

Members present: Tina Altenhofen, Cindy Ash, David Bauer, Chris Bowling, Angela Calhoun, Jeff Chesnut, Andi Clemons, Sara Conwell, Tiffany Freytag, Nick Gamble, Kyle Jacobson, Debbie Kelly, Katie Lovold, Beth McCubbin, Donna Neace, Josh Neumeyer, Kimberly Sanders, Steve Slone, Walter Smith, Lori Thaxton, Collette Thompson, Mary Ann Trumble, Pam Wagar, Kimberly Wiley, Carole Ziegler

Members absent: Tom Barnett, Tiffany Budd, John Gaffin, Sarah Iden, Whitney Kessinger, Katy McBryan, Sue Murphy-Angel, Amberly Nutini, Dennis Sickinger, Chris Witt

Guests: Janel Bloch, Allen Cole, Grace Hiles, Sue Hodges Moore, Kim Scranage, Arnie Slaughter, Lori Southwood, Leah Stewart

- I. Call to Order – 1:00pm
- II. Approval of September 9, 2016 minutes – Motion to approve minutes as submitted made by Jeff Chesnut and seconded by Steve Slone; approved by voice vote with no opposition or abstention
- III. Approval of New Members
 - A. Voting Item: Sarah Iden, of the Office of International Student & Scholar Services, to fill the vacancy created by resignation of Tracy Brate of the Office of the Registrar
 - B. Voting Item: Kyle Jacobson, of the Office of the Comptroller, to fill the vacancy created by resignation of Marilyn Taylor of the Department of Business Informatics
 - C. Motion to accept both Sarah and Kyle made by Pam Wagar and seconded by Debbie Kelly; approved by voice vote with no opposition or abstention
- IV. Guests – Kim Scranage, Leah Stewart, and Allen Cole from Enrollment and Degree Management: revised tuition and recruitment strategies, and summer schedule realignment (see accompanying slide presentations)
 - A. Revised Tuition & Recruitment
 1. Changes effective Fall 2017 (will not affect current students)
 - a) CPE change which no longer requires 2x tuition to be charged for out-of-state students; gives more flexibility in establishing various tuition programs, and allows us to expand recruitment territories
 - b) FAFSA change allowing submission of application beginning October 1, using tax data from two years prior (2015 tax data for the 2017-18 academic year); allows earlier aid notification to help students finalize decisions sooner
 2. Goals for New Financial Aid Program
 - a) Increase student enrollment
 - b) Maintain quality of academic profile of recruits
 - c) Improve accessibility and affordability for low income, diverse, first generation, and geographic locations
 - d) Impact student success
 - e) Increase net tuition revenue by \$1 million
 3. Merit and Need Aid Programs
 - a) Unchanged: students at the current Metro rate will continue at that rate as long as their matriculation remains open; Governor's Scholars will continue to receive full tuition based on eligibility; Northern Difference need-based aid; STRIVE for eligible KY residents from specific local schools; Indiana and Ohio reciprocity at in-state rates based on qualifications;

4. Tuition Incentive Program
 5. Scholarship Program: Merit-based scale for ACT score and GPA, which includes up to full tuition plus study abroad funding (see chart in slide presentation)
 6. Appropriately Packaging Aid: Combining merit-, diversity-, need-, and residency-based aid to best assist students in meeting their overall educational cost; *NOTE: "need" is defined as total cost of attendance, not just tuition, and submission of the FAFSA is important for need-based consideration
 7. Next Steps: Renewal criteria will consider banded GPAs, monitor retention, continuation, and graduation rates per CPE standards, and increase net tuition revenue
 8. Tiffany Freytag asked about opportunities for continuing students, and Ms. Stewart described the separate application process for them with a March 15 due date each year. More information on the [scholarships available](#) and the [application process](#) can be found on the scholarship information website
- B. Summer Schedule Realignment
1. Goal of increasing enrollment, which has declined consistently in recent years
 2. Better scheduling alignment to allow students to complete up to 3 courses without overlap (see new summer schedule chart in the slide below for details)
- V. Liaison Reports
- A. Board of Regents – Staff Regent Arnie Slaughter
1. Next Board Meeting is November 2, 2016
 2. Walter Smith asked Arnie to find out, if possible, what information the board would need (for example, a number of signatures on a petition) to be asked to reconsider a position it has taken in the past.
- B. Executive Team / Administration & Finance – Sr. VP Sue Hodges Moore
1. Room Reservation System update: completed this week, with information in October's [News from IT](#) on training and documentation for new functionality
 2. Electronic W-2s will be available for the 2016 tax year, reducing cost to NKU
 3. October is national cyber security month
 4. New budget model: training for the new budget software will take place in early 2017 for the 2017-18 fiscal year
 5. Staff Compensation Pool policy: the revised policy recently posted for comment will be clarified to reflect the impact on staff both within and outside the colleges; the policy aligns with the new budget model regarding funding sources for the pool, but does not change the policies or processes associated with employee equity, promotion, reclassification, etc.
 6. Leadership/Planning meeting: notes and videos from the meeting are posted on the [NKU Strategic Planning website](#)
 7. Walter Smith asked a question about a particular incident he was involved in and how to bring about a related change; Lori Southwood will follow up with him.
- C. Human Resources – Sr. Director Lori Southwood
1. Benefits: Annual Enrollment bulletins (2) have been sent to campus mail addresses for benefits-eligible employees; annual enrollment takes place 10/25 – 11/9; enrollment must be completed in order to have benefits for 2017
 2. Election Day Holiday: in accordance with state law, NKU will be closed and no classes will be held Tuesday 11/8

