

**Mt. San Antonio College  
Employee Wellness Committee  
Memory May 1, 2019**

**Committee Members:**

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

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
<b>1. Welcome/Introductions</b>		
<b>2. Agenda Review</b>	Reviewed	
<b>3. Review meeting notes from March 6, 2019</b>	Reviewed and approved with one correction.	<b>Andie will make the correction on the spelling of Wroe and post on the website.</b>
<b>4. Kaiser Permanente Lifestyle Risk Report presented by Dr. Jack Chou</b>	<p>Dr. Jack Chou, the Chief of Family Medicine with Kaiser presented the following reports to the committee:</p> <ul style="list-style-type: none"> <li>• Prevention of Lifestyle Risks report</li> <li>• Chronic Conditions report</li> </ul> <p>The measurement period for these reports are from October 1, 2017 through September 30, 2018.</p> <p>Overall Mt. SAC's results are great and the reports show improvement in the health of our employees. Both reports will be posted on to</p>	<b>Andie will post the reports presented by Dr. Chou on the committee website.</b>

	<p>the Wellness Committee website to view.</p> <p>Kaiser has expanded into a retail space with Target Clinics. The closest clinic is in Montclair. Currently there are 12-16 clinics open and the goal is to have 33 clinics within Southern California. The clinics offer immunizations, exams and treat a list of conditions such as the common cold to a UTI.</p>	
<b>5. Committee Goals and Progress Report</b>	<p>One goal the committee needs to work on in the future is creating another employee survey to find out what the employee want in regards to services available to them through the wellness program.</p>	
<b>6. Refresh and Recharge Wellness Challenge Update</b>	<p>The Refresh and Recharge challenge started on April 4<sup>th</sup> and will end on May 19<sup>th</sup>. This challenge focused on nutrition and sleep and 124 people have registered.</p> <p>The wrap up party is scheduled for May 29<sup>th</sup> in Founders Hall from 12:30pm-2pm. The set up will start at 11:30am so any if any committee members can help it would be appreciated. There will be goodies to hand out along with a light lunch served.</p>	
<b>7. Upcoming Employee Wellness Activities</b>	<p>Megan Wroe who is a RD with St Jude did a great presentation this past March about Anti-inflammatory diet. The presentation was well done and very informative. Megan provided</p>	

	<p>tools and information making it easy for the employees to start right away.</p> <p>On May 8<sup>th</sup> Megan will present information on brain health from 2pm-3pm.</p> <p>On May 30<sup>th</sup> she will present information on energy boosting foods from 1:30pm-2:30pm. This presentation was posted on POD and booked within hours.</p> <p>KC is going to continue to invite Megan back throughout the year with various topics.</p> <p>A suggestion was made to post tools and handouts on the website. KC will look into posting some items.</p>	
<b>Future Action Items:</b>		

**Future Meeting Dates:**

**June 5, 2019**