

# 2016-2017 DPMG Outreach Report

## Members

- **Katherine Rudolph** : Studley Campus - Halifax
- **Kurt Sampson** : Carleton Campus - Halifax
- **Joanne Firth** : Sexton Campus - Halifax
- **Sarah Langille** : Agricultural Campus - Truro
- **Stephanie Rutherford** : Dalhousie Medicine New Brunswick ( DMNB ) - Saint John

## Events

Halifax : Studley, Carleton, & Sexton

Katherine, Kurt, & Joanne continue to host traditional events e.g.:

- New Member Welcome : We welcomed new DPMG members in the fall with coffee, light snacks, conversation, and prizes.
- Summer Softball : We are registered once again in Dalhousie's co-ed recreational summer softball league where we will play against other Dalhousie units over lunch-time about once a week throughout the summer.
- Washer-Toss BBQ : To be held again this summer ( tentatively Wednesday June 21st ) as it has become our signature event that consistently attracts 100+ members and can be offered at a fraction of the cost per attendee figure of any other event that we do that involves food. This year we will be looking to improve the nutrition & sustainability aspects of the event.

We also worked together to host four brand new DPMG events this year including:

- Friday Fitness : a 10-week fall lunchtime bootcamp-style fitness session. There was so much interest for the pilot fall term that we offered it again in the winter & spring terms and also added a second fitness offering ( see next bullet ).
- Yoga Wednesdays : a 10-week winter lunchtime employee-oriented yoga practice that we started in the winter term. With overwhelming interest we extend this an extra month and already have folks indicating interest in the summer & commitment to sign back up in the fall.
- Family Skate : this after-work event on the Emera Oval on the Halifax Commons ( that we had to reschedule a couple times due to weather ) featured hot chocolate & prizes, and represented three firsts for Halifax DPMG outreach; our first after-work event, first off-campus event, & first family event.
- Trivia: this was a lunch-time event held in the fall at the newly-renovated Grawood. Attendees were quizzed on Dalhousie trivia. We provided appetizers and prizes for the winners. Feedback was very positive and we will definitely consider doing this again.

We are currently looking into entering an evening bowling league, kicking off lunchtime summer softball, planning our signature summer washer-toss BBQ, & continuing fitness &/or yoga in the summer &/or fall. We also worked with the Communications Committee more this year re. content for the newsletter and a design for DPMG promotional flags that we researched & recommended to the exec for consideration.

### Truro : Agricultural Campus

Sarah facilitated a New Member Welcome, an Ergonomic Workshop (with occupational therapy students from WorkSafe@Dal), & a Wellness Session on Creating Balance. Sarah her fellow DPMG members recently enjoyed an outing to the Millbrook Cultural & Heritage Centre and are looking forward to another spring New Member Welcome BBQ coming up in June!

### Saint John : Dal Med N.B.

Stephanie has helped facilitate many outreach activities inclusive of all DMNB staff, including video conferencing into the DPMG GM. The next outreach planned is a “bring your lunch trivia session” and possibly a weekly volleyball game at the UNB gym. Currently there is also a yoga session weekly and also various fitness activities previously arranged by other DMNB staff members.