3. FMLA Training: information regarding leave related to FMLA for managers and employees will be offered
 4. FLSA: approximately 170 employees will be converted as a result of the new rules, effective 11/20, and an information session will be offered Mon 10/17 from 1-4pm in AC 722 to help affected employees (and managers, if desired) understand the change. Sara Conwell asked about communication with managers, and Lori indicated that notification was not consistent. Time administration training for both employees and managers will be offered to assist those new to the biweekly process.
 5. ALiCE training will be offered November 7, 9, 10, and 11 in AC 722
- D. Faculty Senate – Dr. Janel Bloch
1. Significant faculty input was offered on the summer schedule, and the revision presented today reflects that input
 2. Faculty Senate’s budget committee is looking at equity, compression, and inversion for salary
 3. Faculty Senate is considering a review of the summer pay policy for faculty with a goal of recommending revisions
- E. Student Government Association – Will Weber / Ellen Wilshire (no report)
- VI. President’s Report – Dave Bauer
- A. FUEL NKU drive is taking place – refer to the October 12 email from Grace
 - B. November 11 basketball game event for Staff Congress in the President’s box for the 7pm game against Earlham – RSVP to Katie Lovold
 - C. Reminder of the faculty/staff Thank You breakfast Wed 11/16 from 7-9am in SU 104
 - D. Thanks to all who helped make this week’s roundtable discussion a success!
- VII. Standing Committees:
- A. Benefits – **report**
 - B. Constitution & Bylaws – no report
 - C. Credentials & Elections – **report**
 - D. Outreach – **report**
 - E. Policies – no report
 - F. Scholarship – no report
- VIII. University Committees:
- A. Benevolent Association – **report**
 1. Reminder of the Nov 15 Souper Lunch; volunteers to work the day of the event as well as contribute soup/desserts are still needed – contact Collette if interested.
 - B. Food Service Advisory – **report**
 - C. IT Advisory Committee – **report**
 - D. Regent’s Distinguished Service Award – **report**
 1. Tina Altenhofen asked about a meeting time; Lori reported that Emily has done some pre-work and plans to schedule a meeting soon
 - E. Sustainability Strategy Work Group – **report**
 1. Initial meetings are taking place on various topics; further information will follow
 - F. Transportation – **report**
 1. Tina Altenhofen asked a couple of questions regarding lighting at the crosswalk and pedestrian bridge near Griffin Hall
 - G. Wellness – **report**

IX. Ad-Hoc Committee

A. Roundtable Discussion – **report**

1. Collette Thompson offered a note regarding the question about a faculty/staff version of FUEL – the Scripps Howard Center has some resources; she will gladly share with anyone who is interested, and hopes to have them on the website soon.
2. Jeff Chesnut suggested having scrolling slides with administrator names and photos during lunch, so people can become familiar with new faces and roles

X. Old Business

XI. New Business

- A. Collette Thompson asked if the Baptist Student Center is the only place on campus which is exempt from the Chartwells contract; Sue suggested contacting Andy Meeks

XII. Announcements

- A. Collette also announced a potential partnership between [LaSoupe](#) and NKU, with more details to come as it develops
- B. November guests: Dr. Ben Anderson, Director of Health, Counseling, and Student Wellness; Justin Duncan, Coordinator for Institutional Effectiveness
- C. December guest: Tess Phinney, Sustainability Coordinator
- D. A suggestion was made to ask Assistant Dean of Students Bob Alston to share information about the conduct board and sexual misconduct hearing panels; Josh will follow up and see if he can join us for a future meeting.

