

**Mt. San Antonio College  
Employee Wellness Committee  
Group Memory of September 7, 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 checked="" type="checkbox"/> Seth Meyers       | <input checked="" type="checkbox"/> Stacy Lee        | <input type="checkbox"/> Alexis Carter                      |
| <input checked="" type="checkbox"/> Joe Jennum      | <input checked="" type="checkbox"/> Dolores Gonzales  | <input type="checkbox"/> Faculty Rep (vacant)        | <input checked="" type="checkbox"/> Andie Solorzano (notes) |
| <input type="checkbox"/> K.C Kranz                  | <input type="checkbox"/> Lizette Henderson            | <input checked="" type="checkbox"/> Misty Kolchakian |   |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
<b>1. Welcome/Introductions</b>		
<b>2. Agenda Review</b>	Reviewed.	
<b>3. Review Group Memory – May 4, 2022.</b>	Reviewed and approved.	<b>Andie will post to the website.</b>
<b>4. Walker Tracker Update</b>	<p>Walker Tracker ended last week on 9/4/22. There were 229 participants which is the largest challenge to date. 50.2% participants met their stepping goal. 6,175 was the average step count The wrap up party will be on 9/12/22 at Founder’s Hall from 12pm-1:30pm.</p> <p>Walker tracking is updating their platform and program. We are asking for a quote for 3 years because of the success the district has had. We will also be getting a savings on it with the new agreement.</p>	

<p><b>5. Upcoming Employee Wellness Classes</b></p>	<p>Cardio Dance class is being offered 2 days a week.  Breath works classes will continue.  Cooking Classes will continue.  Weekly email reminders are sent by KC.</p> <p>New Wellness Center update. It is expected to open in Winter, January 2023.</p>	
<p><b>6. Employee Mental Health Update</b></p>	<p>Dolores gave updates to the group.  Employees continue to use their services and the feedback has been great and enjoy the clinicians. The ECC is currently down one clinician. The presentation for CPD was the highest participants out of the workshops. We need to continue to promote these services.</p> <p>Trying to create groups around grief and loss for the employees. Wanting to offer them if someone doesn't want to do one on one. If anyone is hearing of topics or trends being talked about and let the ECC know and reach out.</p> <p>Timeframes for clinicians – immediate at the moment</p>	
<p><b>7. Round Table</b></p>	<p>Future agenda items:  Wellness Program  Working on Budget for the committee.</p> <p>Employee Wellness Fair – possibly merge with opening of Wellness Center in the winter or Spring of 2023.</p> <p>Employee incentives from a health perspective. SISC doesn't have too many to offer. American Fidelity has some.</p>	

**FUTURE MEETING DATES**

**Oct 5, 2022**