

**Mt. San Antonio College
Employee Wellness Committee
Memory of December 2, 2015**

Committee Members:

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|--|--|---|--|
| <input type="checkbox"/> | <input checked="" type="checkbox"/> Marti Whitford | <input checked="" type="checkbox"/> Sunny Smith, Kaiser | <input checked="" type="checkbox"/> Beth Quinlan |
| <input checked="" type="checkbox"/> Joe Jennum | <input checked="" type="checkbox"/> K.C. Kranz | <input type="checkbox"/> Sandra Weatherilt | |
| <input checked="" type="checkbox"/> Misty Kolchakian | <input checked="" type="checkbox"/> Stacey Gutierrez | <input checked="" type="checkbox"/> Jacolyn Martinez | <input type="checkbox"/> Debbie Cottrell |
| <input checked="" type="checkbox"/> Frank Williams | <input type="checkbox"/> Karen Saldana | <input checked="" type="checkbox"/> Sunny Smith | |
| | <input checked="" type="checkbox"/> Carol Nelson | | |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions	The Committee welcomed Jack Chou, a physician from Kaiser and spoke with Kaiser Account Manager, Kristen Honer via conference phone.	None.
2. Agenda Review	None.	Agenda approved as submitted.
3. Review Meeting Notes: October 7, 2015	None.	Memory approved as submitted.
4. Partnership in Health/Prevention and Lifestyle Risks –Kaiser	Kaiser discussed Partners in Lifestyle and Partners in Life report.	Dr. Chou reviewed prevention and lifestyle risks with the Committee. Reports were provided to all Committee members. Mt. SAC has 774 Kaiser members. Partnership in Health (PIH) reports provide clinical data on Kaiser members. Depression numbers are high for Mt.

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		<p>SAC Kaiser members. Dr. Chou encouraged increased focus on mental health and an increased focus on weight and chronic condition (hypertension) self-management.</p> <p>Tools available to help created a workforce health resource center to increase engagement in making positive health choices and changes.</p> <p>Sunny Smith will communicate services that can be offered to the College.</p>
5. Employee Softball League – Status	The Committee will be discuss the status of the Employee Softball League at the next meeting.	None.
6. Healthy Weight Challenge	The Committee discussed the Healthy Weight Challenge.	Final weigh-in is scheduled on 12/11.
7. Maintain Don't Gain Program	The Committee discussed the Maintain Don't Gain Program.	Week 3 of Maintain Don't Gain program.
8. Employee Wellness Survey	The Committee will discuss the Employee Wellness Survey at the next meeting.	None.
9. Employee Wellness Fair – group discussion	The Committee will discuss the Employee Wellness Fair at the next meeting.	None.
10. Mobile Health Vehicle Availability	The Committee discussed the Kaiser MHV.	<p>Sunny Smith will reconfirm the availability of the MHV on May 6 or 13, 2016.</p> <p>There is now a charge for the MHV but agencies can be nominated for funding.</p>

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		Sunny will place a nomination for Mt. SAC to have partial or full funding for the vehicle.
11. Lunch and Learn topics	The Committee discussed Lunch and Learn topics.	Sunny will confirm to see if there is funding to offer events for Mt. SAC. This may include a Lunch and Learn speaker.