Mt. San Antonio College

**Employee Wellness Committee**

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

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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 |  |
| **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 |  |
| **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 |  |
| **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 |  |
| **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 |  |
| **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](mailto: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 |  |

**Next Meeting:** November 6, 2024