

**Mt. San Antonio College
Employee Wellness Committee
June 6, 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 |
| <input checked="" type="checkbox"/> K.C. Kranz | <input checked="" type="checkbox"/> Stacy Lee | <input checked="" type="checkbox"/> Carmen Conover, Kaiser | Representative |
| <input type="checkbox"/> Joanne Franco | <input checked="" type="checkbox"/> Zaira Jimenez | <input checked="" type="checkbox"/> David Casto - Unit 651 | <input checked="" type="checkbox"/> Andrea Solorzano (notes) |
| <input type="checkbox"/> Sandra Weatherilt | <input checked="" type="checkbox"/> Lianne Greenlee | Representative | <input type="checkbox"/> Sandy Cisneros, UHC |
| <input type="checkbox"/> Melissa Aguirre | <input type="checkbox"/> Alexis Carter | <input checked="" type="checkbox"/> Meagan Nolan- Marion | |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions		
2. Agenda Review		
3. Review meeting notes from May 2, 2018	Approved – 1 change made	Posted on Website
4. Committee Goal and Progress Report	KC submitted the progress report for the committee’s goals for the year on June 1, 2018. New goals will be made and submitted in October of 2018.	
5. Employee Wellness Activities <ul style="list-style-type: none"> • Real Food Challenge (June) • Walker Tracker Program 	<u>Real Food Challenge:</u> The real food challenge is launching this month, June. It is a turnkey program and very simple. You replace one processed food for a real food. It is a 6 week program and will start	

	<p>on 6/25/18 and ends on 8/2/18. KC will send out weekly emails to promote the program.</p> <p>KC would like to have a wrap up party for the program. Provide a light healthy snack like fruits and veggies. A certificate can be handed out for completion. Carmen from Kaiser could probably provide giveaways and we can also follow up with Sandy from UHS about give away.</p> <p>The Mountie café may be available to on 8/2/18 when the programs ends for the wrap up party it would need to just be booked through Sodexo possibly from 11-1.</p> <p>A sign-up sheet is available for the program but not sure how to use it. Lianne suggested maybe using smart sheet with a link.</p> <p>In discussion it was suggested that a “switch food picture” be submitted to KC to help with participation and promotion.</p> <p><u>Walker Tracker</u></p> <p>Walker Tracker will be purchased in July with safety credits.</p> <p>An email can be sent to John Lewallen regarding promoting it during CPD on 8/17.</p> <p>Plan is to possibly ask for money from the foundation</p>	
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6. Employee Wellness Fair	The date for the Employee Wellness Fair was changed and discussed to 11/30/18.	
7.		
8. Round Table Follow Up Items	<p>The Finding balance wrapped up. Next time KC will set up a survey before. KC and Lianne will set up a meeting to, possibly test with the real food challenge.</p> <p>KC attended the Cooking Class in May. The lab was beautiful and it went very well. Maybe will post recipe on website. Suggestion to have a new healthy recipe each month on the newsroom. An appointment can be made with marketing to see if that's possible.</p> <p>Kp.org/choosebetter is a site with resources for wellness with companies and employees. The website is accessible, possibly create a link from wellness website.</p> <p>Discussion was started about how there a rise in employees is coming to the health center dealing with stress and not able to handle situations in their work environment. It is getting difficult as it is usually the same people. Some are possibly issues that need to be</p>	

Wellness Task Force
Group Memory

	<p>handled through HR.</p> <p>Suggestions to help with work related stress:</p> <ul style="list-style-type: none"> • On-Call counselor for employees • More training on management of stress – speakers • Massage/Chiro program available for employees – The College use to have this type of program when Joe was in KC position. Marti will talk to Dr. Lee the Chiro. • EASE program is available – promote at CPD day 	
<p><u>Future Action Items:</u> Survey for Interest in Wellness Look in to massage program</p>		

Future Meeting Dates:

June 6, 2018

July – No meeting

August 1, 2018