Mt. San Antonio College

 **Employee Wellness Committee**

**Group Memory of 4/3/2024**

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| **Committee Members:**

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| [ ]  Lizette Henderson [x]  Lorraine Jones [x]  Lucy De Leon [x]  Christopher Failla  |  [x]  Art Gonzalez [x]  Joe Jennum  [x]  Misty Kolchakian  [x]  Stacy Lee   |  [ ]  Marta Lopez [ ]  Larry Silva [ ]  Kevin Truong [x]  Norma Vizcarra  | [x]  Sandra Weatherilt[x]  Duetta Wasson[ ]  [x]  Vanessa Salazar (notes) |

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| **ITEM** | **DISCUSSION/COMMENTS** | **ACTION/OUTCOME** |
| **1. Welcome/Introductions** |  |  |
| **2. Agenda Review** |  |  |
| **3. Review Group Memory – 3/6/24**  | * Minutes approved
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| **4. Purpose & Function Statement Update** | * Lizette to review with the committee next month
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| **5. Walker Tracker Wrap Up Party Review** | * The event was a success
* The prize lapel pins will arrive in 1 week
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| **6. Current Walker Tracker Challenge- started March 18th**  | * 260 participants
* Lorraine stated that she needs a design for the lapel pin for the Pacific Trail challenge and is taking ideas.
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| **7. Teambuildr App** | * The app is in effect
* Faculty have been reaching out for baseline assessments
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| **8. Breathwork and St. Jude Classes** | * All breathwork classes are on the POD Connect calendar
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| **9. Committee Member Updates** | * Vanessa reported on behalf of Marta for the Employee Counseling Center (ECC):
	+ The ECC along with HR, held a Mindful Hour: Perinatal Mental Health & Understanding Pregnancy Leave. Attendance was good and plans are being made to offer it again in the summer.
	+ The ECC hosted the L.A. County Department of Mental Health “De-Escalation Training.” Attendance and participation was great.
	+ The same training will be held again on 8/22/24 9am-12pm.
* Lorraine reported that the Wellness Center enrollment continues to increase, as well as attendance in the group fitness classes. The center is also in the process of training interns.
* Chris reported that the Health Center will be adding a second AED Defibrillator training date soon
* Norma reported that open enrollment will start in July 1st She advised employees to check their health benefits for preventative health incentives.
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**Next Meeting: May 1, 2024**