

**Mt. San Antonio College
Employee Wellness Committee
Group Memory of June 7, 2023**

Committee Members:

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

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions	Suzanne Vasquez is taking notes in Andie's absence.	
2. Agenda Review	Reviewed.	
3. Review Group Memory – May 3, 2023.	Will send out to the committee to review and approve.	Andie will post to the website.
4. Walker Wrap Up Party and Next Challenge	Walker Tracker challenge had 94 participants. Amazon gift cards and gym bags were raffled. June 1 st was the wrap up party. Sandra and Andie volunteered at wrap up party. The Next challenge agreed by committee in to begin in July thru September	
5. Newsletter (Nutrition and Mental Health)	Digitals of the Newsletter will be posted with information on the TV screens in Wellness Center. Marta provided fliers of the Newsletter to Lorraine. The Newsletters contains exercising and mental health information. Marta suggested the ECC assist with the Newsletter to include topics like Caregiver Stress, Identifying the Signs and Symptoms of Depression.	

<p>6. Employee Wellness Committee Goals Progress Report</p>	<p>Lorraine completed progress report and went over the committee goals.</p>	<p>Andie will post to website.</p>
<p>7. Upcoming Employee Wellness Center</p>	<p>Summer Employee Wellness classes were announced June 6th through campus mail. 200 responses were generated from the questionnaire/survey.</p> <p>The contract with St. Jude was renewed for another year. Will be posted on website and in Wellness Center TV.</p>	
<p>8. Employee Mental Health update – Marta/Seth/Chris</p>	<p>Marta-attended the National Association Of Mentally Ill conference. Flex day in August will offer classes on mental health in workplace. Four sessions will be offered, as campus transitions to a nonsmoking campus, to give support. Flyers of what services campus provides will be sent out.</p> <p>On campus training was sponsored Violence in the workplace. START training will be October 7, 2023, 10am-12 pm. EBIT team and Campus safety will discuss protocols of a workplace emergency /violent situation and how to report. September 7 registration thru POD begins.</p>	
<p>9. Employee Wellness Fair</p>	<p>Employee Wellness Fair will be October 19, 2023.</p> <p>Norma -Mobile health screening thru SISC. Needs information of number of attendees, times and dates and number to book mobile health screening.</p> <p>Run Republic will attend wellness fair to do foot screenings.</p>	<p>Committee will follow up with Andie and Duetta.</p>

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FUTURE MEETING DATES

June 7, 2023

August 1, 2023