

**Mt. San Antonio College  
Employee Wellness Committee  
Memory of October 7, 2015**

**Committee Members:**

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|--|--|---|---|
| <input type="checkbox"/> Lorraine Jones              | <input type="checkbox"/> Marti Whitford              | <input 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 checked="" type="checkbox"/> Sandra Weatherilt   |   |
| <input checked="" type="checkbox"/> Misty Kolchakian | <input checked="" type="checkbox"/> Stacey Gutierrez | <input checked="" type="checkbox"/> Jacolyn Martinez    | <input checked="" type="checkbox"/> Debbie Cottrell |
| <input type="checkbox"/> 651 Vacancy                 | <input checked="" type="checkbox"/> Karen Saldana    | <input type="checkbox"/> Yazmin Stutzel, Blue<br>Shield |   |
|  | <input type="checkbox"/> Nerissa Uiagalelei          |   |   |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
<b>1. Welcome/Introductions</b>	Debbie Cottrell joined the Committee from United Healthcare.	<b>None.</b>
<b>2. Agenda Review</b>	Dr. Sears will be added as #7.	<b>Changes to Agenda approved.</b>
<b>3. Review Meeting Notes: September 2, 2015</b>	None.	<b>None.</b>
<b>4. Employee Softball Game</b>	The Committee discussed the next steps of an employee softball league.	<b>Ron Bean discussed the employee softball league with the committee.</b>  <b>The league would focus more community building. School would need to supply the following: umpire, field, bases, and lights. Looking for 2 games/month.</b>  <b>Joe discussed with the softball coach. She is concerned with the size of</b>

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		<p>facility, the number of contests and use of the facility for maintenance, supervision outside of the diamond, etc.</p> <p>Ron Bean will create rules and a proposal and send to Karen and KC for review.</p>
<p><b>5. Healthy Weight Challenge, Mountie Mile, Kaiser MHV</b></p>	<p>The Committee discussed the Healthy Weight Challenge, Mountie Mile and the Kaiser Mobile Health Vehicle.</p>	<p><b>60 participants are signed up for the Healthy Wage Challenge: 44 are employees, 9 family participants and 7 are friends. Groups have chosen very clever team names. Some weigh-ins were done in the Wellness Center. Some participants are coming into the Wellness Center weekly and have been making appointments with KC to weigh in to hold themselves accountable.</b></p> <p><b>Mountie Mile is still on hold due to construction.</b></p> <p><b>The committee discussed the first weekend in May to have the Kaiser MHV for the Wellness Fair. KC is waiting on the MHV for scheduling.</b></p>
<p><b>6. Employee Wellness Fair</b></p>	<p>The Committee will discuss the Wellness Fair and survey at the upcoming meeting.</p>	<p><b>None.</b></p>

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<b>7. Dr. Sears</b>	The Committee discussed Dr. Sears.	<b>Stacey Gutierrez suggested that the Book Club read Dr. Sears' book. Dr. Sears has written over 30 books and is reputable in his field. Stacey contacted him to see what he charges and suggested that he perhaps present at the Book Club.</b>
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