- XIII. Adjournment: motion to adjourn made by Carole Ziegler and seconded by Tina Altenhofen; approved by voice vote with no opposition or abstention; meeting adjourned at 2:56pm.



Institutional Aid Programs Beginning Fall 2017

October 13, 2016



Presentation Overview

- Changes Effective Fall 2017
 - CPE
 - FAFSA October Application
- Goals for New Financial Aid Program
- Merit and Need Aid Programs
 - Governor's Scholarship
 - Northern Difference/STRIVE
- Tuition Incentive Program (TIP)
- Scholarship Program
- Appropriately Packaging
- Next Steps

Fall 2017 Update

- Policy Change for Non-Resident Tuition Exceptions
 - Flexibility for establishing tuition programs
 - Ability to expand recruitment territories
- October 1st FAFSA Application Opens
 - Early aid notification
 - Leveraging merit and need-based aid programs

Goals

- Increase student enrollment
- Maintain academic profile
- Improve accessibility and affordability
 - Low Income
 - Diversity
 - First Generation
 - Geographical
- Impact student success
- Increase net tuition revenue

Unchanged Aid Programs

- Current Students
 - Metro Rate Grandfathered
- New and Current Students
 - Governor's Scholar Scholarship Program
 - Northern Difference
 - STRIVE

Tuition Incentive Program

- Beginning Fall 2017
- TIP Criteria
 - Undergraduate
 - Degree-Seeking
 - Resident of certain OH and IN counties
 - Full-time enrollment
- TIP Award Amount
 - At least \$5,200

Scholarship Program

ACT Range	GPA Range	Scholarship Amount
34-36	3.75+	Up to Full Tuition + \$2,000 for Study Abroad
31+	3.75+	Up to \$7,500
29+	3.50+	Up to \$6,000
26+	3.25+	Up to \$4,500
25+	3.25+	Up to \$3,000
23+	3.00+	Up to \$1,500
21+	2.50+	Up to \$500

Bundling Model for Merit & Need-Based Aid

Resident/Governor's Scholars	TIP	Indiana Rate	Non-resident
Governor's Scholars (full-tuition)*	TIP	Merit	Merit
Merit	Merit	Need	Need
Need	Need		

*Students must participate in the GSP or GSA program

Resident/Educational Diversity Scholarship	TIP	Indiana Rate	Non-resident
Merit	TIP	Merit	Merit
Diversity	Merit	Diversity	Diversity
Need	Diversity	Need	Need
	Need		

Summary

- The new financial aid program will:
 - Serve more students;
 - Provide the University with additional revenue of \$1M;
 - Distribute aid more proportionally;
 - Allow for packaging flexibility; and
 - Increase need-based aid.

Next Steps

- Renewal criteria
 - GPA per band
 - Retention, continuation, and graduation
 - Net revenue

Questions?

**Right
the
Way**



REALIGNMENT OF SUMMER SCHEDULE

*ignite
your
Spark*

KIMBERLY C. SCRANAGE, VICE PRESIDENT FOR
ENROLLMENT AND DEGREE MANAGEMENT

DR. IDNA CORBETT, VICE PROVOST FOR UNDERGRADUATE
ACADEMIC AFFAIRS

ALLEN COLE, REGISTRAR

KAITLYN SCHAEFER, STUDENT GOVERNMENT ASSOCIATION
REPRESENTATIVE



CHARGE

Due to continuing decreases in summer enrollments and at the request of the President, the Provost formed a work group Summer 2015 to examine the summer schedule with the goal of increased enrollment and completion rates.

