

**Mt. San Antonio College  
Employee Wellness Committee  
Group Memory of September 1, 2021**

**Committee Members:**

- |   |   |   |   |
|---|---|---|---|
| <input checked="" type="checkbox"/> Duetta Langevin | <input checked="" 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 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 checked="" type="checkbox"/> Lianne Greenlee   |   |   |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
<b>1. Welcome/Introductions</b>	Welcomed Misty officially as a member of the committee	
<b>2. Agenda Review</b>	Reviewed	
<b>3. Review Group Memory – August 4, 2021</b>	Reviewed and Approved.	<b>Andie will post to the website.</b>
<b>4. Walker Tracker Update</b>	<p>KC reviewed the walker tracker challenge results. Summer Games around Japan ended on August 22<sup>nd</sup>. 193 participants. KC shared the dashboard of the results with the committee.</p> <p>57 people were eligible for the raffle of gift cards.</p> <p>We will have another challenge start in mid-September and end right before Thanksgiving.</p> <p>We will renew the contract with Walker Tracker in October.</p> <p>KC is also looking into medals for the next challenge for participation.</p>	

<p><b>5. Upcoming Virtual Employee Wellness Classes</b></p>	<p>An Email went out yesterday with the upcoming classes. There are virtual and in person available.</p> <p>September 7<sup>th</sup> there will be a webinar on Autoimmune inflammation and herbal remedies.</p> <p>A cooking class will be at the end of the month for Healthy Back to School Lunches.</p> <p>Breath work classes continue through the month.</p> <p>Guided meditation every Friday at noon.</p> <p>Lianne updated the group on the Meditation Series through POD.</p>	
<p><b>6. Employee Mental Health Update</b></p>	<p>Seth updated the group with the status on the hiring of the Metal Health Clinician. They will have staggered start dates. Interviews have completed.</p>	
<p><b>7. Roundtable</b></p>	<p>Employee Wellness Fair will possibly be in Spring of 2022.</p> <p>Duetta asked about incentives through SISC. Melissa will reach out to Armando the SISC Rep.</p> <p>KC informed the group she was invited to be part of a taskforce type group with Sodexo to discuss healthier options with food on campus. It was suggested to bring up allergy friendly options as well.</p>	

**FUTURE MEETING DATES**

October 6, 2021 (zoom for the rest of the year)