

**Mt. San Antonio College
Employee Wellness Committee
Memory October 2, 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"/> Carmen Conover, Kaiser | <input type="checkbox"/> Sandy Cisneros, UHC |
| <input checked="" type="checkbox"/> Joanne Franco | <input type="checkbox"/> Zaira Jimenez | <input checked="" type="checkbox"/> Vacant (Faculty/Emotional Well- Being) | |
| <input checked="" type="checkbox"/> Sandra Weatherilt | <input checked="" type="checkbox"/> Lianne Greenlee | <input checked="" type="checkbox"/> Art Gonzalez - Unit 651 Representative | |
| <input type="checkbox"/> Melissa Aguirre | <input type="checkbox"/> Alexis Carter | | |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions	Introduced Livier Martinez to the group	
2. Mental Health Support for Employee – Livier Martinez	<p>Livier presented and discussed some Mental Health Resources she researched to provide to the committee.</p> <p><u>Silver Cloud</u> – Online based that has resources for depression & anxiety. They list some reviews and contacts online.</p> <p><u>Better Help at Betterhelp.com</u> – they offer therapy through chatting and video with a flat fee for a therapist.</p> <p><u>Talk Space at Talkspace.com</u> – this is a tiered plan, you will not have access to all resources based on the tiers. They do have plans for EAP's.</p> <p><u>Well psyche</u> – they work with health plans and</p>	

	<p>provide Psyche care.</p> <p>UCLA actually opened a space for staff and other companies have created a Hybrid type resource.</p> <p>Is it possible do have an employee survey for Wellness and Mental well-being to get input on wants and needs?</p>	<p>Andie will email Melissa in benefits regarding Incentives offered through SISC.</p>
3. Agenda Review	Reviewed	
4. Review meeting notes from October 2, 2019	Reviewed and approved	Andie will post to the website
5. Employee Wellness Fair	<p>The fair is scheduled for November 8, 2019. Hours are from 11am – 2pm. Set up will be at 10am.</p> <p>The Kaiser mobile health vehicle will be on campus at 9am. Appointments can be made starting on October 25, 2019.</p> <p>KC has been contacting and working with the vendors and some will be giving away raffles. It was suggested to give a gift to the vendors as the committee has extra Mt. SAC lunch bags and t-shirts.</p> <p>Run Republic will be bringing a mobile vehicle and KC is going to talk to Jim on where to place it.</p> <p>The Welcome booth is going to be placed near the rose garden this year.</p>	

	<p>Lianne and POD will make the name tags for the committee and signs for parking and event location.</p> <p>Maria Cardenas has the contact for Panera catering if we choose to do something different for lunch.</p>	<p>Suzanne will follow – up with Maria in POD about Panera.</p>
<p>6. Walker Tracker – Fall Wellness Challenge</p>	<p>The next challenge will start on October 21st and end on December 1st. It is called the Fall Festivals of America.</p>	
<p>7. Upcoming Employee Wellness Activities</p>	<p>September 30, 2019 – Good Mood/ Good Food Presentation</p> <p>October 23, 2019 – Meal Planning 101</p> <p>November 19, 2019 – Mindful eating</p>	

Future Meeting Dates:

November 6, 2019

December 4, 2019