WORK GROUP

- **Arne Almquist** – Associate Provost, Library
- **Michael Bush** – Faculty, Political Science/Criminal Justice/Organizational Leadership; Faculty Senate Representative
- **Alan Cole** – University Registrar
- **Idna Corbett** – Vice Provost for Undergraduate Academic Affairs
- **Christian Gamm** – Director, Graduate Programs
- **Kim Graboskey** - Director, Student Account Services
- **Francois LeRoy** – Executive Director, Center for Global Engagement and International Affairs
- **Pat Moynahan** – Director, Norse Advising
- **Becky Porterfield** – Dean, College of Business

Amy Racke – Assistant Dean, College of Arts and Sciences
Cindy Reed – Dean, College of Education and Human Services
Kaitlyn Schaefer – Student Government Representative
Kim Scranage - Vice President for Enrollment and Degree Management
Leah Stewart – Assistant Vice President for Enrollment and Financial Assistance
Beth Sweeney – Associate Provost for Administration
Roger Zarnowski – Chair, Mathematics and Statistics; Council of Chairs Representative

CURRENT STRUCTURE

Summer Semester 2016 (excluding Chase Law):

Full Session (13 weeks) – from May 9 to Aug 6

Intercession (3 weeks) – from May 9 to May 28

Consecutive Sessions (5 weeks each)

- a. Session 1 – from June 6 to July 9
- b. Session 2 – from July 11 to Aug 13

Session (8 weeks) – from June 6 to July 30

Session (6 weeks) – from June 13 to July 23

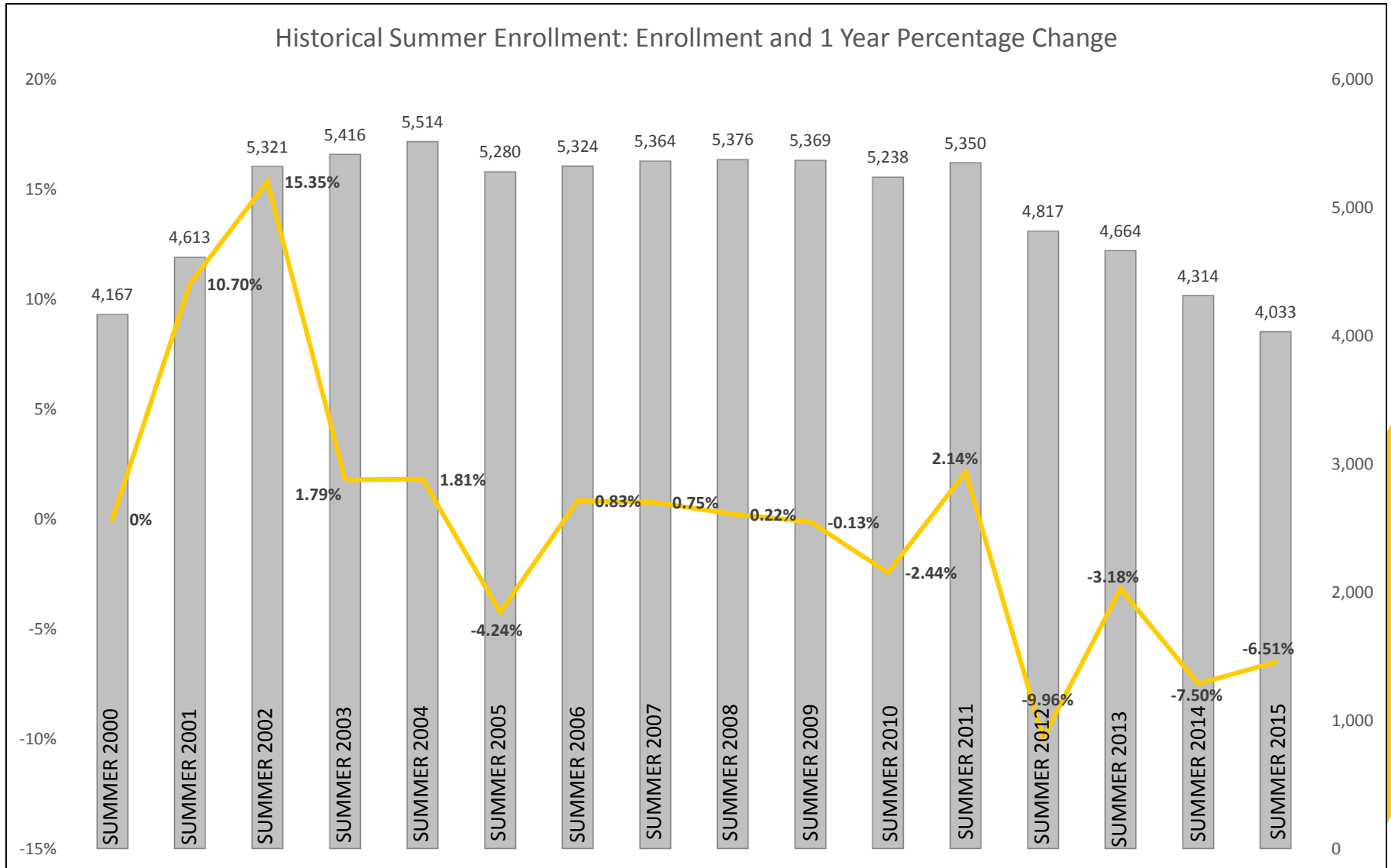
PACE (7 weeks each)

