

**Mt. San Antonio College
Employee Wellness Committee
Group Memory of August 5, 2020**

Committee Members:

- | | | | |
|---|---|---|---|
| <input checked="" type="checkbox"/> Duetta Langevin | <input checked="" type="checkbox"/> Sandra Weatherilt | <input type="checkbox"/> Melissa Aguirre | <input checked="" type="checkbox"/> Arthur Gonzalez |
| <input checked="" type="checkbox"/> Joanne Franco | <input checked="" type="checkbox"/> Marti Whitford | <input type="checkbox"/> Stacy Lee | <input type="checkbox"/> Alexis Carter |
| <input type="checkbox"/> Joe Jennum | <input type="checkbox"/> Zaira Jimenez | <input checked="" type="checkbox"/> Lance Heard | <input checked="" type="checkbox"/> Andie Solorzano (notes) |
| <input checked="" type="checkbox"/> K.C Kranz | <input type="checkbox"/> Lianne Greenlee | | |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions		
2. Agenda Review	Reviewed	
3. Review Group Memory – June 3, 2020	Reviewed and Approved.	Andie will post to the website
4. Walker Tracker Challenge Update	<p>The Destination Vacation walker tracker challenge ended on June 26th and it did very well. Participation went down from the last challenge but we had the best results in meeting the daily goal.</p> <p>Participation was 164 from 192 for the last challenge. Average Daily Steps: 7,187 48.2 % met the goal which is the highest percentage since we start the walker tracker program in 2018.</p> <p>KC shared the walker tracker summary with the group.</p> <p>There was a drawing for four \$100 Amazon gift cards. More and more people are meeting the daily goals since we have offered this drawing.</p>	

	<p>The next challenge is starting August 10th and will go for 6 weeks. Ends on September 20th and 90 people are already signed up. It is called kindness around the world. We will up the drawing to 10 \$100 Amazon gift cards that meet the goal.</p> <p>Discussed with the group on renewing the walker tracker contract.</p> <p>Duetta added a success story to the reopening to campus to encourage people.</p> <p>Managers and Directors promoting it to their group to participate. Duetta will mention it.</p>	
<p>5. Employee Wellness Events</p>	<p>We have added 3 classes a month:</p> <ul style="list-style-type: none"> • First week of the month - Sound bowl meditation • Second week of the month – Virtual Yoga class • Third week of the month - Food and Nutrition demos <p>KC sent a flyer for CPD day to promote the Wellness Program and the Wellness website. KC shared the new updates on the Wellness website with the group.</p>	
<p>6. Resources for Employees</p>	<p>KC asked the group if there were any additional resources available to our employees with the current situation with working from home and with the pandemic.</p> <p>Joanne in HR mentioned the EASE program and maybe other resources through SISC. She will look into it for the</p>	

	<p>group.</p> <p>Andrea Torres is back and offering student and employee classes available separately. Marti will send over her schedule and have her connect with KC.</p>	
7. PAC Recommendations on Committee Goals	KC reviewed the updates and recommendations from PAC	
8. Wellness Program Incentive Point System – Standing Item	No update at this time.	

FUTURE MEETING DATES

September 2, 2020