Mt. San Antonio College

 **Employee Wellness Committee**

**Group Memory of March 6, 2024**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Committee Members:**

|  |  |  |  |
| --- | --- | --- | --- |
| [x]  Lizette Henderson [x]  Lorraine Jones [x]  Lucy De Leon [x]  Christopher Failla  |  [x]  Art Gonzalez [x]  Joe Jennum  [x]  Misty Kolchakian  [ ]  Stacy Lee   |  [x]  Marta Lopez [ ]  Larry Silva [x]  Kevin Truong [x]  Norma Vizcarra  | [x]  Sandra Weatherilt[ ]  Duetta Wasson[ ]  [x]  Vanessa Salazar (notes) |

 |

 |
|  |
| **ITEM** | **DISCUSSION/COMMENTS** | **ACTION/OUTCOME** |
| **1. Welcome/Introductions** |  |  |
| **2. Agenda Review** |  |  |
| **3. Review Group Memory – 2/7/24**  | * Reviewed and approved
 |  |
| **4. Purpose & Function Statement Review** | * PAC recommended to add 2 extra seats to the Wellness Committee.
* The committee needs to decide whether to accept the changes. They also have to discuss the terms that go along with the appointments.
	+ Why are some appointments 2 years and others 3 years?
	+ Determine the length of the appointments
	+ The committee stated that it is not looking to add a 16th member. They are open to an FA appointment and letting the FA determine who.
 | * Misty and Sandra to create a list of areas of disciplines that can be pulled from.
* Lizette to make a list of parameters that the committee is looking for, and send those recommendations back to PAC.
 |
| **5. Walker Tracker Wrap-Up Party Review** | * Lorraine received the purchase orders for prizes and 2 wrap up parties
* The fall and spring Wrap Up parties will be combined into 1 and will be held on 3/28/24 12:00-1:30.
	+ There will be 2 prizes- fall participants will receive hats and spring participants will receive lapel pins
* The new Walker Tracker Challenge starts 3/18/24
 | * Lorraine will send out an email for the party and will clearly indicate that prizes will be handed out for fall & spring
 |
| **6. Upcoming Employee Wellness Classes** | * A yoga class will be held on Thursday’s at 12:00
* The martial arts defense class has been canceled
* Announcement to go out about spring registration
* Lorraine would like to post more mental health resources on the TV screens in the Wellness Center
 | * Marta and Misty to provide Lorraine with those resources to post
 |
| **7. Quarterly In-Person Challenge** | * Email announcement to be sent for Teambuildr app
	+ This is what Mt. SAC athletes currently use. It shows you exercises you can do with the equipment in the Wellness Center
 | * Lorraine requested user feedback about the app
 |
| **8. Webpage Updates to Wellness Committee** | * The webpage has been updated with employee forms and classes
* Lorraine would like to add updated resources/literature to the webpage
 |  |
| **9. Wrap Up** | * Marta stated the Employee Counseling Center has 2 upcoming workshops:
	1. Perinatal Mental Health & Understanding Pregnancy Leave | 3/26/24 | 1:00-12:00
	2. De-Escalation Training | 3/28/24 | 1:00-4:00. Hosted by the L.A. County Department of Mental Health
 |  |

**Next Meeting:**

April 3, 2024