

**Mt. San Antonio College
Employee Wellness Committee
Group Memory of May 6, 2020**

Committee Members:

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|---|---|---|---|
| <input checked="" type="checkbox"/> Duetta Langevin | <input checked="" type="checkbox"/> Sandra Weatherilt | <input checked="" type="checkbox"/> Melissa Aguirre | <input checked="" type="checkbox"/> Arthur Gonzalez |
| <input checked="" type="checkbox"/> Joanne Franco | <input type="checkbox"/> Marti Whitford | <input checked="" type="checkbox"/> Stacy Lee | <input type="checkbox"/> Alexis Carter |
| <input checked="" type="checkbox"/> Joe Jennum | <input checked="" 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 checked="" type="checkbox"/> Lianne Greenlee | | |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions		
2. Agenda Review	Reviewed	
3. Review Group Memory – February 5, 2020	Reviewed and Approved with one change regarding walker tracker gift cards.	Andie will post to the website
4. Walker Tracker Challenge Update	<p>The current walker tracker challenge will end on May 17th so there is about a week and a half left. There are 193 participants.</p> <p>Once the challenge ends KC will be able to pull names and see who has met the goal of 8,000 steps</p> <p>The incentive for this challenge will be a face mask with the wellness logo and we will provide those when we return to campus.</p> <p>There will be a raffle for four \$100 gift cards to those who met the goal. We are working on possibly emailing the gift cards to the winners. Sandra suggested a program online that randomly picks names. KC will use that to pick the names.</p>	

<p>5. Committee Outcomes/ Accomplishments</p>	<p>These are due June 1st and we have met all of our goals as a committee. The committee reviewed and discussed the progress report/outcomes. Once KC updates this she will submit it to Brigitte.</p>	<p>Duetta will try and put a wellness budget on her budget for 2021.</p>
<p>6. Employee Wellness Events</p>	<p><u>Events:</u></p> <ul style="list-style-type: none"> • Spring Walker Tracker Challenge • Lunch and Learn and Nutrition Demo • Health Benefits of Taco Tuesday – There were about 19-20 people in attendance. It was recorded through Zoom and put on the Wellness website. The Zoom recording is currently not accessible so KC will look into YouTube for the next demo so we can continue to post on the website after for other to view. • St Jude sent out information on scheduling corporate private sessions on mindfulness and other topics. KC is going to look into this. 	
<p>7. Wellness Committee Table for Flex Day</p>	<p>KC discussed with Lianne about having a Wellness Committee Table for Flex day and include resources related to wellness.</p> <p>The committee for Flex day just had a planning meeting – preparing for it to be online with Information pre-recorded available to the faculty and hoping to have a guest speaker virtually. The planning is still in progress. More information to come.</p>	
<p>8. Employee Wellness Fair Date</p>	<p>Discussed possible new dates or month. Planning usually starts 6 months out.</p> <p>We will be moving in possible phases back on to campus. We really don't know what things will look like in fall. It was agreed to move it to spring and plan</p>	

	<p>accordingly.</p> <p>We will keep this on the agenda to discuss.</p>	
<p>9. Wellness Program Incentive Point System – Standing Item</p>	<p>Duetta has resources on this and will have her Admin put these items together so we will keep this on the agenda with the progress.</p>	

FUTURE MEETING DATES

June 3, 2020