Members Present: Katy Olney (Chair), Kaylin Tingle (Secretary/Treasurer), Taylor McNeilly (Vice Chair), Susan Sokolsky, Pat Coleman, Jeff Smith, Brianne Meagher, Rachel Weinberg-Rue (open session), Mike LaRue, Cindy Smith, Frances Dickerson-King, Carolyn Smart, Bill Galaspie, Fred Hagemeister, Craig Buchbinder, Jamie Lynn Haskins

Non-Voting Attendees: Carl Sorenson

Members Absent: Ashelle Brown, Abby Roberts, Kourtney Ennis, Cassie Price, Rachel Weinberg-Rue (closed session)

Non-Voting Absent: Mark Stanton

Katy Olney, chair, called the Council meeting to order at 1:03 p.m.

Overview of Well-Being Center, Heather Sadowski, Director of Health Promotion

Heather Sadowski shared some amenities of the new Well-Being Center (WBC). Some highlights include:

- Relaxation Lounge on first floor, includes sleep pod, salt chair, and massage chair – first come, first served
- Emmett – WBC Facility Dog – office hours every day during school year from 9am-5pm Monday through Friday
- Reservable spaces in WBC can be reserved through the FusionGo app (search University of Richmond Recreation in app store). This app also grants access between WBC and Weinstein Center for Recreation (WCR) into WCR. Reservable spaces include:
  - Salt Therapy Room
  - Massage/Meditation/Lactation Room – Massage sessions are purchased through https://services.recreation.richmond.edu/ and scheduled through Appointment Plus (starting in the Green Phase of University’s physical distancing framework). The space can be reserved for meditation and lactation through the FusionGo app when the room is available.
- Grand Piano – WBC lobby – first come first served
- Patio – fire pit will be on when temperature is 70 degrees or cooler and building is open
- Mind-Body Studio – 2nd floor – reservable through EMS
  - Can be reserved for classroom setup, banquet rounds, catering optional
- WBC depts:
  - Health Promotion (including CARE [Center for Awareness, Response & Education]), CAPS (Counseling & Psychological Services), University Recreation, Student Health Center
- NEW: Cigna on-site EAP provider, every Wednesday 10am-2pm, Jim Doran, schedule an onsite appointment by calling: 804.240.8628
- URWell Community Stepped Care Model for referring students, visit urwell.richmond.edu for resources
- Wellness Graduation Requirements for students has changed - WELL 100, 101, 102 (formerly WELL 085, 086, 090)
- WELL 100 – all first-year students, first semester – 14 weeks, 75 minutes each
- WELL 101 – 6-week class
- WELL 102 – online bystander intervention program for 2nd year and incoming transfer students

- Additional Resources for Employee Well-Being – reach out to hsadowsk@richmond.edu for any of the below information
  - Tapping Solutions App (reach out to hsadowsk@richmond.edu for access code for full paid membership)
  - Cigna & EAP
  - Wellness Coaching

**Committee Placements**

**Communications Committee:** Kourtney Ennis (chair), Kaylin Tingle, Jamie Lynn Haskins, Pat Coleman, Abby Roberts, Mike LaRue

**Elections Committee:** Fred Hagemeister (chair), Taylor McNeilly, Carolyn Smart, Craig Buchbinder, Jeff Smith, Ashelle Brown

**Volunteer & Engagement Committee:** Susan Sokolsky (chair), Katy Olney, Bill Galaspie, Cassie Price, Rachel Weinberg-Rue, Frances Dickerson-King, Cindy Smith

**Faculty Senate Liaison:** Brianne Meagher

**Open Discussion about Format of Meetings**
Several galleries and USAC members shared preferences for continued virtual meetings.
  - Possibility of option for us to have social time in-person, in addition.

Question about renewing Zoom license in the future – unsure for now. One gallery member shared that they were made aware that Zoom would be available through Fall but unsure about January and beyond.

**Budget Review, Kaylin Tingle**

Initial Budget: $5,875
Expenditure YTD: $0
Balance: $5,875
Expenses: $0
Expected Expenses: $0

**Gallery Comments:**
No comments from the gallery.

**Closed Session:**
The Council entered closed session at 1:47pm

**Virtual vs. Hybrid vs. In-Person Meetings**
USAC voted to continue hosting virtual meetings for the foreseeable future.

**Web Submissions, Taylor McNeilly**

A summary of web submissions can be found on the USAC website.
Katy Olney adjourned the meeting at 3:00pm.

The next meeting will be held Tuesday, Sept. 14, 1pm-3pm, via Zoom.

Respectfully submitted, Kaylin Tingle, Secretary/Treasurer