

**Mt. San Antonio College
Employee Wellness Committee
Group Memory of November 2, 2022**

Committee Members:

- | | | | |
|---|---|--|---|
| <input checked="" type="checkbox"/> Duetta Langevin | <input checked="" type="checkbox"/> Sandra Weatherilt | <input checked="" type="checkbox"/> Norma Vizcarra | <input checked="" type="checkbox"/> Arthur Gonzalez |
| <input type="checkbox"/> Joanne Franco | <input type="checkbox"/> Seth Meyers | <input checked="" type="checkbox"/> Stacy Lee | <input type="checkbox"/> Alexis Carter |
| <input type="checkbox"/> Joe Jennum | <input checked="" type="checkbox"/> Dolores Gonzales | <input type="checkbox"/> Faculty Rep (vacant) | <input checked="" type="checkbox"/> Andie Solorzano (notes) |
| <input checked="" type="checkbox"/> K.C Kranz | <input checked="" type="checkbox"/> Lizette Henderson | <input checked="" type="checkbox"/> Misty Kolchakian | |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions	Chris Failla attended for Seth Meyers.	
2. Agenda Review	Reviewed.	
3. Review Group Memory – October 5, 2022.	Reviewed and approved.	Andie will post to the website.
4. Purpose and Function Statement, Committee Goals	KC reviewed the updates made to the purpose and function statement. Memberships were confirmed and will submit. KC shared with the group her resignation and her last day will be on Friday.	
5. Walker Tracker Update	The new challenge is starting November 14th through January 8th (8 weeks). People will be able to their own goals again for this challenge. The raffle will be for 1 of 25 \$100 stater bro gift cards.	

<p>6. Upcoming Employee Wellness Classes</p>	<p>KC reviewed all the upcoming activities and classes with the group. Gratitude is the Focus for the month of November.</p>	
<p>7. Employee Mental Health Update</p>	<p>Numbers have been steady. On Monday we are having a Veterans meet & greet in building 4 from 8:30am-10:30am.</p> <p>Grief & loss support workshop upcoming sometime in December before the holidays and the beginning of the new year.</p>	

FUTURE MEETING DATES
December 7, 2022