Mt. San Antonio College

 **Employee Wellness Committee**

**Minutes 12/4/24**

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

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

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

 |

 |
|  |
| **ITEM** | **DISCUSSION/COMMENTS** | **ACTION/OUTCOME** |
| **1. Welcome/Introductions** |  |  |
| **2. Agenda Review** |  |  |
| **3. Review Past Minutes – (11/6/24)**  | * Reviewed and approved
 |  |
| **4. Walker Tracker/Be Well** | * Lorraine stated that staff have been having issues with the app because it is not very user friendly
	+ She is thinking of possibly not renewing the contract with Be Well, and she is looking into Noom.
		- She will reach out to Noom and ask for a demo and pricing. She might schedule the demo during a committee meeting so they can discuss the pros and cons
 |  |
| **5. Winter Pilates Fitness Class** | * A Pilates class will be offered during the Winter Intersession during the lunch hour. Lorraine is encouraging the committee to spread the word
	+ Lorraine met with the instructor demoed the class and really enjoyed it
 |  |
| **6. Health Webinar Updates** | * Cooking and health webinars are offered to the employees virtually by the St. Jude Wellness Center. They are recorded and added to the Mt. SAC Wellness webpage
 |  |
| **7. Employee Wellness Fair Debrief** | * For next year’s fair, more vendors are needed, especially a health screening vendor.
* Chris stated that a nurse from the Student Health Center can possibly check blood pressure and vitals.
* For next year, more help is needed from the committee members. Next year tasks will be assigned to lighten the load and be better organized. If members cannot help the day of, they can help beforehand with prepping and planning.
* When issuing gift cards in the future, a requisition order is needed to purchase the cards and the recipients need to sign a form and that goes to Fiscal
 |  |
| **8. Mobile Health Van (2025 Employee Wellness Fair)** | * Norma will check with Kaiser CalPERS for a health screening van
 |  |
| **9. Member Updates** | * Lorraine sent out the Mental Health Newsletter and she will send the Physical Activity one in December
* Marta recapped the Employee Counseling Center recent events
	+ She shared the ECC’s virtual holiday hours
* The committee came up with the idea to host a workshop or Mountie Podcast on how employees can lead a healthier lifestyle, how to get started and motivated, making time for exercise with a busy schedule. To be discussed in the new year.
* Lizette to create a draft of the committee’s goals with outcomes. The members should be ready to discuss and collaborate at the 1/8/25 meeting.
 |  |

**Next Meeting:** February 5, 2025