

Staff Advisory Council (SAC) Public Meeting Minutes

Date: November 20, 2025

Time: 9:00 AM

Location: Flagstaff, AZ & Statewide (Hybrid)

Facilitator: River Olsen

Recorder: Stephanie LHommedieu (transcription)

1. Welcome and Opening Remarks

- River welcomed attendees in person, online, and at statewide watch parties.
- November pulse survey highlighted: feedback on SAC newsletter & end-of-year traditions.
- Delivered NAU land acknowledgement.

2. Campus Health Services Presentation

- Campus Health is nationally accredited through AAAHC and offers integrated medical & behavioral care.
- Located in the HLC; accepts multiple insurance plans (PPO copays often waived).
- Medical Services: primary care, women's health, chronic disease management, transgender care, telemedicine.
- Behavioral Health: same-day integrated visits, universal screening, consultation, referrals, WellTrack Connect & Togetherall resources.
- Counseling Services (students): no waitlist, individual/couples sessions, crisis appointments, SUD program.
- JacksCare 24/7 available for self-guided mental health tools.

3. Campus Recreation Presentation

- Rec Center located in HLC; open extensive hours including weekends.
- Staff & faculty memberships available; payroll deduction option (\$18/paycheck).
- Locker add-on available (\$2/paycheck).
- Over 60 weekly group fitness classes; staff/faculty-friendly times available.
- Custom group fitness sessions offered on-site or in-office.
- Intramurals open to staff/faculty; pickleball tournament planned for December.
- Outdoor Adventures: equipment rentals, bike shop, clinics, Wilderness First Aid certifications, trips & team-building.
- Summer youth camp available June–August with extended hours for working families.

4. EAW: Winter Wellness Presentation

- Winter stressors include reduced daylight, disrupted routines, hazardous weather, social/holiday pressures.
- Strategies: sunlight exposure, hydration, morning movement, indoor exercise plans, balanced diet.
- Emphasized staying social, maintaining sleep routines, and scheduling enjoyable events.
- Holiday wellbeing tips: set boundaries, budget, acknowledge grief triggers.
- Recommended tools: EAW workshops, Aerobic Winter Challenge, Insight Timer, Personify app.

5. January Staff Showcase Announcement

- First meeting of 2026 will be the SAC Staff Showcase on January 15 in Kitt Recital Hall.
- Open to all staff talents: music, comedy, performance, etc.
- Hybrid participation available; sign-up encouraged early due to limited slots.

6. Service & Volunteer Engagement Updates

- Coconino CASA for Kids Giving Tree: 30+ gifts needed; drop-off December 8 at HLC & Facilities.
- Flagstaff Family Food Center holiday distribution volunteer event scheduled for December 25.
- Encouraged statewide involvement in local holiday service efforts.

7. Community Announcements

- Warm clothing drive & knitting event at Wanderlust Brewing (Flagstaff).
- HR policy comment period open for three policies.
- Lumberjack Marching Band performing in Macy's Thanksgiving Parade; staff encouraged to send photos while watching.

8. Closing

- This was the final public SAC meeting of calendar year 2025.
- Next SAC meeting: January 15, 2026 (Staff Showcase).
- River thanked presenters, attendees, and statewide partners.