

Stephen F. Austin State University
Staff Council Meeting Notes
Tuesday, October 8, 2024
10:00 a.m. – 11:10 a.m.
McGee Business Building (Room 133) and Zoom

Attendees:

Attending Representatives	<input checked="" type="checkbox"/> Chair: Brittany Beck <input checked="" type="checkbox"/> Chair-Elect: Ryan Dietrich <input checked="" type="checkbox"/> Parliamentarian: Heather Hawkins <input checked="" type="checkbox"/> Treasurer: Choya Coleman <input checked="" type="checkbox"/> Secretary: Emily Keller <input checked="" type="checkbox"/> Gina Ajero <input checked="" type="checkbox"/> Heather Catton <input checked="" type="checkbox"/> Walter De La Cruz <input checked="" type="checkbox"/> Crystal Deckard <input checked="" type="checkbox"/> Sabrina Delaney <input checked="" type="checkbox"/> Chase James <input checked="" type="checkbox"/> Jennifer Krause <input checked="" type="checkbox"/> Tim Lewallen <input checked="" type="checkbox"/> Theunis Oliphant <input checked="" type="checkbox"/> Johnny Reed <input checked="" type="checkbox"/> Andrew Roybal-Cano <input checked="" type="checkbox"/> Ashley Schmidt <input checked="" type="checkbox"/> Shana Scott <input checked="" type="checkbox"/> Sydnee Seeton <input checked="" type="checkbox"/> Nadia Sifuentes <input checked="" type="checkbox"/> Leon Stefl <input checked="" type="checkbox"/> William Stelson <input checked="" type="checkbox"/> Brandon Stringfield <input checked="" type="checkbox"/> Enrique Venegas <input checked="" type="checkbox"/> Craig Yates
Not Present	<input type="checkbox"/> Amy Mooneyham <input type="checkbox"/> Henry Wiederhold

Meeting Minutes

Topic	Minutes
I. Call to Order	Time: 10:00 a.m.
II. Roll Call	Secretary Keller called roll. Individuals noted above were in attendance. Hillary Parrish served as proxy for Amy Mooneyham. Steve Laurent served as proxy for Henry Wiederhold.
III. Presentations	a. Livia Pierce (Assistant to the Executive Director – Employee Wellness Coordinator Human Resources) <ul style="list-style-type: none"> • Employee Wellness <ul style="list-style-type: none"> i. Promoting health and well-being for all faculty, staff, and retirees <ol style="list-style-type: none"> 1. Wellness Leave 2. Employee Fitness Program <ol style="list-style-type: none"> a. Noon Basketball b. Indoor soccer c. Indoor pool d. Drop-in fitness room e. Yoga f. Intro Pilates 3. Employee Assistance Program <ol style="list-style-type: none"> a. Stress & anxiety b. Alcohol & drug problems c. Couples & relationship issues d. Anger management e. Work conflicts

- f. Depression
- g. Parenting & family concerns
- h. Grief or bereavement
- i. Change & life transitions
- j. Communication skills
- 4. Living Well Platform
 - a. Levels
 - i. Level 1 Believe
 - ii. Level 2 Achieve
 - iii. Level 3 Succeed
 - b. Fall into Fitness Challenge
- 5. Healthy Living, BCBS
 - a. Hinge Health
 - b. MDLIVE Virtual Doctor
 - c. Seasons of Life
 - d. Headway
 - e. Fitness Program
 - f. Wondr
 - g. Learn to Live
 - h. Ovia Health
- 6. Flu Shot Clinic on October 22nd from 11am-2pm in Student Center President's Suite

ii. Questions

1. Representative Schmidt: For the wellness leave waiver, do you fill that out once or yearly?
 - a. Livia: You no longer have to complete a form every year. If you stay in the same position with the same supervisor, it is good going forward unless your position/supervisor changes. For non-exempt, you need to clock your time in Time Clock. For exempt, you need to list your wellness leave on your leave report.
2. Representative Stefl: Does employee fitness stay the same during the summer?
 - a. Livia: No, it is paused during the summertime.
3. Representative Lewallen: I believe the Campus Recreation Center runs a flat fee for people in that situation.
 - a. Livia: That is for the basketball group.
4. Representative Deckard: Do you offer CPR classes?
 - a. Livia: No, but Campus Recreation does. If I have enough interest, I will see about funding and putting it together.
5. Representative James: Can the 30-minute sessions be stacked together?
 - a. Livia: No, but you can plan it with your lunch time or at the end of the day.
6. Representative Coleman: Right now, we just have yoga and Pilates on Mondays/Tuesdays. Are there any plans to expand offerings?

