



**Mt. San Antonio College
Employee Wellness Committee
Minutes 3/5/2025**

Committee Members:

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| <input checked="" type="checkbox"/> Lizette Henderson | <input checked="" type="checkbox"/> Art Gonzalez | <input checked="" type="checkbox"/> Marta Lopez | <input checked="" type="checkbox"/> Sandra Weatherilt |
| <input checked="" type="checkbox"/> Stacy Manfredi | <input type="checkbox"/> Joe Jennum | <input type="checkbox"/> Larry Silva | <input type="checkbox"/> Duetta Wasson |
| <input checked="" type="checkbox"/> Lorraine Jones | <input checked="" type="checkbox"/> Misty Kolchakian | <input type="checkbox"/> Elda Blount | <input type="checkbox"/> Haneen Alghita-Aguilar |
| <input checked="" type="checkbox"/> Zayah Galicia-Tepepa | <input checked="" type="checkbox"/> Stacy Lee | <input checked="" type="checkbox"/> Norma Vizcarra | <input checked="" type="checkbox"/> Vanessa Salazar (minutes) |
| <input type="checkbox"/> Lucy De Leon | | | |
| <input checked="" type="checkbox"/> Christopher Failla | | | |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions	<ul style="list-style-type: none"> Stacy was introduced as the new co-chair of committee Zayah introduced the new notetaker 	<ul style="list-style-type: none"> Stacy will replace Lizette’s Human Resources appointment Zayah will take over Vanessa’s role & responsibilities
2. Agenda Review	<ul style="list-style-type: none"> Reviewed 	
3. Review Past Minutes – 2/5/25	<ul style="list-style-type: none"> Reviewed and approved 	<ul style="list-style-type: none"> Edit made to 2/5/25 minutes, added Misty’s comment of “work-life balance” under ‘Member Updates,’ stating her suggestion for the mental health portion of the newsletter.
4. Spring Employee Fitness Classes	<ul style="list-style-type: none"> Bootcamp Indoor Cycling Yoga Mat Pilates 	

5. Wellness Center Fitness Testing	<ul style="list-style-type: none"> • VO2 Max Fitness Assessment/Testing is being offered on March 17th 10am-12pm 	
6. Wellness Center Interns	<ul style="list-style-type: none"> • There are 2 new interns supporting the Wellness Center and are available to help the committee 	
7. Mobile Health Screening Van	<ul style="list-style-type: none"> • Norma to check with CalPers about the van <ul style="list-style-type: none"> ○ CalSters did not work out due to the quote to charge per employee. • Chris offered to possibly borrow some equipment from the Health Center to use at next Wellness Center fair, for example to measure BMI. 	
8. Budget Update	<ul style="list-style-type: none"> • \$15,000 is allocated every fiscal year to the Employee Health & Wellness budget <ul style="list-style-type: none"> ○ The remaining balance for the rest of this fiscal year is \$6,056.59 ○ Resources need to be encumbered before the fiscal deadlines • Walker Tracker/Terryberry is in its 3rd & final year of the contract agreement <ul style="list-style-type: none"> ○ A decision must be made soon whether to renew the contract, or whether or not to look for a different vendor. • Lizette suggested reaching back out to the Noom App and adjusting the number of users and get a new quote based off that. <ul style="list-style-type: none"> ○ Right now, Walker Tracker App averages 300 users. 	<ul style="list-style-type: none"> • Looking for a new vendor and how to fund needs to be a continued agenda item • Lizette, Stacy, Duetta, & Zayah will meet soon to discuss renewal, a possible new vendor, and funding.

<p>9. Member/Department Updates</p>	<ul style="list-style-type: none"> • Chris- Mt. SAC employees are eligible to access Student Health Center services. Employees are encouraged to call for inquiries. <ul style="list-style-type: none"> ○ The Health Center offers an onsite Medi-Cal representative on Wednesday's 9am-1pm, to help with signups. Appointments are required. • Lorraine- the new Walker Tracker Challenge starts March 17th • April Newsletter <ul style="list-style-type: none"> ○ Marta and Misty will collaborate on April's Mental Wellness Newsletter, which is to include the topics of: healthy boundaries and work-life balance. • Marta- the ECC will host a Mental Health Resource Fair on 5/7/25 10am-3pm at Miracle Mile, staff and students are welcome. • Misty suggested the My Fitness Pal app as a possible new vendor 	
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Next Meeting: April 2, 2025