

**Mt. San Antonio College  
Employee Wellness Committee  
Group Memory of November 2, 2022**

**Committee Members:**

☒ Duetta Langevin  
☐ Joanne Franco  
☐ Joe Jennum  
☒ K.C Kranz

☒ Sandra Weatherilt  
☐ Seth Meyers  
☒ Dolores Gonzales  
☒ Lizette Henderson

☒ Norma Vizcarra  
☒ Stacy Lee  
☐ Faculty Rep (vacant)  
☒ Misty Kolchakian

☒ Arthur Gonzalez  
☐ Alexis Carter  
☒ Andie Solorzano (notes)

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
<b>1. Welcome/Introductions</b>	Chris Failla attended for Seth Meyers.	
<b>2. Agenda Review</b>	Reviewed.	
<b>3. Review Group Memory – October 5, 2022.</b>	Reviewed and approved.	<b>Andie will post to the website.</b>
<b>4. Purpose and Function Statement, Committee Goals</b>	KC reviewed the updates made to the purpose and function statement. Memberships were confirmed and will submit.  KC shared with the group her resignation and her last day will be on Friday.	
<b>5. Walker Tracker Update</b>	The new challenge is starting November 14th through January 8th (8 weeks). People will be able to their own goals again for this challenge. The raffle will be for 1 of 25 \$100 stater bro gift cards.	

<b>6. Upcoming Employee Wellness Classes</b>	KC reviewed all the upcoming activities and classes with the group. Gratitude is the Focus for the month of November.	
<b>7. Employee Mental Health Update</b>	<p>Numbers have been steady. On Monday we are having a Veterans meet &amp; greet in building 4 from 8:30am-10:30am.</p> <p>Grief &amp; loss support workshop upcoming sometime in December before the holidays and the beginning of the new year.</p>	

**FUTURE MEETING DATES**  
**December 7, 2022**