Mt. San Antonio College

**Employee Wellness Committee**

**Group Memory of 6/5/24**

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| |  |  |  |  |  | | --- | --- | --- | --- | --- | | **Committee Members:**   |  |  |  |  | | --- | --- | --- | --- | | Lizette Henderson  Lorraine Jones  Lucy De Leon  Christopher Failla | Art Gonzalez  Joe Jennum  Misty Kolchakian  Stacy Lee | Marta Lopez  Larry Silva  Kevin Truong  Norma Vizcarra | Sandra Weatherilt  Duetta Wasson    Vanessa Salazar (notes) | | | | |
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| **ITEM** | **DISCUSSION/COMMENTS** | **ACTION/OUTCOME** |
| **1. Welcome/Introductions** |  |  |
| **2. Agenda Review** |  |  |
| **3. Review Group Memory – 5/1/24** | Reviewed and approved |  |
| **4. Walker Tracker Update** | * Summer Walker Tracker to start June 17th * Teambuildr App- a leadership board was created; it is a friendly competition between departments. It will start summer 2024. |  |
| **5. Wrap Up Party Update** | * Spring date TBD * Received funding, the prizes were ordered, now just waiting for them to arrive. The date will be sent out after their arrival. |  |
| **6. Newsletter Update** | * Lorraine, Marta, & Misty have created drafts for their respective departments. * The goal is to keep the newsletter to 1 page with key points. * The committee is still deciding how often to send one out, either once a semester or once a month. * The main topics for the newsletter are: 1) Mental Wellness 2) Nutrition 3) Physical Activity.   + The committee is still deciding whether to cover all 3 topics in every newsletter or focus on topic per newsletter * Lorraine suggested projecting the newsletter on the screens in the Wellness Center. * Chris stated that he would like to participate and help Sandra with the nutrition portion. * Lorraine to send out an email to the committee members asking for further newsletter comments/suggestions. Also for members to send in currents events from their areas. |  |
| **7. ECC- Send Silence Packing Exhibit Recap** | * Marta reviewed the outcome of the nonprofit Active Minds exhibit- Send Silence Packing event. It had a deep impact on staff and students and was well attended. |  |
| **8. AED Training Date?** | * The Wellness Center staff and the Employee Wellness Committee members are both interested in taking an AED training   + Suggestion to offer the training to the committee members during a wellness meeting   + Lorraine and Chris to discuss dates * Chris discussed the policy whenever an AED is used on-campus: call 911, then Police & Safety. They will then call the Health Center for additional support. * A concern was brought up that on the campus map only 4 AED locations are being shown. Chris stated that there are a lot more available than that. He will reach out to Jaime Solis and Jeffery George to update that. * Chris announced the Student Health Center will be closed for some time in the summer. An email is to go out listing the specific dates, new locations & what services are available. |  |
| **9. List of Vendors from each Committee for the Employee Wellness Fair** | * Lorraine to reach out to Amanda Gonzalez to see if the committee can use some of their vendors for the Wellness Fair, including the screening van. If that is not available, she will reach out to Norma Vizcarra for the screening van. * The date is TBD. Suggestion to hold it the first week of November. * It was suggested to try and use local vendors for food, giveaways, etc. * Duetta to talk with Andie Solorzano about vendors that were used in the past |  |

**Next Meeting: July 3, 2024**