

**Mt. San Antonio College
Employee Wellness Committee
Memory of June 7, 2017**

Committee Members:

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| <input checked="" type="checkbox"/> Duetta Langevin | <input type="checkbox"/> Joe Jennum | <input checked="" type="checkbox"/> Marti Whitford | <input type="checkbox"/> Debbie Cottrell, United Health |
| <input type="checkbox"/> Frank Williams | <input checked="" type="checkbox"/> Jacolyn Martinez | <input type="checkbox"/> Misty Kolchakian | <input type="checkbox"/> Andrea Solorzano (notes) |
| <input type="checkbox"/> Nerissa Uiagalelei | <input type="checkbox"/> K.C. Kranz | <input checked="" type="checkbox"/> Carmen Conover, Kaiser | <input checked="" type="checkbox"/> Yadira Santiago (notes) |
| <input type="checkbox"/> Sandra Weatherilt | <input checked="" type="checkbox"/> Lianne Greenlee | <input checked="" type="checkbox"/> Unit 651 Representative David Casto/Arthur Gonzalez | |

| ITEM | DISCUSSION/COMMENTS | ACTION/OUTCOME |
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| 1. Welcome/Introductions | | <ul style="list-style-type: none"> • None. |
| 2. Agenda Review | | <ul style="list-style-type: none"> • Agenda approved as submitted. |
| 3. Review meeting notes from April 12, 2017 | No meeting held on 5/3/17 | <ul style="list-style-type: none"> • Memory approved as submitted. |
| 4. United Healthcare – Weight Loss Program | Flyer passed out during meeting. | <p>Duetta will follow up with KC.</p> <ul style="list-style-type: none"> • Is there a way to email this information out? Distribute to employees, let them know when their carrier is running promotions. |
| 5. Walker Tracker Update – survey result? | <p>April meeting-David asked if we had survey results that showed the number of employees interested in participating in the walking/activity program, and if it would be a number we could hit, given the 150 minimum participant number.</p> <p>Lianne brought in data from the survey, 2 printouts, showing high interest.</p> <ul style="list-style-type: none"> • Question 6: Please rank order your top 5 areas of interest for workshop offerings or programs that you would like to attend. – Walking program at work - ranked 4th. | <ul style="list-style-type: none"> • Survey results show high interest. • Next step is implementation. • Committee will wait for KC to return. • A presentation with pros and cons, survey results showing interest, and cost analysis will be put together to present for funding, either to the Foundation or for Safety Credits. |

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| | <ul style="list-style-type: none"> • Question 12: Please rank order your top 5 areas of interest for workshop offerings or programs that you would like to attend. – Workplace Walking program - ranked #1. | |
| <p>6. Discuss Wellness Fair – November 3, 2017, 9am – 2pm</p> | <p>Vendor contacts – KC has list and letters, those will go out when she returns in July.</p> <p>Kaiser vehicle confirmed – discussed walk-in or sign-up for screenings. The vehicle can screen about 6 people every 20 minutes. The vehicle will need to shut down for an hour lunch. Carmen will try to get the truck for an extra hour, maybe 9am – 3pm.</p> | <ul style="list-style-type: none"> • Lianne will work with Carmen from Kaiser in regards to setting up registration with POD for the Kaiser vehicle. |
| <p>Not on agenda but brought up at end of meeting.</p> | <p>Can we consider changing the time of the “Lunch & Learn” activities, not everyone can attend from 12-1pm. There is also confusion with it being a “Lunch & Learn” and there is no lunch provided. Consider changing the name to “Bring your lunch & Learn” to help alleviate any confusion.</p> <p>David suggested having some of those popular “Lunch & Learn” topics at the Classified Professionals Day. Lianne will take it back to the committee. Marti can work on a Destress lunch activity for CPD. Dogs, coloring, stickers, stretching/movement class, ergonomics table.</p> | <ul style="list-style-type: none"> • Lianne will run a report to see the number of attendees by topic, and a breakout by: Classified, Faculty, Management. • Duetta will work on providing a budget for food and incentives. • Duetta & Marti will work on the Destress lunch on Classified Professionals Day. Lianne will forward information to Yadira. |