



Mt. San Antonio College
Employee Wellness Committee
Minutes 3/5/2025

Committee Members:

<input checked="" type="checkbox"/> Lizette Henderson	<input checked="" type="checkbox"/> Art Gonzalez	<input checked="" type="checkbox"/> Marta Lopez	<input checked="" type="checkbox"/> Sandra Weatherilt
<input checked="" type="checkbox"/> Stacy Manfredi	<input type="checkbox"/> Joe Jenum	<input type="checkbox"/> Larry Silva	<input type="checkbox"/> Duetta Wasson
<input checked="" type="checkbox"/> Lorraine Jones	<input checked="" type="checkbox"/> Misty Kolchakian	<input type="checkbox"/> Elda Blount	<input type="checkbox"/> Haneen Alghita-Aguilar
<input checked="" type="checkbox"/> Zayah Galicia-Tepepa	<input checked="" type="checkbox"/> Stacy Lee	<input checked="" type="checkbox"/> Norma Vizcarra	<input checked="" type="checkbox"/> Vanessa Salazar (minutes)
<input type="checkbox"/> Lucy De Leon			
<input checked="" type="checkbox"/> Christopher Failla			

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions	<ul style="list-style-type: none">Stacy was introduced as the new co-chair of committeeZayah introduced the new notetaker	<ul style="list-style-type: none">Stacy will replace Lizette's Human Resources appointmentZayah will take over Vanessa's role & responsibilities
2. Agenda Review	<ul style="list-style-type: none">Reviewed	
3. Review Past Minutes – 2/5/25	<ul style="list-style-type: none">Reviewed and approved	<ul style="list-style-type: none">Edit made to 2/5/25 minutes, added Misty's comment of "work-life balance" under 'Member Updates,' stating her suggestion for the mental health portion of the newsletter.
4. Spring Employee Fitness Classes	<ul style="list-style-type: none">BootcampIndoor CyclingYogaMat Pilates	

5. Wellness Center Fitness Testing	<ul style="list-style-type: none"> VO2 Max Fitness Assessment/Testing is being offered on March 17th 10am-12pm 	
6. Wellness Center Interns	<ul style="list-style-type: none"> There are 2 new interns supporting the Wellness Center and are available to help the committee 	
7. Mobile Health Screening Van	<ul style="list-style-type: none"> Norma to check with CalPers about the van <ul style="list-style-type: none"> CalSters did not work out due to the quote to charge per employee. Chris offered to possibly borrow some equipment from the Health Center to use at next Wellness Center fair, for example to measure BMI. 	
8. Budget Update	<ul style="list-style-type: none"> \$15,000 is allocated every fiscal year to the Employee Health & Wellness budget <ul style="list-style-type: none"> The remaining balance for the rest of this fiscal year is \$6,056.59 Resources need to be encumbered before the fiscal deadlines Walker Tracker/Terryberry is in its 3rd & final year of the contract agreement <ul style="list-style-type: none"> A decision must be made soon whether to renew the contract, or whether or not to look for a different vendor. Lizette suggested reaching back out to the Noom App and adjusting the number of users and get a new quote based off that. <ul style="list-style-type: none"> Right now, Walker Tracker App averages 300 users. 	<ul style="list-style-type: none"> Looking for a new vendor and how to fund needs to be a continued agenda item Lizette, Stacy, Duetta, & Zayah will meet soon to discuss renewal, a possible new vendor, and funding.

9. Member/Department Updates	<ul style="list-style-type: none"> • Chris- Mt. SAC employees are eligible to access Student Health Center services. Employees are encouraged to call for inquiries. <ul style="list-style-type: none"> ○ The Health Center offers an onsite Medi-Cal representative on Wednesday's 9am-1pm, to help with signups. Appointments are required. • Lorraine- the new Walker Tracker Challenge starts March 17th • April Newsletter <ul style="list-style-type: none"> ○ Marta and Misty will collaborate on April's Mental Wellness Newsletter, which is to include the topics of: healthy boundaries and work-life balance. • Marta- the ECC will host a Mental Health Resource Fair on 5/7/25 10am-3pm at Miracle Mile, staff and students are welcome. • Misty suggested the My Fitness Pal app as a possible new vendor 	
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Next Meeting: April 2, 2025