

**Mt. San Antonio College
Employee Wellness Committee
Group Memory of January 6, 2021**

Committee Members:

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|---|---|---|---|
| <input checked="" type="checkbox"/> Duetta Langevin | <input type="checkbox"/> Sandra Weatherilt | <input checked="" type="checkbox"/> Melissa Aguirre | <input checked="" type="checkbox"/> Arthur Gonzalez |
| <input checked="" type="checkbox"/> Joanne Franco | <input type="checkbox"/> Marti Whitford | <input checked="" type="checkbox"/> Stacy Lee | <input checked="" type="checkbox"/> Alexis Carter |
| <input type="checkbox"/> Joe Jennum | <input checked="" type="checkbox"/> Zaira Jimenez | <input 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 Myers attended for Marti Whitford	
2. Agenda Review	Reviewed	
3. Review Group Memory – December 2, 2020	Reviewed and Approved.	Andie will post to the website.
4. Walker Tracker Update	<p>The Holiday Hop Challenge ended on December 27th and the participation numbers were the best they have ever been. We had 192 participants. We had the highest step rate per day. Also the highest percentage of employees meeting their goal. KC shared the walker tracker dashboard with the results to the group.</p> <p>The incentives for the employees with each challenge have been helping with participation and meeting goals.</p> <p>KC reviewed some of the feedback from the employees with the group.</p> <p>The next walker tracker challenge starts on January 25th and will be called the “Mindful Movement Challenge”. This</p>	

	<p>challenge will ask you to log your mood and sleep and it will end on March 21st.</p> <p>KC will look into possibly having a sleep expert webinar in the future for the employees or something on sleep hygiene.</p>	
<p>5. Upcoming Virtual Employee Wellness Classes</p>	<p>We will be continuing our contract with St. Jude and offering classes. Sound Mediation will no longer be offered as it was the least attended. Moving forward we will continue with the following:</p> <ul style="list-style-type: none"> • 1 yoga class a month • 1 exercise and movement class with different instructors once a month • Cooking demonstrations with Megan Wroe <p>Different times will be offered and posted on the wellness website post class.</p> <p>We will start offering breath work classes twice a month. It is one of the simplest and easiest ways to reduce stress. KC attended this instructors classes before and found it to be a great benefit.</p>	
<p>6. Mental Health resources for Employees</p>	<p>Seth Myers shared an update with the group about the Mental Health Series through POD. There were two live Zooms in December but unfortunately not well attended. Only about 7 or 8 people attended.</p> <p>Another live Zoom if coming up on Tuesday and we are hoping for better attendance. It is called “Caregiver Support”.</p> <p>The Metal Health Series also includes some POD casts as well.</p>	

	All live Zooms and POD casts are recorded.	
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FUTURE MEETING DATES

February 3, 2021