



California State University, Sacramento  
The WELL  
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**The WELL Advisory Group Meeting**  
March 4, 2020  
The WELL, 2nd Floor, Shoreline Room

**MINUTES**

1. The meeting was called to order at 7:34 a.m. by Shaw, Chairperson
  - A. Members Present: Kindra Begley, Mark McGushin, Justin Chuong, Lily McCalla, Nadine Braunstein, Ethan Shaw, Nneka Omekam, Prabhjot Shinh,
  - B. Also Present: Kate Smith, Jessica Swart, Jill Farrell, Tori Butler, Bill Olmsted
2. Public Comment: None
3. Consent Calendar:
  - A. Approval of Advisory Group Minutes from February 5, 2020  
**[Consensus for approval of minutes as written: Passed]**
4. Old Business
  - A. Expansion Update: Olmsted & Smith
    - Smith shows samples of the finishes selected for expansion and invites members to take a closer look after the meeting. Unfortunately, there is no update on the timeline for Fire Marshal approval but summer is still the target start of construction. The groundbreaking event that is being planned will be called a WELL Expansion Kickoff instead. The event will still be held on May 6 and will still have a ceremony. The Engagement Center will be used to display renderings of the project to illustrate what is coming. Giveaways and refreshments will also be available.
  - B. Walking for Neuro Health: Smith
    - Smith provides an update on the Walking for Neuro Health program proposal that was presented at the last meeting. The program itself has not changed, but the funding source has. There was a miscommunication with the head of the Trauma Support Group, and the money that was granted has been spent already. So instead of funds coming from the grant, participants will be charged a small fee of \$8 per visit to participate. This means that 5K registration is no longer included and will be paid by participants if they want to participate in the fun run. Smith adds that she discussed her concern about cost being a barrier with Gok, who informed her that the participants currently pay about \$30 a visit for kayaking at the Aquatic Center. If other barriers come up, the program will be reevaluated.
5. New Business:
  - A. WELL Strategic Plan 20-21: Smith **[MSP: Chuong, Shinh]**
    - Smith presents 20-21 WELL Strategic Plan highlights. She explains the strategic planning process and how it aligns with Sac State Strategic Goals. The corporation decides on ten foundational goals and then all departments make sure that their plans are aligned with those goals. The WELL chose to focus on (1) providing superior service to our diverse campus community and strive to exceed customer expectations,

which is important knowing the possible disruptions from expansion. (2) Foster opportunities for student engagement to enhance their sense of belonging and connection with the University, which is coming from the push within Student Affairs and campus to focus on how students are being engaged. (3) Maintain state-of-the-art facilities that provide safe, relevant, innovative and inclusive spaces for the evolving needs of the campus community, which will be a big focus with expansion and ensuring a commitment to this as closures occur.

- Braunstein refers to goal (1) and asks how customer's expectations being met will be evaluated. Smith points out that the next section outlines performance measures, and that goal (1) will be measured by conducting employee trainings and conducting customer satisfaction surveys, adding that a variety of surveys are conducted throughout the year. Feedback is also collected through social media and in person feedback.
- Smith reviews performance measures for all three goals and then discusses project list highlights, by department. Administration projects include beginning make ready work for expansion, demolition and construction; advancing healthy campus initiatives; hosting a 10-year WELL reunion event; and exploring implementation of a travel management software. AIR projects include working with RPTA to establish the WELL as a Recreational Therapy internship site; and create additional recreational opportunities that complement the current adaptive sports programs. Staff Development projects include incorporating new standard-issue polos for WELL staff uniforms; and identifying participant testimonies to be utilized in a marketing campaign.
  - Omekam asks how participant testimonies will be broadcasted. Smith states that the plan is to create videos to post on the WELL's website or social media. She adds that there are banners on campus already with testimonies from Intramural participants, including a picture of the participant and quoted testimony. The goal is to do this for all programs.
- Intramural projects include collaborating with the Union Games Room to host an eSports tournament; hosting a testicular cancer awareness golf tournament in collaboration with SHCS, Residential Life and the Male Empowerment Initiative; and transition Intramural staff to the Engagement Center. Fitness & Wellness projects include expanding the Exercise is Medicine Program with SHCS; researching wearable technology such as heartrate tracking devices; and coordinating the relocation and temporary closures of fitness equipment from areas impacted by expansion.
- Swart discusses the Member Services & Marketing project list including planning for membership related issues with expansion; developing and implementing the staff structure and overall function of the new Engagement Center; and exploring and evaluating opportunities to provide virtual participation in campus recreation programs and services.
  - Regarding the virtual participation project, Braunstein asks if there is a way to participate in a group fitness class from home. Swart states that it is a consideration. She mentions the Peloton bike commercials which feature digital trainers, saying that a similar concept is being considered, which would provide access to fitness at a time and place that is convenient for the participant.
  - Smith adds that the team is open to ideas. They know it needs to be done, but are not entirely sure how to do it and they want to hear from students.
- Swart reviews project highlights for Operations & Aquatics including exploring a locker rental program since the number of lockers will be increasing with expansion; evaluating and proposing new building hours; and enhancing campus partnerships to improve the open swim and learn to swim programs.
  - McCalla asks if new building hours would include the pool or just the WELL facility. Swart states that the pool hours can be evaluated. Smith asks McCalla if she has a specific request. McCalla suggests keeping the pool open longer in the mornings. Swart explains that the pool is also used for academic programming and the mid-morning time is dedicated to academic classes and scheduled cleaning, but it could be reviewed to see if anything has changed.
- Smith discusses Special Events and Informal Recreation highlights including expanding outdoor recreation offerings during construction; providing nap kits for checkout at the Equipment Desk and having open nap hours; planning and executing all expansion related events including a topping out ceremony; creating

