

**Mt. San Antonio College  
Employee Wellness Committee  
May 2, 2018**

**Committee Members:**

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|---|---|---|---|
| <input checked="" type="checkbox"/> Duetta Langevin   | <input type="checkbox"/> Joe Jennum                 | <input checked="" type="checkbox"/> Marti Whitford                        | <input checked="" type="checkbox"/> Arthur Gonzalez - Unit 651 Representative |
| <input checked="" type="checkbox"/> K.C. Kranz        | <input type="checkbox"/> Stacy Lee                  | <input type="checkbox"/> Carmen Conover, Kaiser                           | <input checked="" type="checkbox"/> Andrea Solorzano (notes)                  |
| <input checked="" type="checkbox"/> Joanne Franco     | <input checked="" type="checkbox"/> Zaira Jimenez   | <input checked="" type="checkbox"/> David Casto - Unit 651 Representative | <input checked="" type="checkbox"/> Sandy Cisneros, UHC                       |
| <input checked="" type="checkbox"/> Sandra Weatherilt | <input checked="" type="checkbox"/> Lianne Greenlee | <input type="checkbox"/> Meagan Nolan- Marion                             |   |
| <input checked="" type="checkbox"/> Melissa Aguirre   | <input type="checkbox"/> Mari Ceja                  |   |   |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
<b>1. Welcome/Introductions</b>		
<b>2. Agenda Review</b>		
<b>3. Review meeting notes from March 7, 2018</b>	2 changes – Approved	<b>Changes were updated and posted to the website.</b>
<b>4. Current and Future Employee Wellness Activities</b> <ul style="list-style-type: none"> <li>• <b>Finding Balance Stress Management Campaign</b></li> <li>• <b>Melanoma/Skin Cancer Detection And Prevention Month (May)</b></li> <li>• <b>Healthy Cooking Class (May 17)</b></li> <li>• <b>Real Food Challenge (June)</b></li> </ul>	<p><u>Finding Balance Stress Management Campaign:</u> We are in week 5 for this campaign and it is an 8 week program. KC has been sending emails out to promote the campaign. Carmen from Kaiser has asked how the program has been going but there is not really a way to capture how participation is going. Carmen mentioned she could offer prizes. Kaiser does have their own survey to see how program is going.</p> <p><u>Melanoma/ Skin Cancer Detection and Prevention Month (May):</u> KC is going to send out an Email for next week and did a management silo buster in Aprils Management meeting.</p>	

	<p>Healthy Cooking Class (May 17): An email was sent out for this class and within 45 minutes it was full. The class will take place on 5/17/18 in Building 78 from 2pm-3pm with Jean Metter and Christine Cammayo. It will only be for one hour so most of the food will be prepped.</p> <p>The committee discussed the possibility of drop out from the class. For example 39 people signed up for the Lunch and Learn and only 9-10 people showed up. The group asked Lianne if there was a way to find out why people didn't show up. An email follow up or quick survey could be possible.</p> <p>In regards to the May cooking class there is a current wait list. After discussion as follow up email will be sent out by KC mentioning the wait list and follow up the Tuesday before class.</p> <p>Christina Cammayo will connect with Sandy from UHC about giveaways (measuring cups and or cutting boards).</p> <p>KC and Duetta will shop the week of the class to get the food items needed for class. List will be provided and safety credits will be used for the purchase.</p> <p>In discussion the question also came up about being able to do one for June. Sandra said it would just depend on the lab availability but</p>	
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	<p>she can check.</p> <p><u>Real Food Challenge (June):</u></p> <p>In June the Real Food Challenge will be rolled out. A tracker will be provided and KC has a certificate she can print out for participants. KC is hoping that we can provide some sort of prizes and or incentives. A health lunch wrap up party possibly where participants can share their experiences. Is it possible to do a onetime funding or use safety credits. Duetta has a direct reports meeting tomorrow and will ask about onetime funding and or using safety credits.</p>	
<p><b>5. Walker Tracker</b></p>	<p>KC and Duetta had a call with Stephanie from Walker Tracker. They have decided to start the program in the Fall and not Spring. Stephanie did get a quote for the program. Safety Credits will be used to purchase the program and have a kickoff party. It will be purchased in July with a start date of September 10, 2018. KC hopefully can do a Silo buster in the August meeting.</p> <p>We will start off as individuals then we will progress into groups for this program as suggested. It's a one year contract and reports will be available.</p> <p>The program is a self-register program and web</p>	

Wellness Task Force  
Group Memory

	based. KC will have admin rights to access.  It was brought up that maybe KC can promote the program during CPD on 8/17 or Flex day on 8/24.	
6.		
7.		
8.		
<b><u>Future Action Items:</u></b>	Date for Employee Wellness Fair – Tentative 11/2/18.	

**Future Meeting Dates:**

June 6, 2018

July – No meeting

August 1, 2018