

**Mt. San Antonio College
Employee Wellness Committee
Memory of January 11, 2017**

Committee Members:

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| <input checked="" type="checkbox"/> Duetta Langevin | <input type="checkbox"/> Joe Jennum | <input checked="" type="checkbox"/> Marti Whitford (Stephanie) | <input type="checkbox"/> Debbie Cottrell, United Health |
| <input type="checkbox"/> Frank Williams | <input checked="" type="checkbox"/> Jacolyn Martinez | <input type="checkbox"/> Misty Kolchakian | <input checked="" type="checkbox"/> Yadira Santiago (notes) |
| <input checked="" type="checkbox"/> Nerissa Uiagalelei | <input type="checkbox"/> K.C. Kranz | <input type="checkbox"/> Carmen Conover, Kaiser | <input checked="" type="checkbox"/> Rondell Schroeder (guest) |
| <input checked="" type="checkbox"/> Sandra Weatherilt | <input checked="" type="checkbox"/> Lianne Greenlee | <input type="checkbox"/> Ruben Flores, Unit 651 | |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions	Introductions by all in attendance. Stephanie Lopez – Student Health – sat in for Marti Whitford. Rondell Schroeder joined as a guest.	▪ None.
2. Agenda Review	Item #5 on today’s agenda will be moved to the 2/1/17 agenda.	▪ Agenda approved as submitted.
3. Review Meeting Notes from December 7, 2016	#4 on 11/2/16 agenda, discussed on 12/7/16 meeting, follow-up today from Duetta.	▪ Duetta reported that she has had no luck in regards to incentives, but she will continue to try, maybe with a different approach and presentation.
4. Discuss planning for Dr. Sears event	Lianne and Rondell Schroeder discussed in detail (shared with the committee) what they thought the Dr. Sears event might look like. Committee members present fully participated in fielding questions/concerns in regards to Dr. Sears presentation and what type of promotion would take place in regards to Dr. Sears book and his endorsement of Juice Plus.	<ul style="list-style-type: none"> ▪ POD, along with the Employee Wellness Committee, will be in charge of the event. ▪ After board approval, planning, delegation details, will begin to take place at 2/1/17 meeting, Promotion of event, location, Lianne currently has 13-700 reserved that holds 400.

		<ul style="list-style-type: none"> ▪ POD has the funding set aside to pay for speaker. KC is working on a flyer for the event. ▪ Rondell will have a conversation with Dr. Sears staff in regards to the questions that were brought up at today's meeting. Rondell will also send the link to Dr. Sears online presentation for the committee to review.
5. Further review of results for Employee Wellness Survey	This Agenda item is being moved to the 2/1/17 Agenda.	<ul style="list-style-type: none"> ▪ Lianne and Ani Escalera touched base and will have new information from the Wellness Survey presented at the 2/1/17 meeting. Questions that were talked about on 12/7/16 meeting.
6. Date selection for 2017 Employee Wellness Fair	<p>Kaiser available to come out on</p> <ul style="list-style-type: none"> ▪ 11/3/17 ▪ 11/10/17 ▪ 11/17/17 	<ul style="list-style-type: none"> ▪ Tentative date is Friday, 11/3/17, 10am – 2pm. Will discuss further at next meeting.
7. Upcoming Employee Wellness Activities for 2017	<p>Here is a list of the upcoming 2017 Wellness Lunch and Learns:</p> <ul style="list-style-type: none"> ▪ Jan. 11 (12-1pm): Healthy Habits (Caroline from Kaiser P.) ▪ Jan. 25 (12-1pm): Quitting Tobacco CANCELLED DUE TO LACK OF ENROLLMENT ▪ Feb. 8 (12-1pm): Heart Health (Caroline from Kaiser P.) 	<ul style="list-style-type: none"> ▪ List of dates and information emailed to Duetta by KC.

	<ul style="list-style-type: none"> ▪ March 7 (12-1pm): Nutrition (Megan Wroe, RD from St. Jude) ▪ March 29 (5-6pm): Dr. Sears Brain Health ▪ April 7 (11:30-12:30pm): Work-Life Balance (Misty K. from Mt. SAC/ committee member) ▪ April 28 (12-1pm): Stress Less (Caroline from Kaiser P.) ▪ May 10 (12-1pm): Blood Pressure (Caroline from Kaiser P.) 	
<p>8. Fitbit Presentation</p>	<p>Laptop was provided by Nerissa and FitBit demo/presentation was projected on screen. Bryce Raush presented with enthusiasm and in great detail (with the time allowed).</p> <p><u>EMPLOYEE WELLNESS COMMITTEE</u> (Operational Committee – Reports to College President)</p> <p>Duetta and Yadira were confusing the Wellness committee with the Benefits committee in regards to reporting.</p>	<ul style="list-style-type: none"> ▪ Need funding ▪ Check #1 would be for the device and it depends on what the College would like to contribute. Minimum of \$15 contribution and 100 units purchased. Maybe speak with the Foundation for funding on this part. ▪ Check #2 would be for the annual software license fee. That is calculated on the anticipated monthly participation by the employees. Bryce will get that information to Nerissa. ▪ Duetta will work on funding and how the benefits of this program can help curb workers comp issues.