

**MINUTES**

**February 21, 2019**

**9:00 a.m. – Bonnie Combo room**

**Welcome**

- 1. Determination of Quorum and Call to Order – Open Staff Senate Meeting**
- 2. Approve Agenda**
- 3. Approve Minutes: November 2018** – Minutes are available on the staff senate website. Did not have a meeting due to weather, January meeting was replaced with the key note at the retention summit.
- 4. Welcome Samantha Powell SGA rep to Staff Senate Non-Voting member**
- 5. Guest speakers** – *Sue Perry from CommonHealth and Doug Wohlstein, Dwohlstein@radford.edu to discuss Faculty-Staff Fitness Programs offered by Health and Human Performance*

Sue Perry made a presentation about stress reduction, mindfulness and well-being programs through CommonHealth. Present staff were able to try a progressive relaxation technique, good for help with sleep and stress release from your muscles and a simple meditation using guided breathing to reduce stress, increase energy and reset your day. Look at our Staff Senate FB page for information about Mindfulness practice on RU Campus. Sue Perry provided a booklet provided by CommonHealth for more information and resources visit [www.CommonHealth.virginia.gov](http://www.CommonHealth.virginia.gov) or contact [wellness@dhrm.virginia.gov](mailto:wellness@dhrm.virginia.gov).

Headspace, Calm and Insight are all apps you can consider for meditative or mindfulness practice for you and your loved ones. Mindspace is available on the EAP (Employee Assistance Program) website.

Doug Wohlstein presented information about Campus Wellness Challenge, and Faculty Staff Fitness Programs. Two informational slides, now available on the Staff Senate FB page and presented at the meeting have details about current programs.

Mindfulness Mondays Peter 010, or Peace Garden program – open to all.

F/S wellness center M-F 12-2pm, T&R 6-8am, M&W 4-6pm, **FREE OF CHARGE**, otherwise being used as a classroom outside of these hours. Plenty of space to work out!! Rarely is there a wait to use equipment.

7 different functional fitness classes offered. Beginners to expert are all welcome and encouraged. 13-20 minute workout with stretching. W/M/F body work, T/R is cardio based. Doug teaches all classes and can adjust for all levels. There is a circuit and showers and lockers for any interested. Feb. 25<sup>th</sup> – March – Wellness contest. Login to enter the drawing for donated prizes from Dalton, local restaurants, Athletics and more. Student Rec and Wellness Center offers personal trainers through Peters for the same rate – all certified and average \$18 an hour compared to \$40. Looking at adding yoga back on the program. Zumba was a challenge, because all the teachers are volunteers – if you know of anyone who is interested in teacher as a volunteer. If you are interested in subscribing to an email list with Doug you can contact him directly. Classes are drop in, come to as many as infrequently or often as you like. Consider warming into workouts with cardio and then adding a class if you haven't exercised in a long time to reduce risk of injury.

Doug accepted feedback on publicizing the program. HR welcomed including it in the newsletter. New staff member introduced herself to Staff senate, she is in the position previously held by Pam Lucas, in benefits.

## 6. Executive officer report

*Retention Summit report – 15 staff representatives participated, all 4 executive officers, day long summit, with opening keynotes from Noel Levitz and Student Success and Retention. Breakout sessions covered 6 questions, then the questions were presented to the large group. Included 30 Faculty, 15 AP Faculty, 15 Classified Staff, 15 students.*

*Senate executive members visited AP Faculty Senate, shared our accomplishments and goals. Interested in replicating our survey, invited them to serve on planning committee or volunteer day of at Picnic – very receptive and enthusiastic. Talked about staff senate scholarship – discouraged AP from creating their own endowment and donating and encouraging the existing one.*

*Julianna Stanley, SGA president – looking at a date for a shared governance mix and mingle. SGA meets Mondays at 5pm. All are welcome! Mixer would be before a meeting.*

