Mt. San Antonio College

 **Employee Wellness Committee**

**Group Memory of 8/7/24**

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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 [ ]  Larry Silva [x]  Kevin Truong [x]  Norma Vizcarra  | [x]  Sandra Weatherilt[ ]  Duetta Wasson[ ]  [x]  Vanessa Salazar (notes) |

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| **ITEM** | **DISCUSSION/COMMENTS** | **ACTION/OUTCOME** |
| **1. Welcome/Introductions** |  |  |
| **2. Agenda Review** |  |  |
| **3. Review Group Memory – 7/3/24**  | * Minutes reviewed and approved
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| **4. Update from PAC regarding Purpose & Function Statements (Lizette)** | * Updates from PAC- all committees Purpose & Function will now only need to be submitted every 2 years.
* The committee will review their Purpose & Function in September and make the necessary updates
* Kevin’s position needs to be replaced
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| **5. AED Training Update – pending training dates (Lorraine)** | * It was suggested that Chris send out a Doodle Poll/Google Poll to the committee & provide training date options
* It was suggested that the committee members train during an upcoming Employee Wellness Committee meeting and have a separate training for all other staff
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| **6. Employee Wellness Fair (Lorraine)** | * To be held Thursday November 7, 2024
* Lorraine asked for any ideas/referrals for skin care/dermatology vendors
* The vendors already secured are: St. Jude, therapy dogs, Farm Fresh to You, Acai Bowl. But still gathering more vendors and confirming
* Lorraine asked Norma to help her contact a health screening van for next year
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| **7. Newsletter Updates (Lorraine)**  | * Ideas to include in the newsletter:
	+ A “Did You Know?” section
	+ Nutrition Fun Facts
	+ Sustainability Facts
* Ideas to distribute newsletter:
	+ Include in all classification newsletters
	+ Email through campus announcements
	+ Use QR Code
	+ Display on Wellness Center AV screens & other marketing screens
* The length of the newsletter is to be 1 page, highlighting one specific area every month (Nutrition, Mental Health, Physical Activity).
	+ September- TBD
	+ October- Physical Activity
	+ November- Gratitude (Misty & ECC)
	+ December- TBD
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| **8. Walker Tracker Updates (Lorraine)** | * There is 1 more week left of the current challenge.
* The new challenge will be: 9/3-10/27
* There will be activities added to the app:
	+ Example- Timed mile run with a partner inside the Wellness Center and take a picture and post on discussion board
	+ Lorraine to figure out incentives for doing extra activities
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| **9. Member Updates** | * Marta shared upcoming Employee Counseling Center events/workshops:
	+ September- Suicide Awareness
	+ October- Domestic Violence Legal Services
	+ November- Caring for the Caregiver. Attitude of Gratitude
	+ December- Planting Seeds of Hope
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| **10. Other**  | * Lorraine- the Wellness Center website has been updated with the Teambuildr link, Walker Tracker link, new fitness classes and registration was added, St. Jude classes were uploaded as well as the Breathwork classes
* Lorraine demonstrated to the committee how the Teambuildr App works
* Lorraine to present at CPD Day- “Wellness Made Personal.” She will show interviews of employees who have used the Wellness Center and show how they manage their time
* Chris- the Health Center is now open in:
	+ Building 67 | 8:00-4:00 (closed for lunch 12:00-1:00)
	+ 9E (limited services) | 8:00-6:00
	+ In an emergency, Police & Campus Safety will always call the Health Center
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**Next Meeting: September 4, 2024**