

# Wellness Council

## MGH Institute of Health Professions

Agenda: November 13, 2023, 12:00 pm Meeting  
**Minutes**

**Present:** Luella Benn, Ronan Campbell, Steve Ciesielski, Christopher Clock, Jennifer Mackey, Katie Mulcahy, Lisa Marie O'Brien, Lisa Staffiere, Sarah Welch

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

Chris Clock provided a reminder that the Community Pantry 5K is tomorrow, November 14.

Luella Benn shared good news about two Mental Health First Aid courses that were run on two Saturdays in person and well attended.

### **Mindful Moment (Katie Mulcahy)**

Katie Mulcahy guided members through an autumn reflection and meditation.

Joanna Kreisel and Lisa Staffiere will offer the next two mindful moments beginning in 2024.

### **Review of Minutes from September Meeting**

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

### **Community Pantry Case Study Presenting at NASPA Regional (Luella)**

Luella Benn reported back on the Portland, Maine NASPA Regional Conference Community Pantry presentation that was facilitated along with Mike Boutin and M Meyer. 34 conference attendees registered for the session in which pantry successes and lessons learned were discussed.

L. Benn noted usage has skyrocketed and have run out of provisions during certain weeks.

### **Wellness Council Meeting Frequency during interim period (Luella/All)**

L Benn proposed meetings once a semester/quarterly.

K. Mulcahy believes it could be quarterly if we were prepared with goals.

Sarah Welch suggested every other month. Chris Clock agrees on every other month and the question was posed: What is reasonable and helpful? Is work being driven by Wellness Council or individual areas? Thinking about structure and what we are doing.

Jenn Mackey proposed a Wellness Council retreat and goal setting for year. We need to find out who wants to be part of the council how this accomplished.

Steve Ciesielski asked if anything can be done to break the mold? Shorter, action-based meetings.

L. Benn asked members what would work for a retreat. Half day in the spring for reform and what to focus on for the year? Will determine schedules and what works best.

J. Mackey added there may be funding available for certain projects which would be a good retreat discussion.

### **Update on sweatshirts (Jessica)**

Sweatshirts have all arrived and are at the embroiders. If you did not email Jessica, she has not ordered for you yet, so if you have not, please do so we can wrap it up.

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

#### **Mental and Emotional Health (Steve Ciesielski)**

S. Ciesielski and K. Mulcahy, in conjunction with a nursing student, will conduct a weekly or every other week email survey to gauge stress on students.

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

The meeting was adjourned at 12:55pm. Next meeting will be in January of 2024, Date TBD at 12:00 pm.

*Ronan D. Campbell*  
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