	<p>a. Livia: As of this fiscal year, that is what we have. My hope is to have something everyday on Mondays, Tuesdays, Wednesdays, and Thursdays. There are plans to continue to add.</p> <p>7. Representative Coleman: Also, it has been brought up in the past what mental health resources students have versus what we have. Can you explain the EAP benefit of 5 sessions versus what you get from MD Live?</p> <p>a. Livia: With EAP, everything is free up to 5 sessions per issue. There is no limit on the number of issues you can have. It is 100% confidential. The MD Live Behavioral is also 100% free. If you need something long-term, go ahead and utilize Headway. There will be copays, but they are there for you to work through whatever may be going on.</p> <p>8. Chair Brittany Beck: Ken shared Campus Rec gives full access for \$30 per month and that they do offer CPR. Also, there is a question in the chat. Is the flu shot for employees only on October 22nd, or is that for family members as well?</p> <p>a. Livia: It is for family members if they are under the insurance. If they are not under the insurance, it is \$24.</p> <p>9. Representative Hawkins: Is Hinge only for individuals on our insurance?</p> <p>a. Livia: Correct.</p> <p>10. Representative Coleman: A question in the chat is asking if Hinge kit is safe for pacemakers?</p> <p>a. Livia: They will need to put that in online Hinge assessment.</p>
<p>IV. Meeting Minutes</p>	<p>Posted minutes from the last meeting up for approval.</p> <ul style="list-style-type: none"> • Representative Scott: Add the officer election results. • Steve Laurent: Add a “t” to my last name in attendance. • Motion to accept the minutes as revised by Representative Stelson • Seconded by Representative Schmidt • Approved with no abstentions
<p>V. Officer Reports</p>	<p>a. Chair – Brittany Beck</p> <ul style="list-style-type: none"> • Transitioned new executive board in • Kick-off • Attended Employee Advisory Council • Ryan and I met with President Weaver • You will start seeing policies coming through Teams for feedback <p>b. Chair-Elect – Ryan Dietrich</p> <ul style="list-style-type: none"> • Attended last month’s Faculty Senate meeting. <p>c. Secretary – Emily Keller</p> <ul style="list-style-type: none"> • Nothing to report <p>d. Treasurer – Choya Coleman</p>

	<ul style="list-style-type: none"> • We started off with kick-off and will have expenses for food that was provided and the meeting room. • We will be ordering new shirts. • As we go throughout the year, if you identify expenses that would benefit the work we are doing, please let me know. <p>e. Parliamentarian – Heather Hawkins</p> <ul style="list-style-type: none"> • Nothing to report
<p>VI. Committee Reports</p>	<p>a. Executive Committee</p> <ul style="list-style-type: none"> • New Committee Assignments <ul style="list-style-type: none"> ○ Nominations & Elections Committee <ul style="list-style-type: none"> ▪ Chair Jennifer Krause ▪ Johnny Reed ▪ Leon Stefl ▪ Brandon Stringfield ○ Communications Committee <ul style="list-style-type: none"> ▪ Chair: Tim Lewallen ▪ Gina Ajero ▪ William Stelson ▪ Henry Wiederhold ○ Worklife Committee <ul style="list-style-type: none"> ▪ Chair: Theunis Oliphant ▪ Walter De La Cruz ▪ Chase James ▪ Nadia Sifuentes ▪ Enrique Venegas ▪ Craig Yates ○ Staff Recognition Committee <ul style="list-style-type: none"> ▪ Chair: Sabrina Delaney ▪ Heather Catton ▪ Crystal Deckard ▪ Amy Mooneyham ▪ Andrew Roybal-Cano ▪ Ashley Schmidt ▪ Shana Scott ▪ Sydnee Seeton ○ Bylaws Committee <ul style="list-style-type: none"> ▪ Chair: Heather Hawkins ▪ Amy Mooneyham ▪ Shana Scott <p>b. Nominations & Elections Committee</p> <p>c. Communications Committee</p> <p>d. Worklife Committee</p> <p>e. Staff Recognition Committee</p> <p>f. Bylaws Committee</p>

VII. Unfinished Business	
VIII. New Business	
IX. Closed Session	
X. Adjournment	Approved with no abstentions <ul style="list-style-type: none">• Motion to adjourn the meeting by Representative Stefl• Seconded by Representative Stelson Adjourn Time: 11:10 a.m.