

**Mt. San Antonio College
Employee Wellness Committee
Group Memory of April 6, 2022**

Committee Members:

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|--|---|--|---|
| <input type="checkbox"/> Duetta Langevin | <input checked="" type="checkbox"/> Sandra Weatherilt | <input checked="" type="checkbox"/> Norma Vizcarra | <input checked="" 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"/> Lizette Henderson | <input checked="" type="checkbox"/> Misty Kolchakian | |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions	Introduction were made with the group.	
2. Agenda Review	Reviewed.	
3. Review Group Memory – March 2, 2022	Reviewed and Approved.	Andie will post to the website.
4. Walker Tracker Update	<p>Wrap up party for the last walker tracker challenge was on March 3rd and it was a good turnout.</p> <p>The “Food for Thought” wellness challenges will start on Monday. This challenge will record other metrics like sleep, eating and mood. It is very simple and not time consuming. These other metrics are only for that individual to review it is not posted for others to see.</p> <p>Step goal is still 8,000 steps a day.</p> <p>The raffle will be done in person at the wrap up party for all to witness. The challenge will last 6 weeks.</p> <p>94 participants have signed up already and so please spread the word.</p>	

5. Employee Wellness Classes	<p>On April 13th there is a Wellness webinar with Taylor from St. Jude.</p> <p>A virtual breathe work class will be on April 12th and in person on April 21st.</p> <p>2 yoga classes and capoeira class</p>	
6. Employee Wellness Survey	<p>This will be postponed. KC pulled last survey from 2016 and it needs a lot of work.</p>	
7. Employee Mental Health Update	<p>There are not too many updates for this meeting.</p> <p>There is a Substance abuse training on April 20th, the flyer will be going out soon. Basic understanding of drugs and alcohol and the effects.</p> <p>Lizette will get information on what time is used for each group on campus when utilizing the ECC.</p> <p>Upcoming event: How to Manage a Migraine on 5/25 at noon and it will be virtual. Lead by the nurse practitioner and for Students and Staff.</p> <p>On May 17th there is an Addiction Class being offered.</p> <p>Seth introduces the new after-hours telephone service from Proto Call. It is a Crisis line service for nights and weekends. There is a new recording for after hours and if you “Press 2” you will be connected to the proto call service. There is only access to our campus nights and weekends. The group discussed ideas on how to promote this service to campus and provided questions to take back.</p>	

FUTURE MEETING DATES

May 4, 2022