Mt. San Antonio College

 **Employee Wellness Committee**

**Group Memory of (9/4/24)**

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| **Committee Members:**

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| [ ]  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 [ ]  Kevin Truong [x]  Norma Vizcarra  | [ ]  Sandra Weatherilt[ ]  Duetta Wasson\* \*Andrea Solorzano sat in for Duetta[x]  Jaime Solis[x]  Vanessa Salazar (notes) |

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| **ITEM** | **DISCUSSION/COMMENTS** | **ACTION/OUTCOME** |
| **1. Welcome/Introductions** |  |  |
| **2. Agenda Review** |  |  |
| **3. Review Past Minutes – 8/7/24**  | * Reviewed and approved
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| **4. New Walker Tracker Challenge 9/3/24** | * The new app name is “Be Well”
* Lorraine is working with the vendor on updates to make the app more individualized, for users to be able to create a plan
* The new app launched September 3rd
	+ There are 273 participants so far
* The new challenge starts October 27th
	+ This challenge will include more group activities and discussions on the discussion board
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| **5. Purpose & Function and Committee Goals** | * The committee will work on updating the goals and purpose & function statement at the October meeting
* Updated items are due to PAC in November
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| **6. Update on Wellness Fair 11/7/24** | * Lorraine continues to look for a skincare vendor
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| **7. Member Updates** | * Lorraine- 615 employees are registered so far for the fall at the Wellness Center.
	+ The summer Walker Tracker Wrap Up Party is tentative for October 17th it is still being planned
	+ She attended the Department of Mental Health “De-Escalation” training and encouraged the committee to attend the next time it’s offered
* Chris- continuing to look at dates/times for the AED training, when will work best for the night shift crew
	+ The Student Health center is in building 67B and Behavioral Mental Health is in building 9E. Behavioral Health is a different phone number from the Health Center
* Norma- adjunct open enrollment is open until September 10th. Faculty open enrollment is open September 16th to October 1st
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**Next Meeting:** October 2, 2024