

**Work/Life Advisory Committee
Summary Notes
Meeting 2/28/2008**

Members in attendance: Peggy Collier, Jamie Gaber, Elissa Keim, Laura Kinslow, Jim Lindstrom, Becky Morton, Patti Petersen, Megan Undeberg, Zami Wilson

Not attending: Stephanie Bauman, Matt Bumpus, Angie Currie, Theresa Elliot-Cheslek, Laura Hutchinson, Jane Lotz-Drlik, Julie Nelson, Teri Ockwell, Merlinda Sain, Barry Seward

Guest Speaker: Megan Undeberg, Clinical Assistant Professor-Pharmacy

- Megan's background
 - Practiced as pharmacist at Sids
 - Interested in heart health in women
- Heart Health Facts
 - Heart disease affects 1 in 5 women
 - 30-39 is the biggest age group manifesting with heart problems
 - Handed out "The heart truth" brochure (available at www.hearttruth.gov)
 - Begin baseline, cholesterol and blood pressure testing in 20's and repeat every 5 years
 - 3 important factors in fighting heart disease are early detection, proper diagnosis and treatment
 - Target blood pressure, cholesterol, blood glucose and waist circumference numbers listed at www.womenheart.org

Q & A

Jamie: Can you have testing done on campus?

Answer: Yes. 10am-2pm on Saturday during Mom's Weekend on Cue 5th floor; Health & Wellness and Clinics also perform testing

Becky: Sometimes the #'s can be right, but heart problems still exist. How do you recognize the symptoms in this situation?

Answer: Look at your family history and listen to your body. Sometimes you may not know until it gets bad enough. Keep #'s on target to minimize risk. Smoking is also a big risk factor.

Peer Comparison Discussion

Jamie: Referencing nationwide study of equity of women in academics. In some colleges, graduate students had 6 month reserve stipend in case of pregnancy.

Becky: Commission on the Status of Women (CSW) has met with HRS about maternity leave, shared leave and consistent bereavement leave across civil service and faculty.

Jamie: Sometimes pregnant women in science cannot be in labs doing chemical experiments. How can we accommodate them?

Becky: In some departments and labs, accommodations have been made for a pregnant woman, where other lab personnel would run the experiments and give her the data. Other ideas need to be forth-coming.

Reports/Comments/Concerns

Nothing from HRS

Elissa: The Administrative Professional Advisory Committee(APAC) has begun putting out a monthly newsletter. Accolades should be passed on for the excellent job that was done. If there are AP's that should be recognized, let APAC know for their spotlight portion of the newsletter. The newsletters are available in hard copy form to AP's and on the APAC website.

WLAC would be interested in bringing in Kathleen Hatch from University Recreation and Sean Greene to share about the plans for the remodeled CUB space.

Concerns were voiced about the intersection outside the CUE parking garage. People have asked for a stoplight and parking services would like to accommodate that request, but is unable to.

Patti voiced concerns from the Spokane campus about leave issues. Civil service staff were unhappy that they were required to take annual leave for snow days. Where can they go to have a voice?

Becky answered: HRS will have to know about concerns and the legislature would need to be involved. CSW should be notified of these concerns.

Jamie: Has anything been heard about Early Childhood Education?

Answer: Not yet

Jamie: There is a children's library in Cleveland Hall, but no advertising is taking place so that parents are aware of this opportunity. Children can go in all day and can check out books and movies. She would like to begin a reading hour. Maybe a survey could be given to assess the likelihood of parents wanting to take advantage of a reading hour.

Becky: Communication with University Housing could be helpful. There are people in our department who cannot get to Neill Library, so this would be a good alternative.

Jamie: Each housing complex has coordinators who could help with the advertisements for the Cleveland Library.

Becky: Advertising would be useful, as many people probably are not aware of this opportunity. Graduate & Professional Student Association should also be made aware.

Next Meeting April 24, 2008