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**Staff Advisory Council – Agenda**

The Staff Advisory Council will meet on **September 15, 2020 at 12p**

**Zoom**

Join Zoom Meeting

<https://osuchs.zoom.us/j/95602086328?pwd=cmRHT2h3RDFLRjJQSktLR3N4dm5rdz09>

Meeting ID: 956 0208 6328

Passcode: 182922

One tap mobile

+16699009128,,95602086328#,,,,,,0#,,182922# US (San Jose)

+12532158782,,95602086328#,,,,,,0#,,182922# US (Tacoma)

Meeting ID: 956 0208 6328

Passcode: 182922

Find your local number: <https://osuchs.zoom.us/u/aFzUFfd19>

All meetings are open to all staff of OSUCHS.

1. **Call to Order:** Sherrita Sweet
2. **Roll Call:** Michelle Loveless
3. **Approval of Minutes:** 8/18/20
4. **Approval of the Agenda**
5. **Reports of University Committees:** 
   * **Administration**
   * **Facilities-** Angelyn Holmes
   * **IT**
   * **Wellness**
     + **Social Media**
       1. Please follow our Facebook page for all health education/programming! OSU Center for Health Sciences Wellness
     + **Fitness Center Hours**
       1. Fitness Center hours will expand to mimic campus operational hours starting Wednesday (9/16/2020)
     + **Tour Tahlequah Step Challenge (Coming Soon)**
       1. The Tour Tahlequah Step Challenge is a one-month walking challenge that encourages its participants to get active while learning more about the local restaurants, parks, and history of the Tahlequah community as well as its surrounding areas. From October 1st – 31st, joining us as we walk the distance between must-see destinations found within a 30-minute drive from the OSU CHS Cherokee Nation Campus. Be on the lookout for additional registration information coming your way!
          1. You don’t actually walk to the physical location. You simply have to walk the associated distance to meet the checkpoint.
     + **Group Fitness**
       1. Group Fitness classes are back in session. Visit the CHS Fitness Center or OSU Center for Health Sciences Wellness Facebook page for more info.
     + **Personal Training**
       1. Personal Training sessions are now available in the CHS Fitness Center. We have 4 trainers on staff and they are ready for clients! Contact Alanna.harris@okstate.edu for more info.
     + **Future Programming**
       1. Wellness Workshops
          1. We will be opening our wellness workshop series this semester. There will be many different topics to choose from (nutrition, time management, teamwork, stress, screen time, etc.). Your department will have the ability to submit a request form and we will either come to your location for the lecture (if we can maintain social distancing protocols) or you will be able to access the trainings virtually via pre-recorded material along with Zoom interaction.
       2. Fitness on the Go
          1. This is a program we’re looking to get off the ground soon as well. This is a program that will allow departments to request personalized fitness classes for their employee population. Sessions can either be done in the CHS Fitness Studio, or we can come to your location (if space allows).
       3. Mental Health First Aid
          1. Be on the lookout for another MHFA training invitation. Possibly looking at the month of November for dates.
   * **HR-** Tina Tappana
   * **Security**
6. **Officer Reports:**
   * **Secretary -** Michelle Loveless- none
   * **Treasurer -** Darlene DuBois
   * **Vice Chair –** Diana Sanders
   * **Chair –**Sherrita Sweet
7. **SAC SWOT Discussion**
8. **Standing Committees Report**
   * **Rules and Procedures Committee**
   * **Communications Committee**
   * **Awards and Recognition Committee**
   * **Outreach & Fundraising Committee**
9. **“Threats” Discussion/Brainstorm**
10. **New Business:** 
    * **Potential New Member Introductions**
      + Chris Young
      + Kate Robertson
11. **Announcements:**
    * New members interested in joining SAC please let the Secretary Michelle Loveless know!
    * Reminder to let us know that if there are any concerns or issues you have that you would like for us to address with Administration, let your Executive Board know!
12. **Adjournment**
    * **Next Meeting: October 20, 2020 12p via ZOOM**