*Foundation scholarship – selection process, March 14, at Exec Meeting, Whitt Hall First Floor Conference Room, Cheri Durbin will bring eligible applicants. Just over \$1300 available this year. All senators are invited to this meeting.*

*Keepin' it Green Award – Earth Day celebration – Kristina Contreras representing*

*Guest speaker requests/suggestions – email Karen/Kim*

*David Horton*

*Committee expectations*

## 7. Senators announcements (news from Divisions, concerns from constituents)

*Campus Climate Survey – Kim Dowdy*

*Student Affairs class celebrations – Kim Dowdy, Angela Arnold*

*Half Way There April 8<sup>th</sup> – Junior Celebration – Senior Signing Day – Russell Block Party in April*

## 8. Reports from Standing Committees

### • Elections & Nominations, Chair: Allison McCoy

*Elections to be completed by March 31. Announced 6 weeks prior. Call for interest, nominations in process. HR will provide updated staff list. Watch for general information by email to all staff. Please encourage participation. Elections March 26, completed counts and announcements by April 1<sup>st</sup>. Currently 4 senator terms ending, 5 alternate senator terms ending. Term of office begins July 1. Use April-July to develop a transition plan/training/retreat. Timeline allows new officers to be elected and announced at picnic May 16<sup>th</sup>.*

### • Policies & Issues, Chair: Kim Dowdy

*Kim Dowdy and Karen Montgomery meeting with Chad Reed February 28: perceptions of contracted services vs classified staff, employee handbooks for classified staff, tuition benefit proposals/staff input opportunities, staff access to policy information and guidance/training opportunities*

*Moving forward committee will work on responding to Retention Summit and Staff Survey – next meeting is planned for March 28<sup>th</sup> at 9am*

### • Communications, Chair: Kristina Contreras

*Staff Senate meetings promoted on internal TV system 2 weeks prior to meetings. Encourage colleagues to follow us on Facebook.*

### • Staff & Community Relations, Chair: vacant

- **Spirit Committee, Chair: Allison McCoy**

**TENTATIVE DATE** --- Planning for picnic May 16<sup>th</sup>, Karen has give-aways donated from LARC/HKC, Bea Covington, and ice cream social annually

Previous Bea Covington selection will be chosen by a committee of previous winners.

## 9. **Reports from University-Wide Committees: evaluating term appointments with Internal Governance**

- Diversity & Equity Action, SS Representative: Lynn Arnold, 2017-2018, Connie Leathers 2019

Lots of programs – Chair is Mary from CITL, email information about events and programs related to this topic to Connie or Mary – look at information sharing. Addressing strategic plans and university missions for inclusive information. Consider all forms of diversity. Learning styles, disabilities, race, gender, etc.

**Tabling remaining updates --- REPS SEND UPDATES TO KIM/KAREN VIA email.**

- Intercollegiate Athletics, SS Representative: Allison McCoy - Chair Prof. Betty Dore  
Finalizing athletic strategic plan for presentation in April. SUPPORT ATHLETICS – MEN'S AND WOMEN'S – most events are FREE!!!
- Parking & Traffic, SS Representative: Taylor Lambert, 2017-2019
- Budget & Planning, SS Representative: Inactive committee, 2017-2018
- University Executive, SS Representative: Karen Montgomery, 2017-2019
- Dining Services Advisory Committee, SS Representative: Christi Wayne, 2017-2019  
Considering inviting representatives from Dining to come to a future meeting.
- Bookstore Advisory Committee, SS Representative: Kara Pfaff, 2017-2019
- Library Committee, SS Representative: Jim Webster, 2017-2019

## 10. **Old Business**

How to make contributions to specific initiatives through annual giving or one time donation – The HIVE  
Highlander Chat tickets

## 11. **New Business**

None

## 12. **Comments & Announcements – open floor**

## 13. **Adjournment – Close Staff Senate Meeting**

- Next Staff Senate meeting:  
Thursday, March 21, 2019  
9am, Bonnie Hurlburt Student Center Combo Room  
Guest Speaker/Presentation: TBD