



# Staff Advisory Council Agenda

Staff Advisory Council will meet on

**August 20th, 2024 @ 12 noon**

**Tandy Building Room 333 and via ZOOM**

*All meetings are open to the public.  
Bring your own lunch and join us.*

**A. Call to Order:** Andrew Carter

**B. Announcements from University Committees:**

- **Administration –**
- **Facilities –**
  - Vivarium construction is active, waterproofing and painting of exterior of the building is due to be completed in October.
  - ARPA Pharm/Research Building project still remains in process, facilities management will meet with surgery group regarding details of the operation rooms.
  - Health Care Center New Facility, interviews for the architect were conducted on Aug 6<sup>th</sup>. Construction Manager at Risk interviews are scheduled and Board of Regents approval meeting will be in September.
  - Barson Building interior project will be expected to be completed in November.
  - Hardesty MRI, project bids to be returned by Aug. 15<sup>th</sup>
  - Cafeteria project, a proposal from GH2 has been received and conceptual design, estimated \$6,500. Committee approved to start the process of project/design.
  - Mental Health Hospital – Basement walls have been poured and retaining walls to begin on Sept. 2<sup>nd</sup>.
  - New Clinical Trail Office, Furniture/IT equipment have been moved to space and department is scheduled to move on Aug. 12<sup>th</sup>.
  - Building Signage for CHS Campus has been completed.
- **Human Resources – No Report**
- **Information Technology –**
- **Wellness –**
  - Ted Talk Tuesday: How to live to be 100+, 12:15-12:50pm, Tandy 171/LH1
  - A Step Ahead Walking Challenge, 9/9 – 10/4
    - the Department of Wellness is challenging you to stay a step ahead of chronic disease, musculoskeletal disorders, brain fog, and more by incorporating more movement into your day! Whether you choose to take a 15 minute walk at lunch or make a habit of using a printer on a different floor of your building, little bouts of movement can add up to big changes in your health. Ready to get started? Recruit your team (optional) and register for the challenge [HERE!](#)
  - Thrive Thursday, Every Thursday except holidays, 12-1pm, Tahlequah OMM Lab and ZOOM
    - This program will take a generalized approach to teaching fitness program development. We will take a behind the scenes look at what is happening with our bodies when we exercise and how to manipulate variables in order to reach individualized health goals. Example movements are also demonstrated at the end with opportunity to show proper form and targeted muscle activation.
    - <https://okstate-edu.zoom.us/j/98664578052?pwd=T2Q4MTEvRFBtUWtDVGpwb3pCcC2VIUT09>
    - Zoom Pass: 1234
  - Move It Mondays, every Monday except holidays, 12-1pm, Tahlequah OMM Lab
    - This program is designed specifically for offsetting the sedentary environment of working and studying in higher education. Each week we cover a variety of topics centered around combating common problems that arise from being sedentary such as pain, weight gain, loss in performance, mental health losses, and declines in performance. Our goal is to seek out solutions based on these problems and then go through a few guided exercises that people can learn and utilize in their own fitness journey.

- **Security** –
- **Division of Access and Community Impact** -

**C. Roll Call:** Elisabeth England

**D. 2023-2024 Executive Board**

- **Secretary** – Elisabeth England –
  - Reminder to Sign in
  - Day of Service Registration Form and details. See Flyer on Day of Service on today's calendar invite and in-person.
  - Meeting spot next month, NH 242, will update the calendar invite
- **Treasurer** - Vacant –
- **Vice President** – Vacant -
- **Cherokee Nation Representative** – Colton Paden –
- **Clinic Representative** – Rachel Shepherd –
- **Past President** – Becca Floyd –
- **President** – Andrew Carter –

**E. 2023-2024 Committee Chairs:**

- **Fundraising and Outreach Chair**, Rachel Shepherd –
- **Rules and Procedures Chair**, Vacant –
- **Awards and Recognition Chair**, Vacant –
- **Communications Chair**, MeLyssa Bailey – no report

**F. Approval of the Minutes:** Andrew Carter

**G. Vote in New Members:** Andrew Carter

**H. Old Business**

Vacant Spots – VP, Treasurer, and Rules & Procedures, Description of each position is in the bylaws. Check today's calendar invite or grab a copy from the Secretary of SAC, Elisabeth England.

**I. New Business**

- Vote in new Awards and Recognition Chair, Joann Olsen
- Staff Continuing Education Award Application Open/Extended
- Speed Bump Letter with signatures

**J. Adjournment - Next meeting** – **September 17th, 2024, at 12 noon, North Hall 242**