

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

**Committee Members:**

- |   |   |   |  |
|---|---|---|--|
| <input checked="" type="checkbox"/> Duetta Langevin   | <input checked="" 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 checked="" type="checkbox"/> Carmen Conover, Kaiser  | <input type="checkbox"/> Sandy Cisneros, UHC                 |
| <input checked="" 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 type="checkbox"/> Melissa Aguirre              | <input type="checkbox"/> Alexis Carter              | Representative  |  |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
<b>1. Welcome/Introductions</b>	Introduced Livier Martinez who was filling in for Marti Whitford.	
<b>2. Agenda Review</b>	Reviewed	
<b>3. Review meeting notes from June 5, 2019</b>	Reviewed and approved	<b>Andie will post to the website.</b>
<b>4. Purpose and Function Statement, Goal and Progress Report.</b>	Reviewed the new procedures on submitting the Purpose & Function along with the Committee Goals to PAC. The committee agreed the purpose and function will stay the same, the goals will remain the same. The members will be updated.	<b>KC will submit updates to PAC for approval.</b>
<b>5. Walker Tracker</b>	The Walker Tracker contract is going to Board from Approval. KC plans to start a new	

	<p>challenge in early to Mid-October. Looking at a fall theme and will be all activity only. We are planning to have a Spring and possibly a Summer Challenge as well.</p>	
<p><b>6. Behavior Wellness – Livier Martinez</b></p>	<p>Livier informed the group that USC tele-health will be implemented for our students but for not employees. Currently it is only for Los Angeles county. Health Services is already referring students.</p> <p>A MOU is being developed for tele-suites for one-on-one counseling. There will be a space in health services as a safe space.</p> <p>The group discussed possible Lunch and Learns with Seth Myers who came to campus to speak last year.</p> <p>Some suggested Topics by the group:</p> <ul style="list-style-type: none"> <li>• Mental Health/ Behavioral help</li> <li>• Managing Stress/ relationships in the work place</li> <li>• Holiday Blues/ Managing Change and Transition.</li> <li>• Depression signs and How to Thrive</li> <li>• Whole year series – Mental Wellness</li> </ul> <p>The EASE program was reviewed at the most recent manager’s meeting and is available for our employees.</p> <p>There are other programs available not just EASE that could work for our employees. Could</p>	<p><b>Livier will reach out to Seth Myers about possible Lunch &amp; Learns.</b></p>

	<p>be something to look into.</p> <p>POD currently has the following activities and or classes available:</p> <ul style="list-style-type: none"> <li>• Forest Therapy – offering it to certain departments.</li> <li>• Mindfulness Class is offered to employees</li> </ul>	
<b>7. Medical Plan perks for employees that participate in Wellness</b>	Duetta has the packets of perks from the different health care providers with CalPERS which 262, 651, Management and Confidential will have through December. They will then all move to SISC. We need to work with HR to see how to get this information out. It could be something that it sent out annually in January.	
<b>8. Employee Wellness Fair</b>	The fair is set to take place on November 8, 2019 from 11am-2pm. The Kaiser Mobile will be available at 9am. They can start scheduling appointments on October 25 <sup>th</sup> .	
<b>9. Roundtable</b>	KC is looking for a Yoga Instructor if anyone knows of someone who would be interested.	
<b>Future Action Items: N/A</b>		

**Future Meeting Dates:**

**October 2, 2019**

**November 6, 2019**

**December 4, 2019**