

**Mt. San Antonio College  
Employee Wellness Committee  
Group Memory of December 1, 2021**

**Committee Members:**

- |   |   |   |   |
|---|---|---|---|
| <input type="checkbox"/> Duetta Langevin          | <input checked="" type="checkbox"/> Sandra Weatherilt | <input checked="" type="checkbox"/> Melissa Aguirre | <input checked="" type="checkbox"/> Arthur Gonzalez         |
| <input checked="" type="checkbox"/> Joanne Franco | <input type="checkbox"/> Seth Myers                   | <input checked="" type="checkbox"/> Stacy Lee       | <input checked="" type="checkbox"/> Dolores Gonzales        |
| <input type="checkbox"/> Joe Jennum               | <input type="checkbox"/> Zaira Jimenez                | <input type="checkbox"/> Faculty (Vacant)           | <input checked="" type="checkbox"/> Andie Solorzano (notes) |
| <input checked="" type="checkbox"/> K.C Kranz     | <input type="checkbox"/> Lianne Greenlee              | <input type="checkbox"/> Misty Kolchakian           |   |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
<b>1. Welcome/Introductions</b>	Introductions with Dolores Gonzales	
<b>2. Agenda Review</b>	Reviewed	
<b>3. Review Group Memory – October 6, 2021</b>	Reviewed and Approved.	<b>Andie will post to the website.</b>
<b>4. Walker Tracker Update</b>	<p>Wrapped up the tracker – 200 participants Walked an average of ____ steps per day</p> <p>48.5 meeting the goal Highest number of employees eligible for the raffle.</p> <p>Wrap up party on 12/9/21 at founders hall. 12-2 with a lunch we will have giveaways. Anyone who can help out please be there</p> <p>Start next challenge before the new year.</p>	

5.	Maintain don't gain in week 4 emails go out each week	
<b>6. Upcoming Employee Wellness Classes</b>	KC reviewed all the available for the employees.	
<b>7. Employee Mental Health Update</b>	<p>Dolores shared an update on the employee counseling center. It is ever changing. A lot of outreach has gone out.</p> <p>Free and confidential</p> <p>Encourage all employees please reach out if there are any questions.</p> <p>Contact info: <a href="mailto:employeecounselingcenter@mtsac.edu">employeecounselingcenter@mtsac.edu</a> 909-274-6211</p> <p>Not on the employee record – no one has access except the 3 clinicians.</p> <p>5 sessions with in a 12 month period</p> <p>Protocols in place</p>	

**FUTURE MEETING DATES**  
**January 5, 2021**