

MINUTES
March 10, 2023
Western Nevada College
Healthy Campus and Environment Committee
10:00am – 11:30m

MINUTES

1. Call to Order - 10:10am (On Zoom)	
2. Roll Call <u>Present</u> : Matthew Shafer, Martin Schmidt, Brenda Yenkole, Azucena Ledezma Rubio, Stefanie Bischoff, Nigel Harrison, Erica Gallegos, Hilda Villafana <u>Absent</u> : Gisela Munoz, Heather Rikalo, Jeff Erickson, Ed Millim, Elizabeth Best	
3. Approval of Minutes (February 10, 2023)	Action Matthew Shafer motioned, Hilda Villfana second
4. Chair update <ul style="list-style-type: none"> a. Recorder volunteer b. WNC Distance Challenge ended & prizes - Received the RTIC water bottle from Heather, we still need to purchase gift cards. Committee discussed So Juicy and Blue Zone. c. Blood Drive rescheduled for April 25, 2023 d. Lake Tahoe Polar Plunge - there are only two employees that have expressed an interest. e. Elect new chair in April/May meeting - Brenda is leaving WNC at the end of June. This topic will be added to the next meeting agenda to seek volunteers. 	Discussion/Action
5. Welcome Lauren Stevens, overview of the new Wildcat Wellness Grant initiatives and how the committee can help. <ul style="list-style-type: none"> ● Grant covers \$65k/year, 6-10 training sessions/year, grant started at the end of November but did not roll out until this Spring semester. ● Wildcat Wellness Page benefits grant initiatives, to include all things well being not just for mental health. Kognito training and other wellness apps are on the website. Includes 24/7 support line, call anytime, page is geared toward 18 & over population. Lauren would like to link websites and events with our efforts, possibly combine at some point. 	Discussion/Action

<ul style="list-style-type: none"> ● Lauren discussed bringing in guest speakers to the college and having grant money to use to do that. Nigel suggested a contact at the National Guard that might be interested. Nutrition speaker could be the first guest. Possibly utilizing our current faculty. Lauren has a certain amount of money for students and some for faculty. It was agreed that having speakers may help build a camaraderie at the college, build connections. Lauren discussed a possible Mental Health First Aid session at Fallon and maybe Carson this spring. ● Wellness events were suggested; hiking off site or from the college, getting out in nature is good therapy. Music therapy and discussed World Music Week April 10-15. Picnic, maybe a potluck. Grant money can not be used for food. Schedule upcoming events in April or May when warmer. ● Wellness Day - Be Well Day for Faculty & Staff. Schedule college-wide. Set date for Wednesday, May 3. Brenda to create a shared file to schedule events. Best to have Faculty/Staff RSVP. Events: Yoga (Tawnie, Certified Instructor), Hike (Winnie, Geology Tour), Contact Stephanie A (Performing Arts) to see if any musicians want to play during the day, Arrange for guest speaker (Nutrition). 	
<p>6. March & April Events - Earth Day in April - possibly schedule a mini community clean-up day during the week of April 24. Ask Jeff for bags and possibly offer food for volunteers. Add to April meeting agenda.</p>	Discussion/Action
<p>7. Projects & Planning - No updates</p>	Discussion/Action
<p>8. Nevada Green Initiative Updates a. Erica - Nothing new, waiting for more information from facilities.</p>	Discussion/Action
<p>9. New Business - None</p>	Discussion/ Action
<p>10. Public Comment - None</p>	Discussion
<p>11. Next Meeting Date - April 14, 2023</p>	Discussion
<p>12. Adjournment TIME 11:22AM</p>	Action