

**Mt. San Antonio College
Employee Wellness Committee
Group Memory of August 5, 2015**

Committee Members:			
<input type="checkbox"/> Justin Ott	<input checked="" type="checkbox"/> Shirley Wong	<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 type="checkbox"/> Sunny Smith, Kaiser	
<input type="checkbox"/> Misty Kolchakian	<input checked="" type="checkbox"/> Nerissa Uiagalelei	<input checked="" type="checkbox"/> Sandra Weatherilt	
<input type="checkbox"/> Frank Williams	<input type="checkbox"/> Karen Saldana	<input type="checkbox"/> Jacolyn Martinez	
	<input type="checkbox"/> Kelly Ferber	<input type="checkbox"/> Yazmin Stutzel, Blue Shield	

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions	<p>Shirley Wong attended the Committee meeting in Marti Whitford's absence.</p> <p>Sabrina Krug introduced Sunny Smith as the new Kaiser Representative for the Committee.</p> <p>Ron Bean joined the Committee to discuss an employee softball league.</p>	None.
2. Agenda Review	None.	None.
3. Healthy Wage Weight Challenge Webinar (D. Rodenberry)	The Committee viewed the Healthy Wage Weight Challenge webinar presented by David Roddenberry.	<p>The Healthy Wage Weight Challenge will start on September 18. Email blasts to all employees beginning the last week of August. Flyers will be provided to employees on Flex Day.</p> <p>There is not a minimum or maximum amount of participation. Employees compete in groups against other companies across the country. An employee must be 18 and over.</p>

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		Weigh-in will be done for two weeks (9/18-10/2).
4. Mobile Health Vehicle Summary Report	The Committee reviewed the Kaiser Mobile Health Vehicle Summary from the Wellness Fair.	<p>Sabrina Krug provided the Committee a debrief on the Mobile Health Vehicle. Kaiser felt that the MHV was a success.</p> <p>54 employees utilized the MHV. 70% were non-KP members. 31% were considered to be obese individuals. Most had good blood pressure and only 5 employees were prone to hypertension.</p> <p>KP suggested focusing education efforts on weight loss, blood pressure and healthy eating.</p> <p>The MHV should be booked for the Spring 2016 Wellness Fair in September or October.</p>
5. Wellness Fair Debrief	The Committee discussed the Employee Wellness Fair.	<p>KC Kranz provided a handout highlighting vendor feedback and attendance numbers.</p> <p>Positive feedback was provided by all vendors and there was a good attendance despite the weather.</p> <p>The Committee would like to do another Wellness Fair in Spring 2016.</p>
6. Employee Softball Game	Ron Bean discussed creating an employee softball league.	<p>Ron Bean suggested a weekly softball league for employees to join.</p> <p>Joe Jennum stated that he would need to discuss this with Facilities. The Committee also discussed the potential liability and necessary waivers that would</p>

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		be needed. The Committee will continue to discuss the option of an employee softball league.
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