- a. Session 1 – from May 9 to June 25
- b. Session 2 – from June 27 to Aug 13

WHAT WE RESEARCHED

- EAB research on best practices
- NKU Enrollment trends
- Competitor summer offerings

ENROLLMENT TRENDS



COMPETITOR ANALYSIS

- **UC** has 13 full weeks for Summer, and within that, there is a 4-week “May” session, and two 5-week sessions, along with various other variable time frames for *sessions*. –6 sessions
- **UK** has 12 full weeks for Summer, but only offers two *sessions* -- a 4-week First *session* followed by an 8-week Second *session*. There are no full semester classes offered. –2 sessions
- **Miami** has 12 full weeks for Summer, and like UK, there are no full semester classes offered; rather, there are two consecutive 6-week *sessions*, or three consecutive 4-week *sessions*, as well as, two separate 8-week *sessions* (non-consecutive). – 8 sessions
- **EKU** has 12 full weeks for Summer, with two consecutive 6-week *sessions*, as well as, two separate 8-week *sessions* (non-consecutive). – 5 sessions
- **WKU** has 13 full weeks for Summer, with five different *session* start dates that result in 23 different ending dates (throughout the Summer). –5 sessions
- **UL** has 14 full weeks for Summer, with two consecutive 5-week *sessions* included, as well as, a separate 10-week *session* and a 3-week “May” *session*. It is not clear that full semester classes are offered. – 4 sessions

NEW SUMMER SCHEDULE

NKU Summer Schedule – Effective Summer 2017 – using 14 weeks

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1. Intersession														
2. Eight-week Session														
			3. First Five-week Session						4. Second Five-week Session					
			5. Ten-week Session											
6. PACE 1st Session							7. PACE 2nd Session							

THANK YOU



**Benefits Committee
Meeting Minutes**

Date: September 28, 2016 at 2:30pm in GH 570
Present: Andrea Clemons, Jeffrey Chesnut, Lori Thaxton, Tiffany Freytag, Kimberly Wiley, Pam Wagar
Absent: None
Guests: Emily Sumner

Discussion:

- Emily discussed the new MDLive program, which will allow virtual doctor visits for certain ailments for a total cost of \$38 and virtual behavioral Health visits for \$76. You would be able to talk to a Board Certified doctor by phone or video, 24/7/365. The doctor can also send in a prescription to your local pharmacy. Any employee registering with MDLive will also receive Perks Punch. The payment will apply to the out of pocket maximum on the POS health plan and to the deductible and out of pocket max on the HDHP. It is not in network, so the payment will not apply to the HMO plan.
- The Benefits Booklets should be distributed the week of Oct. 3. A companion document, which is an aid to review all of the options to help determine which plan is best for each individual's needs, will be available later in the week. Human Resources is also working on a companion document for the dental plans.
- Human Resources will be adding information to the benefits site as they get it from the vendor, including the Humana formulary for prescription medications.
- Human Resources will be holding a Tier 1 retirement presentation in early 2017. They are also working on Tier 2 and Tier 3 presentations, to be held at a later date.

Next Meeting: November 30, 2016 at 2:30pm in GH 570

**Credentials & Elections Committee
Meeting Minutes**

Date: 09/21/2016, 2 pm, AC 105
Present: Tina Altenfofen, Sue Murphy Angel, Donna Neace, Mary Ann Trumble, Beth McCubbin
Absent: None
Guests: None

Discussion:

- The committee reviewed the call for nomination packet and advertising material.
- Dates were changed to reflect the nomination period of March 2017 and the voting period of April 2017.
- Sue to update electronic copies and distribute to the group.
- Group is currently reviewing Article 1, section 2 and 3.

