

**Mt. San Antonio College
Employee Wellness Committee
Memory June 5, 2019**

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

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions		
2. Agenda Review	Reviewed	
3. Review meeting notes from May 1, 2019	Reviewed and approved.	Andie will post to the website.
4. Refresh and Recharge Wellness Challenge wrap-up party	<p>The wrap up party is scheduled for June 10, 2019 in Founder's Hall. Set up will be at 11:30am so any help would be appreciated. 50 take-away lunch boxes will be ordered with infused water. The giveaway will be insulated lunch bags with the Mt. SAC logo.</p> <p>RSVP through walker tracker went to all that have ever registered. KC needs to talk to the rep about that.</p> <p>KC reviewed the survey with the group.</p>	KC will follow up with Emily the rep from Walker Tracker about the RSVP and list.
5. Walker Tracker Renewal	Looking to renew with 3 challenges in September, January and April.	

	<p>The question was brought up that it was possibly we can have 5 challenges. KC will ask the rep.</p> <p>The group discussed prizes and awards for the upcoming challenges. It was unclear if we can do gift cards possibly donations would work.</p> <p>Some ideas brought up with in the discussion were:</p> <ul style="list-style-type: none"> • Point system • Opportunity Drawing • Run as a yearlong program • If it starts in January 2020 we can promote it during the Wellness Fair and have a table • Marti will talk to Irene Martinez about asking for donations and a wellness grant <p>KC has a call with Walker Tracker in August.</p>	
<p>6. Medical Plan perks for employees that participate in Wellness</p>	<p>Duetta is still waiting on this information.</p>	<p>Duetta will follow up with Melissa in Benefits.</p>
<p>7. Employee Wellness Fair date</p>	<p>November 8, 2019 will be our Wellness Fair. All the regular tables will be there and looking for new vendors. There was a suggestion of Health</p>	

	Care Providers there to provide Wellness Benefits offered to those who carry their plans.	
8. Roundtable	<p>A couple roundtable topics that came up during the meeting:</p> <p>Other wellness activities and challenges coming up or suggested. Real food challenge for the summer. Invite Run Republic to come for a Lunch & Learn with possible donations from the store.</p> <p>Mental Health continues to be a hot topic. Discuss with Sokha on HR to discuss ideas.</p> <p>Will ask USC Tele – Health about staff and students and what there program is like.</p> <p>Sooch Foundation have mobile units for Dental & Health – Can we reach out?</p>	
Future Action Items:		

Future Meeting Dates:

July 3, 2019?