

**MINUTES**  
**April 14, 2023**  
**Western Nevada College**  
**Healthy Campus and Environment Committee**  
10:00am – 11:30m

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1. Call to Order - 10:21am (On Zoom)	
2. Roll Call <u>Present</u> : Matthew Shafer, Martin Schmidt, Heather Rikalo, Brenda Yenkole, Elizabeth Best, Nigel Harrison, Erica Gallegos, Hilda Villafana, Jeff Erickson <u>Absent</u> : Gisela Munoz, Ed Millim, Azucena Ledezma Rubio, Stefanie Bischoff	
3. Approval of Minutes (March 10, 2023)	<b>Action</b> <b>Heather Rikalo</b> <b>motioned, Martin</b> <b>Schmidt second</b>
4. Chair update a. Recorder volunteer b. Seeking volunteers to serve as chair FY23/24	<b>Discussion/Action</b>
5. Wellness Day Discussion a. Scheduled for May 3 i. <b>Lauren Stevens attended meeting to discuss, organize, and plan the schedule</b> ii. <b>Discussed whether the event should be for faculty and staff only, or to include students. Agreed for faculty and staff only as students have a separate week-long event to de-stress.</b> iii. <b>Discussed making this an annual event with grant funds</b> iv. <b>The counseling department will be sending out messages throughout the day</b> v. <b>Possibly include ergonomic swag and quiz</b> vi. <b>Discussed health bags to give to faculty and staff during the event</b> vii. <b>Setup Mama Bear as a food truck and discuss handing out food vouchers as incentive to attend guest speaker</b> viii. <b>Heather will set out games during lunch time</b> ix. <b>Lauren will confirm guest speaker and set up room</b>	<b>Discussion/Action</b>

<ul style="list-style-type: none"> <li>x. <b>Group discussed ideas of events and giveaways; such as massages or having the massage school come in to give massages</b></li> <li>xi. <b>Lauren Slemenda asked to speak and presented 4 different topics. Brenda will send out survey for committee to decide what topic would be best to present</b></li> </ul>	
<p>6. April &amp; May Events</p> <ul style="list-style-type: none"> <li>a. Lake Tahoe Polar Plunge Update - April 22 <ul style="list-style-type: none"> <li>i. <b>Only two people showed interest.</b></li> </ul> </li> <li>b. Earth Day - Mini Campus Clean-up - week of April 24 <ul style="list-style-type: none"> <li>i. Student Center is doing one on April 19</li> </ul> </li> <li>c. Blood Drive rescheduled for April 25 <ul style="list-style-type: none"> <li>i. <b>Brenda to send out communication to all college</b></li> </ul> </li> <li>d. May 3, WNC Be Well Day</li> </ul>	<b>Discussion/Action</b>
<p>7. Projects &amp; Planning</p> <ul style="list-style-type: none"> <li>a. RTC - Jeff update - <b>starting Monday RTC will offer rides from Reno to campus. Anyone with Wildcat card can take it for free. They will offer Veterans special.</b> <ul style="list-style-type: none"> <li>i. <b>Parks and Recs will manage the ball field. WNC can still book events. Jeff working on open space and additional hiking trails. Mountain bike team.</b></li> </ul> </li> </ul>	<b>Discussion/Action</b>
<p>8. Nevada Green Initiative Updates</p> <ul style="list-style-type: none"> <li>a. Erica (<b>No update</b>)</li> </ul>	<b>Discussion/Action</b>
<p>9. New Business - <b>None</b></p>	<b>Discussion/ Action</b>
<p>10. Public Comment - <b>None</b></p>	<b>Discussion</b>
<p>11. Next Meeting Date - <b>a few members will be meeting to set up additional plans for Wellness Day on April 24th 3pm and April 28th 10am. Next committee meeting will be on May 12th 10am.</b></p>	<b>Discussion</b>
<p>12. Adjournment TIME <b>11:30am</b></p>	<b>Action</b>