

**Mt. San Antonio College
Employee Wellness Committee
Memory February 6, 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 checked="" type="checkbox"/> Sandy Cisneros, UHC |
| <input type="checkbox"/> Joanne Franco | <input type="checkbox"/> Zaira Jimenez | <input checked="" type="checkbox"/> Meagan Nolan- Marion | |
| <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
1. Welcome/Introductions		
2. Agenda Review	Reviewed	
3. Review meeting notes from January 9, 2019	Reviewed and Approved with corrections.	Andie will post the minutes to the website once corrections are made.
4. Strive to Thrive Challenge	<p>To date we are half way through the Strive to Thrive challenge. KC will send out an email to promote the wrap up party that will be on 2/21/19 in the Mountie café from 2pm-3:30pm. We ordered a collapsible lunch box to give away with the Mt. SAC logo. Veggie and fruit platters along with chicken skewers will be served at the party. Donations provided to give away are Kaiser water bottles, potable silverware, weight of the nation DVD's and HR will donate a pair of sunglasses from VSP.</p> <p>The group discussed how much the employees are enjoying these challenges and really getting</p>	It was suggested to do a "High Five" to the IT manager, Eric Turner. Lianne will do an email.

	<p>into it. An idea that was brought up to the group was having an employee that has really made a transformation along with being involved in these challenges speak for 5-10 minutes as a Silo buster in the monthly manager's meeting to promote wellness. It may help inspire the managers to get involved and potentially trickle down to the employees. A video clip of the employee that we can show or post on the website could be an option as well. Jeffery George in IT is an employee that stands out and would be a great employee to share his journey.</p>	
<p>5. Future EWP Events</p>	<p>We will have another walker tracker challenge around mid to end of March for about 6-8 weeks. Duetta will inquire with walker tracker to see if we purchase a longer contract do we get some sort of discount. Overall the program has been a success.</p> <p>The healthy heart lecture was yesterday. 29 people signed up and only 9 showed.</p> <p>The group discussed and suggested other possible Employee Wellness Program events:</p> <ul style="list-style-type: none"> • Anti-Inflammatory diet for busy people was very popular topic. It sold out and was increased to 50 people. Megan Roe will do demonstrations but there is a fee and has a list of different topics. • Cooking demos get a great response. 	<p>Duetta will follow up with walker tracker about purchasing a longer contract.</p>

	<p>Possibly having one on CPD day and or Flex day. Lianne informed the group that Flex day has regulations so we can't have one on that day.</p> <ul style="list-style-type: none"> • A POD cast with a wellness series for discussions on related topics and cooking demos. • Offering 15-20 minute massages for employees on campus. The employee will pay part and Mt. SAC a part of the fee. Marti will ask the Chiro Program about it. • Lunch and Learns – Sandy from United Health Care suggested working with Regal Medical and Sandy can help if needed. • Health Carriers and vendors coming out to present on specific wellness topics for the employees. <p>The group discussed possible point system for the wellness program. How can we make it accessible and fair? Melissa is working with Duetta to get a list of health care providers and there incentives to incorporate them into our wellness program.</p>	<p>Marti will follow up with the Chiro program about the 15-20 minute massages.</p> <p>Duetta and Melissa will work on the health care provider incentive list.</p>
<p>6. Roundtable</p>	<p>Duetta shared with the group that HR is looking to having a part time therapist/counselor available to the employees either on campus or close enough for the</p>	<p>Committee will follow – up on recommendation to the president.</p>

	<p>employees to easily access and maintain anonymity.</p> <p>Mental Health has been a topic discussed with the group in prior meetings. The well-being of the employees is important to the committee and the committee wants to make sure that resources are available to the employees when needed in certain situations. Currently there are 5 mental health counselors on staff in health services which are for the students. The Ease is available to the employees but how often is it being used and effective is it. Most of the incidents occurring are when an employee is in crisis and needs immediate assistance. Therefore, having a professional therapist/counselor on campus would be beneficial. At the end of the discussion it was agreed that the Wellness Committee should present this as a recommendation to the president.</p>	
<p>Future Action Items: Kaiser Permanente Annual Report</p>		

Future Meeting Dates:

March 6, 2019

April 3, 2019

May 1, 2019