

**Mt. San Antonio College  
Employee Wellness Committee  
Group Memory of February 2, 2022**

**Committee Members:**

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|---|--|--|---|
| <input checked="" type="checkbox"/> Duetta Langevin | <input type="checkbox"/> Sandra Weatherilt           | <input checked="" type="checkbox"/> Norma Vizcarra   | <input type="checkbox"/> Arthur Gonzalez                    |
| <input type="checkbox"/> Joanne Franco              | <input checked="" type="checkbox"/> Seth Meyers      | <input checked="" type="checkbox"/> Stacy Lee        | <input type="checkbox"/> Alexis Carter                      |
| <input checked="" type="checkbox"/> Joe Jennum      | <input checked="" type="checkbox"/> Dolores Gonzales | <input type="checkbox"/> Faculty Rep (vacant)        | <input checked="" type="checkbox"/> Andie Solorzano (notes) |
| <input checked="" type="checkbox"/> K.C Kranz       | <input checked="" type="checkbox"/> Lianne Greenlee  | <input checked="" type="checkbox"/> Misty Kolchakian |   |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
<b>1. Welcome/Introductions</b>	Introduction were made with the group.	
<b>2. Agenda Review</b>	Reviewed.	
<b>3. Review Group Memory – January 5, 2022</b>	Reviewed and Approved.	<b>Andie will post to the website.</b>
<b>4. Walker Tracker Update</b>	There are 2 weeks left of the current walker tracker challenge. 196 participants and an average of 7,856 steps a day. The challenge ends on 2/13/22.	
<b>5. Wellness Center Website</b>	KC shared her screen with the group and showed everyone the newly re-vamped Wellness website. The website has featured events and a library of past virtual courses. KC asked the committee to share the website with other employees as a resource.	

<p><b>6. Upcoming Employee Wellness Classes</b></p>	<p>Breath works is back for February. There will be one in person and one virtual class a month. It is scheduled for 2/16 and 2/28.</p> <p>Yoga are on Wednesdays and Fridays. Capoeira on Mondays.</p> <p>Wellness Webinar will be on February 8, 2022.</p>	
<p><b>7. Employee Mental Health Update</b></p>	<p>Dolores provided an update with the Employee Counseling Center (ECC). The program continues to grow and lots of interest from employees have been coming in. Appointments have been more consistent. There is now a website for the ECC.  <a href="https://www.mtsac.edu/ecc">https://www.mtsac.edu/ecc</a></p> <p>The ECC new space is building 7 room 1107  There are zoom and in person appointments available and they are bilingual.</p> <p>There will be 2 workshops a month.  For February it will be on the 14<sup>th</sup> and 28<sup>th</sup>.  The topic is Caregiving due to many employees reaching out about this topic.</p> <p>The ECC have been connecting employees to the wellness center in their meetings as a resource will add it to the Website.</p> <p>A meeting did take place today regarding connecting the ECC with Emergency situations or crisis.</p> <p>Mediation Mindfulness sessions are going to be changing – Andrea Torres will still be offering meditation for the employees weekly for 30 minutes through zoom.  There are 4 planned mediations in the spring at the</p>	

	<p>planetarium for employees.</p> <p>Student Health Services will be having Mental Health Speakers in the spring. One will be available for the employees to attend in regards to Recovery with Substance Abuse Addiction. It will be a 90 minute talk.</p> <p>KC will place on the next agenda the discussion of a Campus wide assessment to see what resources are needed on campus regarding wellness and resources.</p>	
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**FUTURE MEETING DATES**

**March 2, 2022**