

**Mt. San Antonio College
Employee Wellness Committee
Memory of October 12, 2016**

Committee Members:

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

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions	Introductions by all in attendance.	▪ None.
2. Agenda Review	None.	▪ Agenda approved as submitted.
3. Review Meeting Notes from September 7, 2016	None.	▪ Memory approved as submitted.
4. Committee membership changes	KC turned changes into Carol Nelson for review	<ul style="list-style-type: none"> ▪ Carol spoke with KC in regards to Nerissa and who she represents in the committee. Nerissa will remain on the committee as an HR representative. KC will let Carol know and Nerissa will send out rationale for her position. ▪ Director, EEO representation is currently vacant and will remain this way until a Director is hired. ▪ Committee needs a Confidential representative. Nerissa will reach out to Kerry Martinez in regards to the vacancy.

		<ul style="list-style-type: none"> ▪ Nerissa will reach out to 651 in regards to the vacancy.
5. Fitbit	Nerissa spoke to the committee about the services of Fitbit and passed a flyer out to everyone.	<ul style="list-style-type: none"> ▪ Fitbit charges \$15 p/employee ▪ Fitbit suggested we look into the options our current health provider offer. ▪ KC suggested Walker tracker ▪ If a representative would like to do a demo, lets look into November or December meeting. ▪ Lianne brought up a point that employees might not want to participate if they already have a device.
6. Employee Wellness Survey	The committee reviewed the survey draft and discussed in full details.	<ul style="list-style-type: none"> ▪ The committee decided to have 5 categories in place for the survey: Fitness, Eating Habits, Emotional Wellness, Health, and Workplace support for Healthy Living. ▪ Debbie of United Health will send over, or bring, a list of webinars/topics that are currently being offered. You do not have to be a current participant in their program to have access to the webinars.

		<ul style="list-style-type: none"> ▪ KC mentioned Kaiser and St. Jude provide access to webinars. ▪ KC, Misty, Lianne, Sandra, Nerissa and Duetta will discuss the details of the survey/questions further. ▪ Sandra asked about incentives in completing the survey. The committee will look into a budget for incentives. KC & Duetta will look into getting multiple incentives, including a grand prize.
<p>7. Tobacco Free Grant</p>	<p>Marti spoke to the committee about the grant writing in detail.</p>	<ul style="list-style-type: none"> ▪ Governor vetoed the bill to mandate a smoke free campus. ▪ The college would have to vote to change our campus to smoke-free. ▪ Campus enforcement is low in ticketing and preventing staff/students from smoking out of designated smoke areas.
<p>8. Upcoming Employee Wellness Activities for 2016-2017</p>	<p>Did not discuss at todays meeting.</p>	<ul style="list-style-type: none"> ▪ KC previously discussed to move 2017 fair to November and the committee agreed. ▪ Details to be discussed further at the next meeting.