



OFFICE OF HUMAN RESOURCES

WELLNESS COMMITTEE

We are pleased to announce the Utica College Wellness Committee is alive and well! The wellness committee was first introduced by Joan Kay and Libby Gleasman in December 1998. Many colleges have had success in creating a healthy campus and reducing health insurance costs while promoting employee wellness.

Our Mission: To promote a healthy campus by providing resources for our faculty, staff and students to make healthy choices.

Committee Co-Chairs: JoAnne Williams, Lauren Partyka, Dan Sheffer

Committee Members: Julie Murawski, Donna Gerace, Carolyn Carstensen, Sandy Dimeo, Charleen Sangiacomo, Marie Iannone, Jeff Weisinger, Libby Gleasman, Nancy Virgil-Call, Lisa Rogers, Mona Rice

What we accomplished so far:

- National Walking Day on April 30, 2008
- Kick off for the “Step Up” program through Excellus BC/BS (15 teams in place totaling over 80 participants) took place on October 20, 2008.

What’s in place: (Check it out!)

- “Step Up” walking program with incentive rewards
- State of the art on-site fitness center
- Links to ARAMARK campus dining services healthy dining and nutrition website
- Flu shots offered at the Student Health Center
- Weight Watchers on campus
- Link to Excellus BC/BS website for health and wellness ideas
- Ergonomics Advisor through the Office of Environmental Health and Conservation
- Free annual routine screenings under Excellus BC/BS health plans for mammograms, pap smears and prostate cancer screening using in-network doctors
- Link to out Employee Assistance Program and newsletter

What’s Coming:

- Website links to local hospitals and community resources for free information on health and wellness programs and seminars
- Spring 2009 “Step Up” program
- Information on area farmer’s markets
- Link to www.weightwatchers.com
- UC “family” photos of faculty, staff and their families and friends doing healthy activities such as hiking, bike riding, skiing, etc. Get your cameras ready as we start our UC Family Photo Album!

Suggestions/comments or to get involved:

- Contact JoAnne Williams at ext. 3024 or by email to jwilliams@utica.edu or any committee member to share your thoughts or comments on what else we can do! We need to hear from you!
- Get Involved!