Mt. San Antonio College

 **Employee Wellness Committee**

**Minutes (10/2/2024)**

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| **Committee Members:**

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| [x]  Lizette Henderson [x]  Lorraine Jones [ ]  Lucy De Leon [x]  Christopher Failla  |  [x]  Art Gonzalez [x]  Joe Jennum  [x]  Misty Kolchakian  [x]  Stacy Lee   |  [x]  Marta Lopez [x]  Larry Silva [x]  Elda Blount [ ]  Norma Vizcarra  | [x]  Sandra Weatherilt[ ]  Duetta Wasson[x]  Haneen Alghita-Aguilar[x]  Vanessa Salazar (notes) |

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| **ITEM** | **DISCUSSION/COMMENTS** | **ACTION/OUTCOME** |
| **1. Welcome/Introductions** |  |  |
| **2. Agenda Review** |  |  |
| **3. Review Meeting Minutes – (9/4/24)**  | Reviewed and approved |  |
| **4. Walker Tracker / Be Well Updates** | * Lorraine to discuss with the vendor if users will have access to any new app features
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| **5. Employee Wellness Fair** | * Asking for volunteers
* Vendors: Schools First, St. Jude Detain, Pet Partners- Therapy Dogs, Run Republic, Kaiser, Pomona Açaí Republic, Delta Dental, Farm Fresh to You
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| **6. Review Purpose & Function (Committee Membership)**  | * Lizette – offered clarity on the changes. The Purpose & Function does not need to be submitted unless the number of members changes (even if a designee changes)
* Recommendations:
	+ Position # 5 – Haneen Alghita-Aguilar taking Jamie Solis’ place for Behavioral Health Services
	+ Position # 6 – Chris Failla for Student Health Services
	+ The committee agreed to the recommendations
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| **7. Committee Goals & Progress Report** | * The committee decided to keep the goals the same, at 6 goals, and continue working towards them
* Goal # 3 – Assess & evaluate wellness needs and interests to inform planning for employee wellness programs
	+ Outcome – Qualtrix Surveys
* Goal # 4 – Communicate to employee’s healthy lifestyle education & opportunities
	+ Outcome – Newsletter
* Goal # 6 – Evaluate the ongoing impact of the Wellness Center
	+ Outcome – Climate Survey
		- There was an idea to include health & wellness survey questions in the CPD Day & Flex Day surveys
	+ Outcome – Pull numbers of who comes into the Wellness Center by classification
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| **8. Newsletter Updates for October** | * October – Nutrition (ready)
* November – Mental Health (ready)
* December – Physical Activity
* Marketing to go out on all the ListServs, newsletters, campus announcements, and A/V screens
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| **9. Member Updates (Lorraine – AED Updates)** | * AED updates – Chris offered to do the training for the committee members during an Employee Wellness Committee meeting or right after
* Haneen – Behavioral Health Services (BHS)
	+ Location: 9E-2300
	+ Open: Monday-Thursday 8am-6pm, Friday 8am-4:30pm
	+ Phone: (909) 274-4984
		- This number is separate from the Health Center
	+ Email: behavioralhealth@mtsac.edu
* Marta – Upcoming ECC events:
	+ 11/14/24 – Mindful Hour: Caring for the Caregiver: Self-Care Strategies for Working Family Caregivers. Presented by the USC Caregiver Center
	+ 11/22/24 – Mindful Hour: Attitude of Gratitude with Andrea Torres
	+ 12/6/24 – Mindful Hour: Planting Seeds of Hope
	+ Registration through POD Connect
* Lorraine – still looking for prize donations for the Wellness Fair
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**Next Meeting:** November 6, 2024