

**Mt. San Antonio College
Employee Wellness Committee
Group Memory of December 2, 2020**

Committee Members:

- Duetta Langevin
- Joanne Franco
- Joe Jennum
- K.C Kranz

- Sandra Weatherilt
- Marti Whitford
- Zaira Jimenez
- Lianne Greenlee

- Melissa Aguirre
- Stacy Lee
- Lance Heard

- Arthur Gonzalez
- Alexis Carter
- Andie Solorzano (notes)

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions	Introductions were done with the group. Seth Myers attended for Marti Whitford and Suzanne Vasquez attended for Andie Solorzano.	
2. Agenda Review	Reviewed	
3. Review Group Memory – November 4, 2020	Reviewed and Approved.	Andie will post to the website.
4. Walker Tracker Update	Duetta did not have the official numbers from KC for the new challenge that is currently in progress but did recall that on the second day of registration around 183 people had already signed up. Lianne shared that on the app you can see that there are 190 participants at this time.	
5. Upcoming Employee Wellness Activities	The upcoming wellness activities are going to be the standard activities that have been occurring each month. Agreements have been approved with individuals that are facilitating the activities. KC continues to send out weekly emails and reminders of resources and activities. Lance shared with the group that FLEX for faculty is	

	<p>scheduled for February 19, 2021. It will be online from 8am to 3pm with a lunch break. There are currently 3 hour break out presentations that are available for anyone who would like to submit a topic/session. A topic that was brought up as a want and need was Trauma Informed Instruction Practices. How Faculty can respond and help students dealing with the Pandemic. Also, for more information regarding campus COVID protocols.</p> <p>Duetta reviewed and shared with the group the work that has been done with COVID protocols for campus. Many committees and sub committees have been working with guidelines from the local and State health authorities, CDC and Cal OSHA to make sure the correct protocols are in place. More training and education will be coming out soon for Staff, Faculty and Students.</p>	
<p>6. Mental Health Wellness Series offered by Health Services and POD (Lianne)</p>	<p>Duetta pulled up and shared an EASE flyer to remind everyone to share with employees as an option and resource during these times. This information is also located on the benefits website.</p> <p>Duetta reminded the group of the LA county Mental Health Hotline and will resend that information to the group.</p> <p>Lianne and Seth shared the Mental Health Series that they have launched through POD with POD casts, Videos and Live ZOOM meetings.</p> <p>Seth and Marti will work with Lance regarding possibly a consultant to facilitate a session on concerns with the Pandemic and mental health for FLEX day. Duetta and KC will look into working with a consultant and if it is possible.</p>	<p>Duetta will see about making the recommendation from the committee about hiring a Mental Health Consultant based on the need from Staff to the President and PAC.</p>

FUTURE MEETING DATES

January 6, 2021