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The WELL Advisory Group Meeting
February 5, 2020
The WELL, 2nd Floor, Shoreline Room

MINUTES

1. The meeting was called to order at 7:38 a.m. by Ethan Shaw
 - A. Members present: Kindra Begley, Mark McGushin, Ethan Shaw, Justin Chuong, Nadine Braunstein, and Nneka Omekam
 - B. Also present: Kate Smith, Bill Olmsted, Jessica Swart, Tori Butler, and guests Alivia Gok and Andrew Reddish
2. Public Comment: None
3. Consent Calendar:
 - A. Approval of Advisory Group Minutes from December 4, 2019
[Consensus for approval of minutes as written: Passed]
4. Old Business
 - A. Expansion Update: Olmsted & Smith
 - Smith announces that the WELL expansion project is moving forward. Construction will begin in the Engagement Center in April. Over the summer, crews will focus on interior renovations on the Student Health & Counseling Services (SHCS) side and new construction off of the Gym Box on the recreation side. Regular meetings are occurring with the construction team, who has produced the first schedule which is a tentative plan of what to expect and when. Internally, staff is working on marketing materials to educate members on happenings and planning a ground-breaking event during finals week. Smith acknowledges that it is not an ideal week, but the intention is to have the event before students leave for summer. It will be ceremonial in nature with some sort of breaking of a wall, hopefully by President Nelsen. There will also be giveaways and refreshments. More details to come.
 - Olmsted adds that the old Peak Adventures space is being prepped as a temporary space for the Peer Health Educator (PHE) program and Athletic Training. A nominal amount of adjustments will be made in order to make the space ready for them in May.
 - B. 10 Year WELL Alumni Reunion Event: Omekam
 - Omekam states that she and Shaw met with Smith and other WELL staff to discuss event logistics. Swart created a survey of interest to pass out to WELL alumni which was posted on Facebook and has yielded 98 responses so far. More information to come.
 - Shaw adds that a lot of good discussion is being had and should be a very special event. He asks Smith if other planning members are needed.
 - Smith states that Omekam has recruited other alumni and built a sizeable committee.
 - Braunstein notes that the event could be a great launching pad for mentoring of current staff. She realizes it has been discussed and agrees that it would be a great feature.

- Omekam notes that the survey asks if the survey taker would be willing to be a mentor.

5. New Business:

A. Building Hours 20-21: Swart [MSP: Omekam, Chuong]

- Swart presents the proposed 20-21 WELL building hours, which includes a comparison to the current year's hours. Compared to this year, the facility is open one day less due to this year being a leap year. She adds that a lot of changes are anticipated with services in the building due to expansion. She will be revisiting building hours to help determine what building hours should be after expansion, which will include gathering input from the campus community and staff.
- Smith adds that Swart has been reviewing hours and facility usage, and found that more check ins occur between 6-6:30am then 6:30-8:00am. This is leading the team to consider opening at 5:30am. They did not want to make changes before expansion but they hope to review this and make all major changes all at once.
- Swart states that new challenges are occurring with maintenance projects, some of which can only occur during the winter closure. She will be exploring more times of year with low participation to conduct building maintenance.
 - McGushin points out a possible typo, noting that the closure date for Causeway Classic shows zero. Swart explains that if a number is there that means facility is closed, but a zero indicates it is open. Since Causeway Classic is at Davis this year, the facility will not have to close. Smith adds that the date stays on the closure list as a placeholder.

B. Membership Rates 20-21: Swart [MSP: Chuong, McGushin]

- Swart presents the 20-21 WELL membership rates, and points out that there are no changes. Due to the uncertainty of how membership sales will respond to the closing and rearranging of services and construction, the team is proposing to keep rates the same. Pricing will be reevaluated post expansion to reflect new programs and services. She notes that the only change is the addition of additional membership term options for associated campus program members.
 - Begley asks if the military veteran discount is going away. Swart explains that it is referred to as policy rather than a rate, so it is not listed on the membership rates sheet.

C. Walking for Neuro Health Program Proposal: Gok [MSP: Begley, Chuong]

- Gok presents the Walking for Neuro Health program proposal. She explains that the program will bring people with and without disabilities together for recreation, in addition to providing CSUS students hands-on experiential learning on working with individuals with disabilities. The program would be serving the Head Trauma Support Project, which is already on campus through Speech, Language and Pathology out of the College of Health and Human Services (HHS). The program would run for eight weeks, one hour per week and would involve walking the Healthy Hornet Path if weather allows, otherwise walks will occur inside the facility. Gok will be the main project manager as a Certified Therapeutic Recreation Specialist and would work in collaboration with RPTA and Access Leisure of Sacramento. Volunteers will work one-on-one with participants for the duration of the program, consisting of twelve participants and twelve volunteers. Gok then shows a breakdown of program cost and notes that 5K registration is included in the spring program with the goal of program participants being able to participate in and complete the 5K.
 - Begley asks if volunteer positions are open to any student on campus. Gok clarifies that students must be part of HHS college or be able show that they have experience with the population.
 - Omekam asks if the 5K course will be accommodating to individuals with disabilities. Gok states that the 5k course is already accommodating but volunteers will ensure that participants remain safe and will consider a different route if stamina is an issue.
 - Begley asks if everyone will meet at one time, or will the program run based on availability. Gok states that it will run as a program all at one time.

