Mt. San Antonio College

 **Employee Wellness Committee**

**Minutes 11/6/2024**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Committee Members:**

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

 |

 |
|  |
| **ITEM** | **DISCUSSION/COMMENTS** | **ACTION/OUTCOME** |
| **1. Welcome/Introductions** |  |  |
| **2. Agenda Review** |  |  |
| **3. Review Past Minutes – 10/2/24**  | * Reviewed and approved
 |  |
| **4. Walker Tracker/Be Well** | * 287 participants signed-up so far
* Wrap Up Party pending
 |  |
| **5. Employee Wellness Fair** | * Volunteers:
	+ Lorraine
	+ Lizette
	+ Vanessa
	+ Elda
	+ Marta
	+ Norma
	+ Art
	+ Yvette Garcia
 |  |
| **6. Discuss Committee Goals** | * The committee will work on filling the outcomes
* The loop still must be closed on the 2023-2024 goals
* Members to discuss what has been accomplished this year and what is yet to be accomplished. Along with how the Wellness Center has impacted employees
 |  |
| **7. December 4th Meeting Reminder** | * The meeting for 12/4 will still be held
 |  |
| **8. Kaiser Mobile Health Van - 2025** | * Norma to reach out to Kaiser for reserving the van for the November 2025 Employee Wellness Fair
 |  |
| **9. Member Updates** | * Lorraine – sent out the “Gratitude” Newsletter. She will send out the “Mental Health” Newsletter in a few weeks.
* Lorraine – in October the Wellness Center had:
	+ 53- day passes
	+ 1,100 employees
	+ 2,200 community members
* Marta – ECC events:
	+ 11/8 – Veterans Day Drop-In Resource Event
	+ 11/14 – Mindful Hour by USC Caregiver Center, “Balancing Act: Self-Care Strategies for Working Family Caregivers
	+ 11/22 – Mindful Hour: Attitude of Gratitude Sound Bath w/Andrea Torres
	+ 12/6 – Planting Seeds of Hope
	+ ECC will offer virtual appointment during the Winter Break. Flyer to be sent out
 |  |

**Next Meeting:** December 4, 2024