Next Meeting: 10/19/2016, 2 pm, AC 105

**Outreach Committee
Meeting Minutes**

Date: 10/4/2016, 10:30 – 11:30am, SU 105
Present: Chris, Bowling, Debbie Kelly, Kyle Jacobson, Collette Thompson, Walter Smith
Absent: n/a
Guests: n/a

Discussion:

- Meeting Schedule
 - Our committee meetings are now being held on the last Thursday of each month from 10:30 -11:30am.
 - We will meet in room 105 of the Student Union.
 - The exception to this schedule is the November/ December meeting. It will take place on Tuesday, November 29 in room 109 of the Student Union.
- Committee Members
 - Our committee members have changed since the start of the year. Our committee includes the following individuals-
 - Chris Bowling, co-chair
 - Debbie Kelly
 - Kyle Jacobson
 - Collette Thompson, co-chair
 - Walter Smith
- Lunch & Learn Series
 - In partnership with the Benefits Committee, we will be planning 2-3 gatherings for the spring semester and possibly one for November.
 - This series will highlight the exciting efforts happening across campus and feature NKU staff and faculty. We hope this series will allow our employees to become our best advocates and cheerleaders, both on and off-campus.
 - Details will be announced as they become available.
- Newsletter
 - We will be sending highlights from the Staff Congress meeting as an electronic newsletter. Our goal is to provide important information to our staff in a more timely fashion.
 - We will send the more traditional newsletter two or three times as year. It will serve as a recap of the semester's events as well as a way to inform staff of important upcoming events for the next semester.
- Request for Board of Regents
 - How many signatures does a petition need for the Board of Regents to consider it?

Next Meeting: October 27, 2016; 10:30 – 11:30am; SU 105

**Food Service Advisory Committee
Meeting Minutes**

Date: October 5, 2016

Present: Lisa Koenig, Celeste Manning, Lauren Mountain, Lori Thaxton

Discussion:

- Travel truck with weekly menus in place where Abode was is very popular and busy.
- Coyote Jacks will close over the Thanksgiving break and the area is scheduled to open again when classes start in January 2017 as Steak-N-Shake. Yes there will be shakes. Also, they are looking to move some of the current Coyote Jack menu items to other locations Travel Truck and The Strip during construction.
- The residence advisors expressed interest in getting weekend hours at Callahan Bistro similar to Norse Commons or complimentary to it so students have more options.
- Reminder that an Au Bon Pan will be in the new Health Innovations Center.
- Pizza service is available and the price point is said to be a few dollars cheaper for standard cheese or pepperoni and they also have specialty pizzas that were not available before.

Next Meeting: November 2, 2016 at 10:00am in SU 105

Attendees (x indicates attendance)					
		Bradley Sieve	x	Gary Johnston	x
Shannon Eastep	x	Brad McCombs	x	Wei Hao	x
Ellen Maddin		Josh Neumeyer		Tam McCreless	x
Gina Fieler	x	John Alberti	x	Kurt Sander	
Nancy Jentsch	x	Vicki Cooper		William Landon	
Chris Bowling		Mike Whiteman	x	Martha Biederman	x
Jo Ann Fincken		Jim Nilson		Cori Henderson	x
Tye Mortensen				Tim Ferguson	x
IT/CITE Attendees:					
Bert Brown	x	Jeff Chesnut	x		
Lori McMillin	x				
Jennifer Taylor	x				

Agenda		
Topic	Presenter	Discussion Points
I. Accessibility Discussion	Don Stinson	<p>Don Stinson presented an overview of NKU's position and next steps to progress in the accessibility space. There is an obligation to make things accessible or remove them from websites. Current approach at NKU is to caption if you have a person with disabilities in your course. We are trying to progress toward universal accessibility. Don shared different legislation that applies to higher education accessibility requirements. The ramification of non-compliance is the possibility that federal funding can be removed. Universal design is the focus of NKU. PowerPoint slides presented at the meeting are available on the ITAC website.</p>
II. ITAC's Role	Mike Whiteman	<p>Mike Whiteman opened discussion to get feedback on the idea of making ITAC a true connection to the campus through the representatives on the committee. This could include sharing at department meetings and getting feedback to bring to the ITAC group. Discussion was positive that this process is currently being done by members. How we reach departments that</p>

