



**Compton College District – Health Benefits Committee
Meeting Minutes**

Meeting Date: November 6, 2018

Meeting Time: 1:00 pm – 2:00 pm

Vision

Compton College will be the leading institution of student learning and success in higher education.

Mission Statement

Compton College is a welcoming environment where the diversity of our students is supported to pursue and attain academic and professional excellence. Compton College promotes solutions to challenges, utilizes the latest techniques for preparing the workforce and provides clear pathways for transfer, completion and lifelong learning.

Meeting Participants

Angela Boyer
Colleen Edwards
Kayla Ellis

Travis Martin
Donald Roach
Rachelle Sasser

Absent from the Meeting

Jerome Evans
Reuben James
Dalia Juarez

Rashid Yahye

Meeting Minutes

The Compton Community College District Health Benefits Committee Meeting convened at 1:00 pm. Absent from today’s meeting were newly appointed committee members: Jerome Evans and Dalia Juarez, as well as committee members Reuben James and Rashid Yahye. All other active committee members were present.

➤ **New Committee Member Composition:**

- ✓ Committee Chair, R. Sasser, announced that new committee members have been assigned to the Health Benefits Committee: Colleen Edwards, Jerome Evans and Dalia Juarez.
- ✓ She commented that Division 2 was conducting a division meeting at the same time as the rescheduled Health Benefits committee, which accounts for the absence of Jerome Evans and Rashid Yahye; also noting that Reuben James was involved in the re-opening efforts of the campus bookstore and was unavailable for the meeting.
- ✓ The absence of Dalia Juarez from the committee meeting was not determined.
- ✓ Committee Chair, R. Sasser, instructed that at the next scheduled committee meeting, we will refocus on re-establishing quarterly best-times to conduct our meetings in effort establish full committee member participation of both old and new committee members.
- ✓ K. Ellis commented that the first Tuesday of every month is assigned to campus division meetings, and that today’s meeting is a bit off-schedule due to her service on jury duty, which may have attributed to the conflict in attendance.
- ✓ R. Sasser noted that meetings will not be targeted for the 1st Tuesday of the month and commented to the group that the only reason today’s meeting was changed was to ensure that the committee kept its quarterly meeting commitment and that both agenda and minutes could be posted as required.
- ✓ The best day for faculty to attend the meetings, according to Dr. Roach, is Tuesdays and Thursdays from 1:00 to 2:00 pm., with the exceptions on the first Tuesdays of any given month, as the District mandates division meetings to occur in that time sequence. The second Tuesday in the month is perfect for faculty committee members. Thursdays are not as open due to an array of District meeting requirements, i.e., academic senate, union meetings, etcetera.

ACTION ITEM:

1. The next meeting agenda will include focus upon re-establishing quarterly meeting date and time schedules for 2019, in effort to avoid conflicting schedules of committee members, and to facilitate full member attendance at all Health Benefits Committee meetings in the upcoming year. The committee will not schedule meetings on the first Tuesday of any month or upon Thursdays whenever possible.

➤ **Employee Wellness Program – Walking for Health**

Committee Chair, Rachele Sasser, introduced the topic discussion for the purpose of focusing upon committee efforts for 2019. She informed new committee members of present of 2018 goal projections and the associated accomplishments for the year, and opened discussion for member input and focus upon 2019 goals and objectives. Discussion focus was: “If there is one thing that the committee would like to see accomplished in the upcoming year (2019), each member is asked please provide us with your input at this time.”

Committee members present were unanimous on the focus of establishing an employee wellness program and contributed the following comments:

Colleen Edwards	District sponsored health class offering for faculty and staff. Allow use of equipment like treadmills, stationary bikes and weights.
Angela Boyer	The availability to access work-out equipment for faculty and staff.
Travis Martin	Establishing an employee walking period during the day where employees can get together at a designated time and walk for 30 or 40 minutes as a stress reliever for many who are locked in the office most of the day. Far too many employees don't take lunch or breaks, or eat at their desks. .
Rachele Sasser:	Establish a walking for fitness group to meet at the lunch hour of the day and commit to walking each day during a designated time period.
Kayla Ellis	Establish a formal physical education course that can be taken at no cost to the employee; something starting at 4:30 pm after the workday. The course should provide proper exercise techniques and formal instructional training taught by an adjunct PE instructor.
Dr. Donald Roach	<p>Establish something that allows for testing, bike riding, or a group league to be made available to District employees. Another would be for employee health to establish some sort of information blast that goes out to employees on a given health topic: diabetes, high blood pressure, strokes, and guidelines on diet, etcetera.</p> <ul style="list-style-type: none"> ✓ Angela Boyer suggested that we concentrate upon establishing a health forum where we invite a physician to come in and speak on health topic issues with faculty and staff. ✓ R. Sasser informed that St. John's is scheduled to operate the campus health center and that she would check to see if that organization is willing to participate in establishing a health forum. <ul style="list-style-type: none"> ➤ R. Sasser cautioned that we need to be careful about any potential litigation as the committee develops an approach to provide certain health topics and settings as a component of the District wellness program feature. ➤ She recommended that the committee seek District Cabinet approval for utilizing St. John's for this type of service, noting that they will be operating the District health center and that this entity carries the required insurance to operate in the capacity the health committee is now focusing.

ACTION ITEM(S):

1. Rachele Sasser will consult with administration cabinet to see if St. John's will be authorized to provide an employee based health forum on health topics.
2. Rachele Sasser will consult with administration cabinet concerning offering a 4:30 pm faculty and staff fitness program course at no cost to the employee that is fully District sponsored on behalf of promoting employee wellness.
3. Rachele Sasser will consult with administration cabinet for the approval of establishing a noon hour employee walking period that is not structured like a class, but made available to the employee on a daily basis.
4. Colleen Edwards to provide the committee with an update of exercise equipment housed in the Compton District gymnasium.
5. Dr. Donald Roach to provide additional information to the committee concerning which District health care providers that will provide information that can be accessible to the college for usage in setting up a monthly array of health care topic information blasts.

Meeting Conclusion:

The Health Benefits Committee meeting concluded at 1:55 p.m. The next meeting will be scheduled for **February 12, 2019 at 1:00 pm in the Compton District Human Resources Office Conference Room.**

///
///
///
///
///
///

Minutes Transcribed by:

Kayla Ellis

Division 1: Health, Natural Sciences & Human Services