- Braunstein asks if having students use independent study credits has been considered, so there is an academic benefit for volunteers to participate. Gok says that has been explored, but she needs to do more research to ensure it can work within current policies.
 - Smith asks if each college has its own independent study option. Braunstein says that she could ask faculty in RPTA how it's done in their departments, adding that in her department they have to propose a syllabus, set expectations, and determine deliverables. Gok states it sounds like she's referring to pre-internship hours. Braunstein states that students could earn one credit for fifteen hours class time, and reflections will be required. She adds that she is willing to help and participate as a faculty member to add more to the volunteer opportunity.
- Begley states that the majority of HHS departments have internship opportunities and suggests working with the office to get an internship set up.
 - Gok states that she has been exploring internship options.
- Shaw asks Gok if she is confident that RPTA can commit volunteers, noting that he is concerned about the time commitment.
 - Gok explains that, in addition to the twelve volunteers, three AIR staff as well as herself will be involved and can fill in if someone drops out, can't make it or gets sick. Also, Access Leisure and Dr. Hoffman with RPTA have offered to step in as needed and support as well.
- Chuong states that, as an RPTA student, he feels that the program would provide many benefits. Especially since it's local and students will really like staying on campus to learn.

6. Reports and Comments

A. Executive Director: Olmsted

- Olmsted states that his focus lately has been expansion, strategic planning and initiatives, and budget. He announces that Union Director, Dean Sorensen, is retiring at the end of the spring semester, and he will be posting the position this month. He hopes to have someone in place early summer. Regarding WELL expansion, the project of relocating of golf carts and trash compactors into a compound behind the building will begin soon. He adds that a similar project is being done at Union. Olmsted then provides an update on the south automatic door at Union, and explains that the door is very old, parts are no longer made and it cannot be repaired. It needs to be replaced, which involves cutting out the entire storefront of the building. The hope is to start during spring and complete over summer. Lastly, the Union Expansion project won another regional award from the Design Build Institute of America. Although it is unknown which award was won, Olmsted will attend the ceremony with the project architectures in May.

B. Director: Smith

- Smith states that she has also been working on strategic planning, year-end projections (YEP) and budget, adding that the strategic plan will be presented to the group in March. She reminds the group of the optional budget training being held tomorrow and that the April meeting is one and a half hours long and will be combined with the Budget and Finance Committee, and the Union Advisory Group (UAG). Smith states that the Intramural Sports Coordinator search is in progress; nine candidates are scheduled for phone interviews and the top three will come to campus for in-person interviews. Smith then mentions current and upcoming programs such as indoor soccer, dodgeball, Mile High Climb, and Weight Warriors. Lastly, Smith asks members to communicate with her if there are issues with attending meetings. She explains that agenda topics requiring approval cannot be voted on if quorum is not met.

C. Assistant Director: Swart

- Swart announces that The WELL's Instagram hit 10K followers, which places The WELL in second place nationally in campus recreation social media. She explains that having 10k followers allows access to the "swipe up" feature on stories, which provides a convenient direct link to websites.

Swart acknowledges that the pool closed unexpectedly last week due to much needed renovations that staff was not made aware of being scheduled. She reminds the group of Mindbody, which is the app where members can register for fitness classes and pay for events or classes where cost is associated. Swart states that all events are on the calendar in the campus recreation brochure that was handed out. The Sac State 5K Fun Run is coming up in April and 360 runners are already registered. She announces that there will be a New Orleans brass band at the finish line, in collaboration with Unique programs. She also announces that volunteers are needed if members are interested or can spread the word.

- Braunstein asks how people can sign up to volunteer. Swart states that there is a link on the website, but it will also be included in the Monday Briefing. Smith adds that she will send out links to registration and volunteer sign up to the group, noting that about 100 volunteers are needed.
- Omekam suggests creating a team and running together as a group.

D. Advisory Group members

- Begley states that tomorrow's budget training is being held in the Union Pacific Suite.
- Smith adds that breakfast will be provided for those who attend.

7. The meeting was adjourned at 8:29am

Respectfully Submitted:



Authorized Signature

3/4/20

Date