

**Mt. San Antonio College
Employee Wellness Committee
Memory November 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 type="checkbox"/> K.C. Kranz | <input 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"/> Lance Heard | |
| <input checked="" type="checkbox"/> Sandra Weatherilt | <input 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
1. Welcome/Introductions	Introduced Lance Heard to the committee who is in the Public Safety Programs division and is a Professor of Admin of Justice.	
2. Agenda Review	Reviewed	
3. Review meeting notes from October 2, 2019	Reviewed and Approved	Andie will post to the website
4. Employee Wellness Fair – Friday, November 8th	All those helping will meet in front of building 4 at 9:45am. Committee members will help at the Welcome booth which will be closer to the rose garden. The Kaiser Bio-Metric Screening still has appointments available.	Andie will email the committee to remind them to make an appointment for the Bio-metric screening.
5. Walker Tracker Fall Challenge	169 are registered for the challenge. The wrap up party is scheduled for December 9, 2019 in Founder’s Hall from 2pm-3:30pm. Google fit is not syncing can we contact walker tracker. The group did discuss again working on points for a wellness incentive programs and	

	<p>connecting it to these challenges. Some on campus already have created days and times to get together and walk. Walking on Wednesdays at noon. This could be something coordinated with participation from all employee on campus to promote wellness.</p> <p>The group also discussed having a newsletter and getting information out to promote the Wellness program. Duetta and KC will meet with Robert Bledsoe about adding to the newsroom.</p>	
6. Wellness Lectures	<p>Megan Wroe presented a lecture on October 21st on “Meal Planning 101”. On November 21st Megan will be back with a Mindful Eating lecture. Registration for all 3 wellness focused nutrition topics have been filled and a lot of shown interest by the employees.</p>	
7. Mental Health Hotline	<p>Duetta shared with the group a Mental Health “warm line” for the state of California and is available to anyone. It a peer run line. The number is 1-855-845-7419</p> <p>Hours: Monday thru Friday 7am-11pm Saturday 7am – 11pm Sunday 7am-9pm</p>	

Future Meeting Dates:
December 4, 2019