

**Mt. San Antonio College  
Employee Wellness Committee  
Group Memory of May 4, 2022**

**Committee Members:**

- |   |   |  |   |
|---|---|--|---|
| <input type="checkbox"/> Duetta Langevin      | <input type="checkbox"/> Sandra Weatherilt            | <input checked="" type="checkbox"/> Norma Vizcarra   | <input checked="" type="checkbox"/> Arthur Gonzalez         |
| <input type="checkbox"/> Joanne Franco        | <input checked="" type="checkbox"/> Seth Meyers       | <input checked="" type="checkbox"/> Stacy Lee        | <input type="checkbox"/> Alexis Carter                      |
| <input type="checkbox"/> Joe Jennum           | <input type="checkbox"/> Dolores Gonzales             | <input type="checkbox"/> Faculty Rep (vacant)        | <input checked="" type="checkbox"/> Andie Solorzano (notes) |
| <input checked="" type="checkbox"/> K.C Kranz | <input checked="" type="checkbox"/> Lizette Henderson | <input checked="" type="checkbox"/> Misty Kolchakian |   |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
<b>1. Welcome/Introductions</b>		
<b>2. Agenda Review</b>	Reviewed.	
<b>3. Review Group Memory – April 6, 2022.</b>	Reviewed and approved.	<b>Andie will post to the website.</b>
<b>4. Walker Tracker Update</b>	<p>The “Food for Thought” challenge started in early April, and it will last for 6 weeks. It will include additional Metrics you can track. Steps are the only public information on Walker Tracker.</p> <p>KC shared feedback that was provided about some concerns with the walker tracker challenges. KC met with the rep to see how we can make it more inclusive. There are other ideas the district can try. For example, Individual step goal and set them yourself. A global step goal or lower the step goal down. KC will reach out to another colleges for ideas that have worked for them.</p> <p>We can also look into providing other types of prizes.</p>	

	<p>There are ADA compliant activities that participants can convert in walker tracker.</p> <p>Walker tracker is being ran by another company; nothing is changing at this time.</p> <p>We can see how a NO step goal works with the next challenge.</p> <p>The wrap up party will be June 7<sup>th</sup> from 12pm-1:30pm in founder's hall.</p>	
<b>5. Committee Goals &amp; Progress Report</b>	<p>The progress report is due June 10<sup>th</sup></p> <p>KC shared the progress report with the group and made some changes to the outcomes and accomplishments.</p> <p>KC will touch the report up and submit to PAC.</p>	
<b>6. Employee Wellness Classes</b>	<p>No updates discussed.</p>	
<b>7. Smoke/Tobacco Free Campus Policy</b>	<p>KC is part of this Smoke/Tobacco Free Campus work group headed by Koji in Student Life. KC asked for input to bring back to the group.</p> <p>KC shared a PowerPoint of the background and how it was initiated.</p>	
<b>8. Employee Mental Health Update</b>	<p>There is an event that needs help being promoted - Addiction: Warning Signs Date: May 17<sup>th</sup> ECC counselors are spreading the word.</p>	

**FUTURE MEETING DATES**

**June 1, 2022**