

**Mt. San Antonio College
Employee Wellness Committee
Group Memory of May 5, 2021**

Committee Members:

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| <input checked="" 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 checked="" type="checkbox"/> Marti Whitford | <input checked="" type="checkbox"/> Stacy Lee | <input type="checkbox"/> Alexis Carter |
| <input type="checkbox"/> Joe Jennum | <input type="checkbox"/> Zaira Jimenez | <input checked="" type="checkbox"/> Lance Heard | <input checked="" type="checkbox"/> Andie Solorzano (notes) |
| <input checked="" type="checkbox"/> K.C Kranz | <input checked="" type="checkbox"/> Lianne Greenlee | | |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions		
2. Agenda Review	Reviewed	
3. Review Group Memory – March 3, 2021	Reviewed and Approved. Two correction.	Andie will post to the website.
4. Walker Tracker Update	<p>Mindful Movement Challenge results:</p> <ul style="list-style-type: none"> 195 participants Average step count was down Highest # of employees eligible in the raffle Eligibility keeps increasing with the last 6 challenges (59 people in this challenge) <p>The suggestion was made that for those who are not meeting the daily goal that there is still an option for earning a medal to help encourage them to continue the challenge. KC will reach out to walker tracker to see if they can track something like that with a personal challenge.</p>	

<p>5. Upcoming Virtual Employee Wellness Classes</p>	<p>The Building Healthy Habits 8 week Walker Tracker Challenge started April 26th and ends on June 20th which will promote healthy habits. There are 154 participants to date, KC asked the group to promote it in meetings and get the word out to help increase our participation number.</p> <p>Virtual Wellness classes this month:</p> <ul style="list-style-type: none"> • Mat Pilates reschedule next Wednesday • 2 breath work classes this month 5/7 and 5/25 • Nutrition webinar with Megan Wroe will be on 5/18 • May 20th will be a cooking class with Megan Wroe – eat your fats • Yoga for stress and anxiety • May is Mental Health Awareness Month 	
<p>6. Employee Mental Health</p>	<p>The committee discussed resources for employees to help with mental health during this time with the pandemic and the transition of returning back to work.</p> <p>Options are being reviewed and in the process to get more help for the employees.</p> <p>The question came up whether the Employee Wellness Committee could be involved in these discussion or the process?</p> <p>Funding was discussed with the group.</p> <p>Locations, spaces and tele-health options for employees to use were discussed.</p> <p>The group discussed bringing on additional memberships. This will have to be brought to PAC but Andie will reach out to Brigitte and ask the process.</p>	<p>Lianne Greenlee moves that we add an additional faculty member with a background in mental health to the committee. Sandra Weatherilt seconds that move.</p>

	Lance offered to be a spokesperson for the committee with PAC on why the committee wants to add a new member. KC will invite Misty as a guest to the next meeting.	
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FUTURE MEETING DATES

June 2, 2021

July 7, 2021