

# Wellness Council

## MGH Institute of Health Professions

Agenda: September 25, 2023, 12:00 pm Meeting  
**Minutes**

**Present:** Deborah Altsher, Luella Benn, Ronan Campbell, Steve Ciesielski, Christopher Clock, Jack Gormley, Joanna Kreisel, Jennifer Mackey, Kenya Palmer, Lisa Staffiere, Jessica Upton, Sarah Welch

### **Welcome and Opening Remarks, Quality Moments, good news to share**

Jack Gormley and Jessica Upton taught a successful all day, in-person, student MHFA class this past weekend, Saturday, September 23. This was the first in person student offering.

Steve Ciesielski reported that the SON reaccreditation took place last week and it went very well. Pending approval, the next iteration would be in 10 years.

J. Gormley introduced Deb Altsher, Director of Financial Aid and Joanna Kreisel, Director of Compliance.

Jenn Mackey noted Knitting for Wellness Group and its success.

### **Mindful Moment**

S. Ciesielski led the mindful moment which was to take two minutes to write down things we are most grateful for in life.

Katie Mulcahy confirmed she will lead the mindful moment at the October meeting. Joanna Kreisel will lead November and Lisa Staffiere December.

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

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

### **Transition of Wellness Council Leadership and Administration (Jack Gormley)**

This will most likely be J. Gormley's last meeting. Luella Benn will be stepping up to lead OSAS in Jack's departure and L. Benn looks forward to diving into the Wellness Council as we move forward.

Several members noted thanks for J. Gormley's leadership.

### **IGrad and Cash Course (Deb Altsher)**

D. Altsher brought forth the topic that an alarming amount of students need of financial management and are in dire need of financial management, wellness and literacy and tools.

The IHP is going to be partnering with IGrad and Cash Course, both of which are financial wellness platforms that complete financial wellness checkups.

D. Altsher suggested members visit IGrad.com for some background and that the resource will only serve us well if people are actively engaged. D. Altsher asked what some good ways for students and the community might be to be involved as we want students for this to be there go to.

Lis Staffiere asked if this will this be part of orientation? D. Altsher noted yes and it would be part of the Preparing for Your Arrival course.

J. Upton explained that the SGA EBoard will be meeting with all class reps and subcommittees so this could be an avenue for introductions and awareness.

Chris Clock noted PT Club sponsors lunchtime speakers in between class breaks.

Jenn Mackey noted the importance of student groups as well, and that within CSD, alumni who have come in the past to speak about their loans, how they got through school, and moved into jobs. Many students did not know what a starting salary would be. J. Mackey explained that we have to normalize what financial wellness is. Everyone has a place in understanding this more and J. Mackey offered to have D. Altsher come talk in her seminar.

Cash Course brings with it a consortium of schools working on financial education.

J. Gormley mentioned there might be a value in announcing to students how many have participated in this type of guidance hence the message: Here is what your peers are doing. J. Gormley also suggested working with the JEDI fellows due to their close work and engagement with students.

J. Kreisel suggested that perhaps Financial Aid could offer a calendar of resources at the beginning of the year.

L. Benn suggested OSAS and the Center for Career and Professional Development for future collaborations.

Please be on touch with D. Altsher with further suggestions.

### **Other Subcommittee Updates – any/all subcommittees**

#### **Physical Health and Fitness (Chris Clock)**

C. Clock noted 2<sup>nd</sup> Annual 5K Fundraiser is scheduled to take place on Tuesday, November 7 in the afternoon.

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

The meeting was adjourned at 12:59 pm. Next meeting is October 16, 12:00 pm.

*Ronan D. Campbell*  
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