

**Mt. San Antonio College
Employee Wellness Committee
Memory of July 12, 2017**

Committee Members:

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

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions	Stephanie Lopez in for Marti Whitford	• None.
2. Agenda Review		Goals- going o redo how PAC is set up waiting on further instruction.
3. Wellness Series Attendance 2016-17- Lianne	<p>Lianne - provided a print out of the attendance for the Wellness Series 2016-17. Overall over 50% attendance which is good for a wellness program. The most popular classes were: Healthy Sleep (highest attendance) Stress reductions Mediterranean Diet Healthy Habits</p> <p>Smoking Sensations was cancelled due to no enrollment. Will be offering more CPR The Data was provided to the Classified Development work group. They had interest in the Healthy Sleep (to offer in POD) and suggestion of "Bring your lunch and learn" – would need to look</p>	<p>Lianne- will pull data by next meeting with the following: Enrolled, attended and classification.</p> <p>Duetta will keep mentioning to Mike, bring to the President and discuss incentive options.</p>

	<p>at budget in regards to offering lunch. Misty – mentioned that her class on 5/5/17 did not get a lot of attendance but people enrolled. Not sure why? Joe- asked if there was anyway of pulling data on who didn't attend and reach out to ask why? Discussed what information can be pulled and how? Emails- it is really hard with not enough man power to get it out through email. Survey- we have done surveys and may work the best. Lianne said a survey send out after. Asking if they attended? No- Why? Yes – has 6-10 questions. Lianne – at the faculty development meeting talked about how they wanted to attend can we offer staggered times for classes. K.C – they did go off survey and did offer staggered times for lunch and learns Misty- suggested late afternoons. 3pm or after. Tuesday or Wednesday are best. No Fridays or Thursdays would be best for faculty.</p> <p>How do we bump up participation? Incentives is what is going to help! Points Program? \$100 shopping spree in book store – can just be a PO?</p>	
<p>4. Unsit Treadmill Desk – K.C.</p>	<p>Looked at the Treadmill handouts and pictures. Vendor is Outfit the rep has been in contact with K.C.</p> <p>How would we get approved?</p>	<p>K.C – will let rep know we will hold off for now but also request pricing.</p> <p>Duetta- look at process on approval and getting it on campus.</p>

	<p>Is it good for our campus? Looks like something that could work. Does not go very fast just to help keep the body moving. Where would we test it? Wellness Center, health services? Cost? Agreed we will hold off for now and get more information from rep.</p>	
<p>5. Committee Membership – Misty/Nerissa</p>	<p>Nerissa – Last meeting to her. She will survey the confidential. See about a replacement.</p> <p>She has been getting emails from weight watchers will forward.</p> <p>Mentioned that she thinks there needs to be a mother’s room available. Right now HR currently manages the small area in bldg. 4. For those that need to use. There is a big need.</p> <p>Misty- going on sabbatical Fall/Spring she will be working on some workshops – 3 week series. She wanted to let us know that she loves being on this committee and would like to come back when she returns from sabbatical.</p> <p>Jacolyn- was not able to attend the meeting but sent an email to the committee about having another classified 262 member. The group didn’t have problem with that request but we would need to find out how that gets approved? Might</p>	<p>Nerrisa- will email Andie with replacement</p> <p>Duetta- will look into about Misty and while she is out along with the request from Jacolyn for an additional Classified 262 member.</p>

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	need to go through PAC? Duetta will look into.	
6. Roundtable	Talked about Ordering Sit to Stands as POD ordered for their department. Risk will follow up to ensure ergonomic compliance. The Ergonomic process is on the website. Duetta has a goal of having a monthly new letter for Risk Management for the future. Lianne mentioned monthly flashes – Mgrs to departments K.C – Wellness website has been revamped	