Agenda		
Topic	Presenter	Discussion Points
		are not represented on ITAC was discussed. Brief summary of the meeting could be sent to the department chairs... bulleted list of items applicable to the audience.
III. myNKU Updates	Don Stinson	Don Stinson shared recently completed myMKU projects including Event Planning which received positive comments from attendees. Don also shared a number of active projects. Some of those include Module Planning, Admission Application refresh, and Degree Audit. A suggestion was made to use recently graduated students as a way to test degree audit.
IV. Reports from Sub Committees Mobile Technology – Open Media – Open Hardware – Mike Whiteman Software – Bert Brown Process Improvements & Efficiencies – Lori McMillin ELearning – Shannon Eastep LMS Update – Jeff Chesnut	Various	<p>LMS Update –Jeff Chesnut shared that our current version, 9.1, is no longer being end-of-lived by Blackboard. The LMS workgroup meeting is this afternoon to discuss the rational of Blackboard corporate. Canvas is pressing to return to campus and re-present their product because they weren't sure the initial presentation went well. Jeff is working on setting up another demo.</p> <p>D2L – Brightspace has updated their product and the faculty LMS Committee will discuss whether we want to pilot that product.</p> <p>Process Improvements – We reviewed the IT Service catalog and discussed how those changes are making it easier to find the information or assistance. We also discussed the student portal and what things everyone would like to see from a faculty/staff perspective. The group will come back in October with any suggestions. Ky Convergence Conference is November 10 and 11 at WKU this year. The 2016 theme is Accessibility. There will be an online component this year for \$135. That will include keynotes and 1-2 breakout sessions. If you would like more information, please contact Lori McMillin at mcmillin1@nku.edu.</p>

Agenda		
Topic	Presenter	Discussion Points
		Mike Whiteman, Tim Ferguson, and Bert Brown will meet to assess the sub committees, create charges for the year, and send requests for members for sign-ups

Transportation Committee Meeting Minutes

Date: 9/29/2016, 10:00 – 11:30am, SU 105
Present: Andy Meeks, Chris Bowling, Kuris Keller, Bill Multon, Sarah Aikman,
Gerald Pizzano, John Gaffin
Absent: n/a
Guests: n/a

Discussion:

Four Main Questions raised over the summer from Staff Congress Members – see details in email below as well.

- Stop Sign near Landrum removal
At this time it seemed like the stop sign near Landrum was still needed to aid pedestrian safety and safety vehicle access
- Parking garage gates swipes
The vendor for the parking pass swipe system has had some issues. The parking pass columns NKU ordered are on back order currently. The temporary ones had a different swipe configuration, hopefully the final columns will make it easier to swipe out of the garages
- Kenton Garage drains and water overflow
The drains were repaired after building services was notified of the issues. Bill encouraged us to file a work order if you see any issues that need repaired.
- First week traffic flow and manual traffic flow directing
There was a short period of time in which some construction was happening that delayed getting to a parking lot that had exit(s) restricted by campus police.

Chris,

Here is the promised information for the parking/traffic Q&A section at Staff Congress.

The stop sign at Nunn & Carroll Dr. cannot be removed at this time. This is due to heavy pedestrian traffic at that crosswalk and the small section of road that is still used on occasion. Campus PD also utilizes this area to monitor traffic as well as O&M when needed. Several proposals to fill in that section have been proposed but at a significant cost.

The drain in Kenton Garage was immediately fixed once notified of the issue. As Bill Moulton stated in the meeting, please communicate to staff congress that placing a work order will quickly remedy these types of issues.

The exit lane that some are struggling to scan parking permits is a “temporary” gate column. The vendor does not have the columns we have

selected available at this time. Once available, these exit columns will be replaced.

Campus police have acknowledged the announcement regarding blocking the intersection at Kenton and Carroll drives came late. This has been done for several years and will continue to help expedite the flow of traffic. Next year, an announcement will be made (1) week prior to the start of the new academic year.

Thank you for giving me the opportunity to address these concerns. Please let me know if I can be of any further assistance.

Curtis Keller

Director of Parking Services

Northern Kentucky University

400 Nunn Drive Room 136

Office: 859-572-7582

Cell: 859-653-6258

kellerc6@nku.edu

<http://parking.nku.edu/>

Next Meeting: October 27, 2016; 1pm – 2pm; SU 106

Wellness Committee Update

Date: October 11, 2016

Discussion:

- There is room available in Power Ball on Tues/Thurs 11:45am-12:30pm in CRC Auxiliary Gym and Mindful Flow Yoga, Thursdays 4:45pm-5:45pm in UC Ballroom.
- Free blood pressure screenings:
 - October 12: CRC lobby
 - November 2: NEW LOCATION Business Center Main Lobby (not SU lobby)
 - November 9: UC lobby
- Free CPR/AED Training and Certification Classes for faculty and staff only:
 - October 19 from 1pm-3pm in UC 135
 - November 16 from 9am-11am in UC 135
 - Register at wellness.nku.edu/employee.html
- St. Elizabeth screening vans: Both parked behind Landrum next to Baptist Student Center
 - Cardiovascular Mobile Health Unit: October 26, 10am-4pm, October 27, 8am-1pm. Call (859) 301-9355 to schedule your appointment.
 - Mobile Mammography Van: November 1st and 2nd, 8am - 4:30pm. Call (859) 655-7400 to schedule your appointment.
 - Both screenings available to all NKU faculty, staff, students, and families.

