

**Mt. San Antonio College  
Employee Wellness Committee  
Group Memory of May 5, 2023**

**Committee Members:**

- |  |   |  |   |
|--|---|--|---|
| <input checked="" type="checkbox"/> Duetta Wasson  | <input checked="" type="checkbox"/> Sandra Weatherilt | <input checked="" type="checkbox"/> Norma Vizcarra   | <input checked="" type="checkbox"/> Arthur Gonzalez         |
| <input type="checkbox"/> Lucy De Leon              | <input type="checkbox"/> Seth Meyers                  | <input checked="" type="checkbox"/> Stacy Lee        | <input type="checkbox"/> Alexis Carter                      |
| <input checked="" type="checkbox"/> Joe Jennum     | <input checked="" type="checkbox"/> Marta Lopez       | <input type="checkbox"/> Faculty Rep (vacant)        | <input checked="" type="checkbox"/> Andie Solorzano (notes) |
| <input checked="" type="checkbox"/> Lorraine Jones | <input checked="" type="checkbox"/> Lizette Henderson | <input checked="" type="checkbox"/> Misty Kolchakian |   |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
<b>1. Welcome/Introductions</b>		
<b>2. Agenda Review</b>	Reviewed.	
<b>3. Review Group Memory – April 5, 2023.</b>	Will send out to the committee to review and approve.	<b>Andie will post to the website.</b>
<b>4. Walker Tracker Update</b>	Current Challenge has a good turn out with 302 participants. The last event had 120. A high percentage of the step goal was met. The wrap up party will be on June 1 <sup>st</sup> from 12pm-1:30pm. Discussed doing a mixture of seating and cocktails. Sandra volunteered to help.	
<b>5. Cinco De Mayo Event</b>	Lorraine shared the details of the event taking place on May 5th in the wellness center. It's a workout Celebration.	

<p><b>6. Newsletter</b></p>	<p>Lorraine’s Intern started a draft of a layout of the newsletter we want to start sending out.</p> <p>Nutrition and Fitness Motivational Messages are going to be placed in the lockers at the wellness center.</p>	<p><b>Lorraine will share the draft with Marta and Misty for their input.</b></p> <p><b>Sandra will work getting those out.</b></p>
<p><b>7. Employee Wellness Committee Goals and Progress report</b></p>	<p>Lorraine will work on the progress report and go over it at the next meeting.</p>	<p><b>Andie and Lorraine will schedule a meeting to review.</b></p>
<p><b>8. Upcoming Employee Wellness Classes</b></p>	<p>Lorraine is working on a online survey of class interests and dates and times. This is to help with coming up with what classes to have available in the summer.</p> <p>Will update the committee all once she gets feedback.</p>	<p><b>Qualtrics can be used for the survey – Ani will be helping Lorraine with the survey.</b></p>
<p><b>9. Employee Mental Health Update – Marta/ Seth/ Chris</b></p>	<p>Update from Marta: ECC is sponsoring a May 25<sup>th</sup> mindful hour on self-care. They are working on a central calendar with different events. They are developing a flyer to add to the new members info that join the wellness center. Marta shared a draft of the flyer to the group. Discussed having the ECC upcoming workshops available at the wellness center. Discussed putting ECC information in the acknowledgement page in the registration.</p> <p>Discussed using the TV screens in the center for messages.</p> <p>Upcoming Training Via Zoom – Mental Illness POD – 11am-12pm</p> <p>Chris’ Update- Student Health Service could provide their information for the Wellness Center.</p> <p>Office hours 9E: 8am-4:30pm.</p>	

	<p>67b:8am-6pm  Crisis line is available after hours.  4 mental health clinicians are in 67b  2 clinicians are in 9E  On May 17<sup>th</sup> there is the Distress Fest in 9C.</p>	
<b>10. Employee Wellness Fair</b>	<p>Norma will find out about Kaiser Truck for the Fair.</p> <p>Date for Employee Wellness Fair: November 2023?? Bring a couple dates to the next meeting.</p> <p>May 2024 – Discussed possible Mental Health Resource Fair.</p>	

**FUTURE MEETING DATES**

June 7, 2023