signage in conference rooms addressing the inconveniences and Terrace Balcony closure caused by expansion; and evaluating conference suite room setup offerings and equipment. Highlights for Climbing & Group Facilitation include offering adaptive climbing during all top rope climbing hours; analyzing climbing data and developing a proposal to expand the climbing wall; and collaborating with the Fitness department to incorporate climbing into the fitness program.

- Braunstein suggests sharing information like the availability of nap kits with Reva Wittenberg, who regularly distributes a Wellness in the Classroom newsletter, to help get the information out to faculty and students. Smith states that she works closely with Wittenberg and will ask to be added to that mailing list.
- Omekam asks if members will be able to sign the last beam to be put in place at the topping out ceremony. Smith says yes and adds that details will be shared as they become available.

## 6. Reports and Comments

### A. Executive Director: Olmsted

- Olmsted states that the strategic plan presented by Smith is just a piece of whole process for the entire corporation, noting that some sections are presented to WAG, some are presented to Union Advisory Group (UAG), some are presented to Budget & Finance, and the full corporate plan will be presented to the Board of Directors (BOD) next week. Also, crews are working on lingering projects in the Union and make-ready projects in the WELL. Part of the make-ready work for expansion includes determining where services will move to during construction and helping SHCS relocate programs such as athletic training, counseling, and Peer Health Educators (PHE). The plans in place are fluctuating and being modified as better ideas come up. Lastly, there has been a lot of talk about coronavirus and meetings have been held on campus this week to address preparedness. The President's office and SHCS are fielding many questions from students. Campus will put information and resources on their website and President Nelsen will be sure to communicate any significant information. The WELL is continuing to maintain cleanliness in the building and adding more Purell hand sanitizing stations to show awareness of concerns.

### B. Director: Smith

- Regarding the meetings being held on campus, Smith adds that Joy Stewart-James, AVP of SHCS, is leading the meetings, and based on her medical advice, the virus most likely was already communicable and is not necessarily a new virus as 80% of symptoms don't present, so it could have been around a while. So far, the only concerns are for the elderly or those who have a compromised immune system. Smith encourages members to share resources with friends and classmates.
- Smith states that the Intramural Sports Coordinator interviews are completed. Three candidates were brought in for onsite interviews, and the hope is to have a new Coordinator on board in the next couple months. On March 10, a "We are Sacramento" event is being held on campus, which is a kickoff event to celebrate collaboration with the Sacramento Kings. Different events and activities are being held from 11am-3pm such as outdoor yoga, silent disco, and arcade basketball. Then 3-5pm will be Kings Franchise event including Kings player and mascot appearance. Lastly, registration is open for the Sac State 5K Fun Run coming up on April 23, and volunteer sign-ups are being accepted.

### C. Assistant Director: Swart

- Swart provides an update on WELL programs and events such as the Couch to 5K program, where participants work with a trainer to build up to running the 5K, or decrease time for experienced runners. Yoga night is being held in Union on March 26, in collaboration with Unique Programs. The last session of self-defense begins on April 6. A free climbing clinic is being held on March 18, and a Level Up climbing competition is scheduled for April 18.

### D. Advisory Group members

- None

7. The meeting was adjourned at 8:46am

Respectfully Submitted:



Sadia Ashraf (Oct 14, 2020 13:58 PDT)

Authorized Signature

Oct 14, 2020

Date