

**Mt. San Antonio College  
Employee Wellness Committee  
Memory December 4, 2019**

**Committee Members:**

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|---|---|---|--|
| <input checked="" type="checkbox"/> Duetta Langevin   | <input type="checkbox"/> Joe Jennum                 | <input 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"/> Kaiser Rep                         | <input type="checkbox"/> Sandy Cisneros, UHC                 |
| <input type="checkbox"/> Joanne Franco                | <input type="checkbox"/> Zaira Jimenez              | <input type="checkbox"/> Lance Heard                        |  |
| <input checked="" type="checkbox"/> Sandra Weatherilt | <input checked="" type="checkbox"/> Lianne Greenlee | <input checked="" type="checkbox"/> Art Gonzalez - Unit 651 |  |
| <input checked="" type="checkbox"/> Melissa Aguirre   | <input type="checkbox"/> Alexis Carter              | Representative  |  |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
<b>1. Welcome/Introductions</b>		
<b>2. Agenda Review</b>	Reviewed	
<b>3. Review meeting notes from November 6, 2019</b>	Reviewed and Approved	<b>Andie will post to the website</b>
<b>4. Employee Wellness Fair Recap</b>	<p>The group discussed the results from the Employee Wellness fair that took place on November 8, 2019. Overall it went well. 142 raffles tickets were given out. 156 people completed the survey, 65 of them attended. Some feedback provided:</p> <ul style="list-style-type: none"> <li>• More booths</li> <li>• SISC rep did not attend</li> <li>• Nutritionist with time slots</li> <li>• It is worth having</li> <li>• Possibly a different day of the week</li> </ul> <p>The group discussed having the fair still in November but maybe doing it on a Wednesday instead of a Friday.</p>	
<b>5. Walker Tracker Fall Wellness Challenge</b>	The Challenge ended on December 1 <sup>st</sup> . We had	

<p><b>Wrap Up Party</b></p>	<p>169 participants and participation was up.</p> <p>It was the highest percentage of people meeting their goal.</p> <p>Wrap up party is on December 9, 2019 in founder's hall from 2pm-3:30pm. Certificates and tumblers will be handed out with appetizers and refreshments. Meet at 1:30 to set up.</p>	
<p><b>6. Upcoming Wellness Activities</b></p>	<p>We will have a January Walker Tracker Challenge that will start on 1/13/20. KC will provide the Flyer to give to the managers at the Manager's Retreat on 1/8/20.</p> <p>St. Jude Nutrition lectures</p> <p>Spring Wellness Challenge</p>	<p><b>KC will get the flyers ready for the Manager's Retreat.</b></p>
<p><b>7. New SISC Kaiser Rep</b></p>	<p>Due to the transition to SISC there will be a new Kaiser rep named Ruby Hazzard.</p> <p>The group discussed working on creating a Wellness Incentive Program for our employees based on a point system. This continues to be a topic and it was agreed by the group to keep it as a standing agenda item. What can we have as incentives? How do we fund these incentives? Can we work with the health care providers and SISC to see what they already offer as incentives? How can we incorporate the challenges to the incentive program? Can we reach out to local business and have them</p>	<p><b>Andie will keep Wellness Program Incentive Point System as a standing agenda item.</b></p>

	participate (Run republic, Nike friends and family)? Promote it online with videos and trainings.  Can we invite our SISC rep to come out to the next meeting?	<b>Melissa will reach out to Armando at SISC to invite him out.</b>
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**Future Meeting Dates:**

**No January Meeting**

**February 5, 2020**

**March 4, 2020**

**April 1, 2020**

**May 6, 2020**