM Coordinator interviews are in progress.

d. Wood notes that goodies from WELLcome Back were handed out and adds that the facility saw 120% more traffic during the event than the previous Friday.

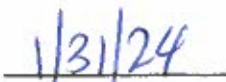
e. Swart points out the September and October stickers of the month were handed out and explains the program which encourages engagement and allows people to share experiences and pride in light of different things to celebrate. Scan the QR code to read their stories. Olmsted adds that a limited amount is printed and available on the first of each month at the front counter of each facility. It's been a great collaboration for the Union and WELL, and has received a lot of positive feedback.

7. The meeting was adjourned at 8:36am

Respectfully Submitted:



Authorized Signature



Date