

Melissa S. Eder

From: Cheryl L. Jones
Sent: Thursday, April 1, 2021 3:02 PM
To: Craig B. Clifton; Cheryl L. Jones
Subject: RE: Wellness Activity Incentives

Hi Cliff,
Sorry I was unable to attend.
Your ideas sound great. And the incentives seem reasonable!
Cheryl

Sent via the Samsung Galaxy S8, an AT&T 5G Evolution capable smartphone

----- Original message -----

From: "Craig B. Clifton" <cbclifton@actx.edu>
Date: 4/1/21 2:46 PM (GMT-06:00)
To: "Cheryl L. Jones" <cljones@actx.edu>
Subject: Wellness Activity Incentives

Hi Cheryl,
We had our wellness committee meeting. I Will be sending out a summary of it, but in short we are going to put in three events: Walking, Pickleball and Cornhole. We were brainstorming incentives and two ideas came up that would need your(or higher up) approval. One of the incentives was a day off without counting towards vacation for the lucky winner of one of the events. The other was to challenge your supervisor to an event and get off work 1 hour early. We understand if the answer is no. We thought we would ask.

Craig Clifton

Executive Director Community Enrichment and Wellness
Amarillo College
cbclifton@actx.edu
(806)358-9578

Melissa S. Eder

From: Craig B. Clifton
Sent: Thursday, April 1, 2021 3:23 PM
To: Cindy Lanham; Cheryl L. Jones; Trent A. Oneal; Karen S. Brogdon; Connie A. de Jesus; Jeff Wallick; Ernesto F. Olmos; Shannon E. Cornell; Fiona Denge; Michelle K. Orcutt; Annette Watts; Margie Netherton; Rochelle Fouts; Tamara T. Clunis; Craig B. Clifton; Mj Hammond
Subject: Wellness Committee Meeting Summary

Hello Wellness Committee,

Thanks for those who made it to the Zoom Meeting today. This email is a summary of our meeting just to keep everyone in the loop. Also, it is the start of an email chain to brainstorm a name and incentives for the events we will be doing.

In short, we decided to conduct three events during the last month remaining in the semester. The events we decided on are: 1) A walking event similar to Miles for Meals using the Strava App to monitor miles logged. 2) Pickle ball clinics to teach employees how to play, three weeks of Stack the Paddle leisure/league style play, and optional participation in a Pickle ball tournament in May. 3) One or more Cornhole event/events or ongoing leisure/league play. We will be putting out information on these events the week of April 12 and beginning the week of April 19.

Your input is requested on the following topics:

- 1) Incentives for these events
- 2) A name for our three activity event.

Current incentive ideas are:

- a) Cash/Gift Card prizes
- b) A day off for a winner (pending approval)
- c) Leave work an hour early (pending approval)
- d) Miles for meals traveling trophy
- e) Challenge your supervisor or co-worker for a prize
- f) Form teams
- g) Employee group challenges

Current event theme/names are:

- a) Crush Corona
- b) No Covid Allowed
- c) Tri-Sport challenge
- d) Move-it Move-it
- e) Get off your Covid Couch

Please send your incentive ideas and Theme/Name to "reply all" in this email chain. You will have opportunity to vote for your favorite ideas on Wednesday of next week.

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From: Trent A. Oneal
Sent: Thursday, April 1, 2021 4:26 PM
To: Craig B. Clifton; Cindy Lanham; Cheryl L. Jones; Karen S. Brogdon; Connie A. de Jesus; Jeff Wallick; Ernesto F. Olmos; Shannon E. Cornell; Fiona Denge; Michelle K. Orcutt; Annette Watts; Margie Netherton; Rochelle Fouts; Tamara T. Clunis; Mj Hammond
Subject: RE: Wellness Committee Meeting Summary

How about "The Rona Rally" as a name for the events?

From: Craig B. Clifton <cbclifton@actx.edu>
Sent: Thursday, April 1, 2021 3:23 PM
To: Cindy Lanham <cynthea.lanham@actx.edu>; Cheryl L. Jones <cljones@actx.edu>; Trent A. Oneal <taoneal@actx.edu>; Karen S. Brogdon <ksbrogdon@actx.edu>; Connie A. de Jesus <cadejesus@actx.edu>; Jeff Wallick <j0079278@actx.edu>; Ernesto F. Olmos <efolmos@actx.edu>; Shannon E. Cornell <secornell@actx.edu>; Fiona Denge <f0538067@actx.edu>; Michelle K. Orcutt <mkorcutt@actx.edu>; Annette Watts <awatts@actx.edu>; Margie Netherton <mcwaguespack@actx.edu>; Rochelle Fouts <rlfouts@actx.edu>; Tamara T. Clunis <ttclunis@actx.edu>; Craig B. Clifton <cbclifton@actx.edu>; Mj Hammond <mcoats@actx.edu>
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From: Mj Hammond
Sent: Thursday, April 1, 2021 4:34 PM
To: Trent A. Oneal; Craig B. Clifton; Cindy Lanham; Cheryl L. Jones; Karen S. Brogdon; Connie A. de Jesus; Jeff Wallick; Ernesto F. Olmos; Shannon E. Cornell; Fiona Denge; Michelle K. Orcutt; Annette Watts; Margie Netherton; Rochelle Fouts; Tamara T. Clunis
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That's a keeper!

From: Trent A. Oneal
Sent: Thursday, April 1, 2021 4:26 PM
To: Craig B. Clifton <cbclifton@actx.edu>; Cindy Lanham <cynthea.lanham@actx.edu>; Cheryl L. Jones <cljones@actx.edu>; Karen S. Brogdon <ksbrogdon@actx.edu>; Connie A. de Jesus <cadejesus@actx.edu>; Jeff Wallick <j0079278@actx.edu>; Ernesto F. Olmos <efolmos@actx.edu>; Shannon E. Cornell <secornell@actx.edu>; Fiona Denge <f0538067@actx.edu>; Michelle K. Orcutt <mkorcutt@actx.edu>; Annette Watts <awatts@actx.edu>; Margie Netherton <mcwaguespack@actx.edu>; Rochelle Fouts <rlfouts@actx.edu>; Tamara T. Clunis <ttclunis@actx.edu>; Mj Hammond <mcoats@actx.edu>
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From: Rochelle Fouts
Sent: Thursday, April 1, 2021 4:53 PM
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I like any of those listed or “the rona rally,” or “get outside and breathe fresh air,” or “because we can!” or “move it lose it.”

What about a gift card to the smoothie shop, or the Acai Bar, or a new pair of sneakers?

Rochelle Fouts

Amarillo College EDUC/CDEC Instructor
Dutton Hall 102
806 371 5206

From: Craig B. Clifton
Sent: Thursday, April 1, 2021 3:23 PM
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