

**Mt. San Antonio College  
Employee Wellness Committee  
Group Memory of July 2, 2014**

**Committee Members:**

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| <input checked="" type="checkbox"/> Stacey Gutierrez | <input checked="" type="checkbox"/> Marti Whitford | <input type="checkbox"/> Sabrina Krug, Kaiser           | <input checked="" type="checkbox"/> Beth Quinlan |
| <input checked="" type="checkbox"/> Joe Jennum       | <input checked="" type="checkbox"/> K.C. Kranz     | <input checked="" type="checkbox"/> Sandra Weatherilt   |  |
| <input checked="" type="checkbox"/> Misty Kolchakian | <input type="checkbox"/> Karen Pilling             | <input type="checkbox"/> Jacolyn Martinez               |  |
| <input type="checkbox"/> John Milleson               | <input checked="" type="checkbox"/> Karen Saldana  | <input type="checkbox"/> Yazmin Stutzel, Blue<br>Shield |  |
| <input checked="" type="checkbox"/> Jimmy Jimenez    | <input type="checkbox"/> Nerissa Uiagalelei        |   |  |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
<b>1. Welcome/Introductions</b>	None.	None.
<b>2. Review Meeting Notes of June 4, 2014</b>	None.	Meeting notes approved as submitted by Committee.
<b>3. Select Meeting Facilitator- August 6, 2014.</b>	Meeting facilitator selected for upcoming meeting.	K.C Kranz will facilitate the next meeting.
<b>4. Mindful Mile Update</b>	The Committee was updated on the progress of the Mindful Mile.	<p><b>The Committee decided to look into creating a Mt. SAC sponsored Mindful Mile. Sodexo will no longer be in charge of the marketing materials for the Mindful Mile. Karen Saldana will contact John Milleson to discuss this further.</b></p> <p><b>KC Kranz will contact Brian Yokoyama to create artwork for signage. The committee aims to have the signage completed by August 22.</b></p> <p><b>Beth Quinlan will send PDF files of Mindful Mile signage to Joe Jennum and</b></p>

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		<p>KC Kranz.</p> <p>The committee discussed potentially placing graphics on the ground along the new mile walk on campus. Stacey Gutierrez will provide information on the company used to create rubber graphics on the ground.</p>
<p><b>5. Employee Wellness Survey Results.</b></p>	<p>The Committee discussed the results of the Employee Wellness Survey.</p>	<p>The committee reviewed the results provided from the Employee Wellness Survey.</p> <p>The committee discussed contacting Kate Morales to find out which individuals provided answers to specific questions. Beth will inquire if this information is available. The Committee discussed contacting these specific individuals for programs that suited their specific interests.</p> <p>The committee discussed creating workshops as webinars to be posted online. This would allow greater employee access.</p> <p>The top 5 interests indicated in the survey will be highlighted in the Fall Employee Wellness Newsletter. A survey response email to the campus community will be created and sent.</p> <p>Stacey Gutierrez will look into coding the results. Flex Day offerings will be based on the survey results.</p>

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<b>6. Parental Groups: Maternity/Working Parents</b>	This topic will be discussed at the upcoming meeting.	<b>None.</b>
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