

**Mt. San Antonio College
Employee Wellness Committee
Group Memory of June 2, 2021**

Committee Members:

- | | | | |
|-----------------------------------------------------|--------------------------------------------|-----------------------------------------------------|-------------------------------------------------------------|
| <input checked="" type="checkbox"/> Duetta Langevin | <input type="checkbox"/> Sandra Weatherilt | <input checked="" type="checkbox"/> Melissa Aguirre | <input checked="" type="checkbox"/> Arthur Gonzalez |
| <input 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 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 type="checkbox"/> Lianne Greenlee | | |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions	Seth Meyers attended the meeting.	
2. Agenda Review	Reviewed	
3. Review Group Memory – May 5, 2021	Reviewed and Approved.	Andie will post to the website.
4. Walker Tracker Update	We are more than half way through the challenge. The average step count is 8,000 plus steps. Over 53% of the participants are meeting the goal of 8,000 steps.	
5. Upcoming Virtual Employee Wellness Classes	June 8 th - Family Meal Time Webinar June 11 th and June 24 th - Guided Breath Work June 16 th - Dance Work Out June 21 st - Fit Yoga June 29 th – Healthy Cooking Class called “Its 5 o’clock somewhere”	

6. Committee Membership	Andie reviewed with the committee how to submit the request of new memberships to the committee to PAC. KC will prep the membership page and rational to send to Brigitte to put on PAC's agenda. She will copy Lance so he is prepared to speak on behalf of the committee.	
7. Committee Goals & Accomplishments	KC reviewed the progress report of the committee goals with the group and will submit for PAC's review.	
8. Employee Mental Health Update	<p>Seth provided an update to the committee on where the district is in regards to providing Mental Health Resources to employees. Funding has been confirmed. 3 full time professional experts (licensed mental health clinicians) will be hired through HR. Certain items still need to be negotiated.</p> <p>Some concerns and questions were discussed with in the group. It was suggested that at the next meeting the committee as group creates a list of points/ concerns/ issues and liabilities that can be provided to HR to review.</p>	

FUTURE MEETING DATES

July 7, 2021