

**Mt. San Antonio College  
Employee Wellness Committee  
Group Memory of July 7, 2021**

**Committee Members:**

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|---|---|---|---|
| <input type="checkbox"/> Duetta Langevin          | <input checked="" type="checkbox"/> Sandra Weatherilt | <input checked="" type="checkbox"/> Melissa Aguirre | <input 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 checked="" type="checkbox"/> Joe Jennum    | <input checked="" 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
<b>1. Welcome/Introductions</b>	Seth Meyers attended the meeting.	
<b>2. Agenda Review</b>	Reviewed	
<b>3. Review Group Memory – June 2, 2021</b>	Reviewed and Approved.	<b>Andie will post to the website.</b>
<b>4. Walker Tracker Update</b>	<p>The Building Healthy Habits challenge ended on June 2<sup>nd</sup>. We had 158 participants. It was the highest step count than any challenge so far. The average daily step count was 8,158. The percentage of the people meeting the goal was at 52% which is the highest we have ever had with any challenge. 59 participants were eligible for the 25 \$100 Amazon gift card drawing.</p> <p>A new challenge will start on July 12<sup>th</sup> and will last 6 weeks. It will be called the Summer Games Around Japan.</p> <p>KC followed up with Walker Tracker regarding the tracking of steps to possibly hand out medals based on steps levels. It is not something walker tracker can monitor but it was suggested to send out an email to collect information on</p>	

	<p>who has participated in all the challenges to pass out medals to those who have completed each challenge. A Survey could also be an option on collecting this information. We can set this as a goal for next year's challenges and can give away medals.</p>	
<p><b>5. Upcoming Virtual Employee Wellness Classes</b></p>	<p>The Wellness Center officially opened yesterday. It is available for work outs now and following protocols.</p> <p>The college and wellness program will maintain nutrition and wellness webinar with St. Jude for the next 12 months. Breaking down diets and wellness will be on July 13<sup>th</sup> and Healthy Cooking Class "Summer Eats" will be on July 29<sup>th</sup>. The Breath work classes will be renewed for the next 12 months. An email was sent out with times and dates.</p>	
<p><b>6. Committee membership and Purpose &amp; Function Statement</b></p>	<p>KC attended the PAC meeting on June 23<sup>rd</sup> requesting the two new memberships the committee suggested. They were approved.</p> <p>Seth Myers will be added along with another faculty member appointed by the Faculty Association.</p> <p>The committee reviewed the purpose and function regarding the statement of "emotional well-being of employees" brought up by Dr. Scroggins at the last PAC meeting. It is already mentioned and the committee agreed to leave it as is.</p>	
<p><b>7. Employee Mental Health Update</b></p>	<p>The interviews have started for the license clinicians to help with staff. They may be hired within the next month.</p> <p>Release time for mental health has either already been approved with some Union groups but not all. It is still in progress of being negotiated.</p> <p>The group discussed and came up with a FAQ for Seth to present to HR to answer and address question that the</p>	

	committee thought staff with have. Seth took note of all the questions.	
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**FUTURE MEETING DATES**

**August 4, 2021 (zoom until further notice)**