

**Mt. San Antonio College
Employee Wellness Committee
Group Memory of October 6, 2021**

Committee Members:

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|---|---|---|---|
| <input type="checkbox"/> Duetta Langevin | <input checked="" type="checkbox"/> Sandra Weatherilt | <input type="checkbox"/> Melissa Aguirre | <input checked="" type="checkbox"/> Arthur Gonzalez |
| <input checked="" type="checkbox"/> Joanne Franco | <input type="checkbox"/> Marti Whitford | <input checked="" type="checkbox"/> Stacy Lee | <input type="checkbox"/> Alexis Carter |
| <input type="checkbox"/> Joe Jennum | <input checked="" type="checkbox"/> Zaira Jimenez | <input type="checkbox"/> Lance Heard | <input checked="" type="checkbox"/> Andie Solorzano (notes) |
| <input checked="" type="checkbox"/> K.C Kranz | <input type="checkbox"/> Lianne Greenlee | | |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions	Welcomed Misty officially as a member of the committee	
2. Agenda Review	Reviewed	
3. Review Group Memory – September 1, 2021	Reviewed and Approved.	Andie will post to the website.
4. Purpose and Function Review	<p>KC reviewed the Purpose and Function Statement with the group which is due to PAC by November 5, 2021.</p> <p>KC will reach out to Seth and Misty on recommendation regarding the wording in the purpose and function with “emotional well-being” and “mental well-being” to make it consistent.</p> <p>Group reviewed the membership – Andie and KC will reach out regarding terms and renewals.</p> <p>Goals were reviewed with the group and remain the same.</p>	

<p>5. Walker Tracker Update</p>	<p>It is week 3 in the challenge and 49% are meeting the goal. We are going to bring back the wrap up party with box lunches and incentives. There is still going to be a drawing of 25 \$100 gift cards There are 188 participants at this time.</p>	
<p>6. Upcoming Employee Wellness Classes</p>	<p>There is a wellness webinar on 10/20 – called Food and Cancer Breath work continues and we have 4 times this month On Fridays there will be in-person yoga classes</p>	
<p>7. Employee Mental Health Update</p>	<p>No updates at this time. A Resiliency series is coming up to help adapting to stress.</p>	

FUTURE MEETING DATES

November 3, 2021 (zoom for the rest of the year)