

# Wellness Council

## MGH Institute of Health Professions

August 26, 2021, 3:00 pm Meeting

### Minutes

**Present (via Zoom):** Savetrie Bachan, Madeleine Barth, Luella Benn, Mike Boutin, Christopher Clock, Harsha Dhingra, Jack Gormley, Kerry Kearns, Katie Mulcahy, Lisa-Marie O'Brien (Barone), Lisa Staffiere, Denis Stratford, Jessica Upton, Lisa Walker, Sarah Welch

#### **Announcements and Quality Moments:**

Lisa Staffiere expressed support for Dr. Suzanne Koven and the Narrative Medicine workshop as she attended a webinar she led a few months ago in which she spoke about her new book.

Several members noted that in person events on campus have returned, including pinning ceremonies.

Jack Gormley announced OSAS promotion of Luella Benn: Director of Accessibility Resources and Wellness, which will lead to some great collaboration/promotion with the council.

Sarah Welch noted a great deal of hiring currently taking place.

#### **Review of Minutes from June Meeting:**

N.B. July meeting was canceled due to several vacations.

The draft minutes of June WC meeting were unanimously approved. Ronan Campbell will work to have these posted on the WC webpage.

#### **Fall Wellness Programming-Growth and Exploration Sub-Committee**

Jessica Upton presented a list of potential programs (see attached PPT slide). Goal is to engage students and start strong.

Feedback on the proposed events included concern to add wellness topics of burn out and self-care, student fatigue in its many forms.

Jessica and others noted the need to figure out how best to survey the student population to see what programming they would be most interested in, how it is going and how that shapes the community programming.

## **Food Pantry Proposal Presentation**

Kerry Kearns and Mike Boutin presented a slide deck (see attached). They shared:

Food insecurity is high. Their committee from START learned more about the food pantry at Bunker Hill Community College.

Planning begins summer '21. Looking to submit to executive council in September and a potential opening April 22. July 22 review of how it is going.

The committee anticipates a Building 39 location and perhaps one employee from IHP to act as "director" in a part-time basis.

Inventory- \$5,300 needed to get it started per year, JEDI office pledged \$1,000 to get it started, OSAS \$1,000, and see if there can be more money from other institute department/programs. Inventory will be supplied by food drives throughout the year. Education around other ways students can help themselves and find resources around the area.

Questions: is there a possibility or opportunity for Graduate Assistants to have work as employees? Sarah Welch noted that we cannot have volunteers doing the same work that we pay someone to do.

Questions explored include: How do you keep it clean and dignified? What is the long-term way this is maintained at a respectable level? Stigma has been discussed a lot, where do you put this? Kathy Zuluaga's proposal of where to put us was a middle ground and the 90-day assessment will give the committee a good idea of what is not working and what is.

Denis Stratford asked: If funding is committed, could this be implemented sooner than February? This timeline is representative of COVID and if it is fully funded and staffed. Members of the committee would be open to exploring this.

Coming into the end of the fiscal year and there could be monies allotted to pantry funds.

## **Questions, Suggestions, Kudos, Reminders of Upcoming Events**

If there is a subcommittee you would like to be a part of or lead, please reach out to Jack.

Kudos to Lisa and SAP/EAP as the response and support from the team was wonderful and supportive to our students and community.

Thank to Blue EQ trainees who went during the summer.

Next meeting is September 23, 3:00pm. As a new semester begins, it is important to touch base as a group and make sure the meeting times fit everyone's schedule. Always aiming to find a time that works really well for all and as well as ensure a handful of students can be present.

The meeting was adjourned at 4:02 pm.

*Jessica Upton*

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Jessica Upton

*Ronan D. Campbell*

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Ronan D. Campbell

## Wellness Programming Options

*activities under consideration for Fall 2021*

- HIIT Boot Camp outdoor high-intensity interval training outside 1CW or Shouse – September
- Building 39/Fitness Center/Student Assistance Program open houses and tours – September, October
- Narrative Medicine workshop and guest speaker, launch of writing “club” with Lisa Walker (open to all students)
- Dance Fitness classes – beginner and/or advanced
- Lady Eli Pabon’s intro to Puerto Rican dance class – October (LatinX Heritage Month)
- “Radical Self-Care” Workshop for BIPOC Students – proposed collaboration with JEDI for November
- Guided Meditation with guest storyteller Tracy Cochran of Parabola Magazine – November
- Yoga for Beginners (probably outside 1CW or Shouse) dates TBD
- Advanced Yoga Practice (probably outside 1CW or Shouse) dates TBD – perhaps virtual
- Indoor Climbing at Brooklyn Boulders or Central Rock – potential collaboration with Ascend – December
- Subscriptions to various Wellness apps
- One-day trip to climb Mt. Monadnock – perhaps with guided meditation or yoga at summit (mid-October)

### September/October Offerings

- **HIIT Boot Camp**  
outdoor high-intensity interval training outside 1CW or Shouse – September
- **Building 39/Fitness Center/Student Assistance Program**  
open houses and tours – September, October
- **Narrative Medicine workshop and guest speaker**  
launch of writing “club” with Lisa Walker (open to all students)
- **Dance Fitness classes**  
beginner and/or advanced
- **Lady Eli Pabon’s intro to Puerto Rican dance class**  
October (LatinX Heritage Month)
- **One-day trip to climb Mt. Monadnock**  
perhaps with guided meditation or yoga at summit (mid-October)

- **November/December Offerings**
- **“Radical Self-Care” Workshop for BIPOC Students**  
proposed collaboration with JEDI for November
- **Guided Meditation with guest storyteller Tracy Cochran**  
of Parabola Magazine – November
- **Indoor Climbing at Brooklyn Boulders or Central Rock** potential  
collaboration with Ascend – December

**Offered throughout the year/Outside for certain seasons**

- **Yoga for Beginners**  
(probably outside 1CW or Shouse) dates TBD
- **Advanced Yoga Practice**  
(probably outside 1CW or Shouse) dates TBD – perhaps virtual
- **5K Run/Walk series**  
4-5 5k walk/run entry fee, transportation provided