- Monday Mile Group Walks: Support FUEL – collecting donations at last 3 walks on October 17, 24 and 31. Meet at noon in front of Bookstore.
- Wellness to U Workshops: Looking for a team building activity or something to spice up a departmental meeting that everyone will benefit from? Register for a new Wellness to U Workshop! Each workshop is 50-60 minutes and we come to you at your convenience. Please allow 2 weeks lead time to schedule. Register at wellness.nku.edu/employee.html
 - [Cultivating Me and We - Team Building](#): Based on the work of Brene Brown, this presentation leads teams through the 10 guideposts of whole-hearted living. The facilitator provides discussion to cultivate personal discovery regarding one's own behaviors and then brings the discussion back to the group and team dynamics. Led by NKU Elevate Personal Coach Maggie Gough, RD
 - [Farmacy - Food is Medicine](#) Many chronic conditions such as diabetes, high cholesterol, and high blood pressure can be prevented or managed with healthy foods. Find out how. Led by NKU Elevate Personal Coach Maggie Gough, RD
 - [The Pursuit of Wellbeing - It Doesn't Have to Suck!](#) When it comes to the pursuit of personal health, most people think things like, "It's going to suck, but I have to do it anyway." or "I know what I have to do, I just need to get rid of my lazy self and do it." These statements are mired in misery. We think there is a better way. Wellbeing cannot exist in the absence of joy and personal worthiness. This presentation leads attendees to a more enlightened path of health and wellbeing practices. Led by NKU Elevate Personal Coach Maggie Gough, RD . *Maggie Gough is available for free, private coaching with individuals. Details [HERE](#).
 - [Sneak it In - Move More, Sit Less](#) Have you heard? Sitting is the new smoking - but often times it's not a choice. Our commutes, jobs and feeling worn out at the end of the day can keep us sedentary. If we don't want this trend to turn us into car, office and couch potatoes, we have to learn how to sneak it in. Kim Baker, ACSM certified Exercise Physiologist will get you moving more and sitting less in no time. Every step counts towards more energy, better mood and dealing with your workload like a champ - at work and at home. Led by University Wellness Manager Kim Baker, ACSM Exercise Physiologist
 - [Sit Back and Relax - Creating Comfort in Your Workspace](#) We can't avoid it - our work requires us to spend time at our desks and on our computers. The hours can pass by quickly when we are so absorbed and the ideas are flowing - but then your body starts to chime in... your neck, upper and lower back and shoulders are stiff and achy. Your knees are sore. Your head starts throbbing. Maybe your forearms get tight. These things distract you and you lose focus, productivity goes down and your left feeling crummy and drained for the rest of the day. It doesn't have to be this way! Simple changes to the way you sit in your chair, monitor placement/height, keyboard/mouse placement and lighting can make all the difference in how your body feels while you work - and after work. It will also decrease your risk for common overuse injuries that can occur from unhealthy sitting postures and using technology. Led by University Wellness Manager Kim Baker, ACSM Exercise Physiologist. *Kim Baker is

available for work station assessments for individuals and departments.

Details [HERE](#).

- **NEW!** [Alexander Technique: Presented by NKU SOTA Faculty, Certified Alexander Technique Teacher Corrie Danieley](#) If you've ever found yourself with headaches after working on the computer, losing your voice after lecturing, or fighting back pain at the end of a work day, then you may want to explore a new way of moving through your day - the Alexander Technique. Join expert Corrie Danieley to explore this technique that teaches people how to move, breathe, speak, and do activities in a way that is less stressful - physically, mentally, and emotionally. By learning how to move about your day in a way that is efficient, economic, and ergonomic, chronic pain such as headaches, backaches, and tendonitis begin to disappear. After studying The Alexander Technique, many people start to feel lighter, easier, and more free. Corrie Danieley offers Alexander Technique private lessons from the Well Living Center in Nunn 415.