

**Mt. San Antonio College  
Employee Wellness Committee  
September 5, 2018**

**Committee Members:**

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|---|---|--|--|
| <input checked="" type="checkbox"/> Duetta Langevin   | <input checked="" 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 type="checkbox"/> Carmen Conover, Kaiser            | Representative   |
| <input checked="" 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 checked="" type="checkbox"/> Sandra Weatherilt | <input checked="" type="checkbox"/> Lianne Greenlee | Representative   | <input type="checkbox"/> Sandy Cisneros, UHC                   |
| <input checked="" type="checkbox"/> Melissa Aguirre   | <input type="checkbox"/> Alexis Carter              | <input type="checkbox"/> Meagan Nolan- Marion              |  |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
<b>1. Welcome/Introductions</b>		
<b>2. Agenda Review</b>		
<b>3. Review meeting notes from August 1, 2018</b>	Approved	
<b>4. Real Food Challenge Survey Review</b>	<p>22 people showed up to the real food challenge wrap up party and 13 RSVP'd prior to the event. K.C. received 14 evaluations. The committee went over some of the suggestions from the evaluations:</p> <ul style="list-style-type: none"> <li>• Online Tracking</li> <li>• Kick Off Party</li> </ul> <p>The goal for next year is to be able to promote the program and wrap up party in the beginning of the challenge. K.C was unable to do that this year due to funding.</p>	
<b>5. Walker Tracker</b>	The Walker Tracker starts on Monday, 9/10/18.	

	<p>K.C and Duetta were able to meet with the foundation and were told that those funds need to be used for the students. They did offer a \$1000.00 as a gift for the wrap up party. They can purchase prizes and or incentives for us if we provide what we would like (Ex: gift cards).</p> <p>Emails have been sent out and so far 134 people have signed up. The group reviewed the app that you can add on your phone and how you can convert some activities into steps. There are automated emails that are sent out and you are able to see how all participants are doing. It was also brought up that about possibly removing the gender question when registering. The registration can be customized, so K.C will make note of that for the next time.</p> <p>Duetta is going to mention the Walker Tracker in the Managers meeting on 9/6/18 to promote it. The group discussed encouraging managers to forward to student workers as there is no way for K.C. to get her email promotions to them. Also it was suggested that K.C reach out to SEED and the Career Coordinators to get the word out to the student workers as well. Another option is touch base with Mike Taylor to put on the Newsroom.</p> <p>The program ends on 10/21/18. The group was</p>	
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	<p>able to confirm the wrap up party date of 10/24/18 from 11am-1pm. Andie will look to see if either the POD loft and or Founders Hall was available on that date.</p> <p>The group discussed ordering shirts as a giveaway for the wrap up party. Joe will email Andie Vendors to order shirts. Discussed possibly having the Wellness “Live Well Mt. SAC” Logo on the front of the shirt and the Walker Tracker Logo on the back. Andie will follow up with the vendors provided to get additional information and cost.</p>	
<p><b>6. Employee Wellness Fair</b></p>	<p>The Employee Fair is scheduled for 11/30/18. Many vendors have already been responding and will be returning this year.</p> <p>Costco will be there administering the Flu shots for \$19.99</p> <p>Yoga will still be on the grass but it was suggested by the group for more signage and promotion.</p> <p>The group will plan on discussing the Employee Wellness Fair participant Survey and what questions will be on it at the next meeting.</p>	
<p><b>7. Roundtable</b></p>	<p>Information was provided to the committee that there will be a new gymnasium coming and wellness center. The project will start</p>	

Wellness Task Force  
Group Memory

	<p>hopefully end of 2020. Joe will try to bring a lay out of what it will look like at the next meeting.</p> <p>The committee discussed coming up with a business plan to provide to the president to really work on growing the Wellness Program and possible funding for different future programs. It was agreed that we invite the president to a future meeting.</p>	
8.		
<b>Future Action Items</b>		

Upcoming Meetings:

Wellness Task Force  
Group Memory

October 3, 2018

Future Agenda Items:  
Employee Wellness Fair participant Survey