

**Montgomery College Employee Services Council**  
**Academic Year 2021**  
**Meeting April 8, 2021**  
**1:00 pm-2:30 pm**

**DRAFT**

April 8, 2021

**Attendees:** David Torain, Natasha Sacks, Elizabeth Benton, Leslie Jones, Santo Scrimenti, Joyce Matthews, Chris Cocozzella, Kaylin Nguyen, Thomas Chen, Monica Byrd (guest), India Hunter (guest)

**Members:** David Torain (Chair), Natasha Sacks (Vice Chair), Elizabeth Benton (note-taker), Leslie Jones, Santo Scrimenti, Joyce Matthews, Chris Chocozzella, Kaylin Nguyen, Thomas Chen

1. Professor Monica Byrd: Life Long Learning/Mental Wellbeing
  - a. What has challenged your wellness?
  - b. What is helping?
  - c. Shared a power point with strategies: yoga at the office, gratitude, kindness to others, etc.
2. India Hunter: Resources to handle stress
  - a. Indicators of stress, such as clinching jaw, headaches, food intake, sleep behaviors
  - b. Recognize stressors; address need for boundaries
  - c. Prioritize what is needed now
  - d. Exercise in small bits as needed
  - e. Eat “from the earth; not from a box”
  - f. Time in the day for self
  - g. Monitor sleep
  - h. Talk it out
3. Approval of minutes for February and March: Joyce Matthews; Santo Scrimenti
4. Natasha Sachs: Goal Plan
  - a. Social and mental health activities for students; We as committee members could also distribute these to students
  - b. Kimberly does a great job posting
  - c. We are meeting the goal about wellness: we will communicate through our communication plan
  - d. Natasha asks that we as individual committee members also share these with our peers
5. David Torain: New Chair, Vice Chair, Secretary

- a. We need new leadership
  - b. Leslie Jones offers to serve as chair of the committee
  - c. Vice chair: attends meetings as needed; work on goal plan; invite speakers
  - d. Joyce Matthews offers to serve as vice chair of the committee
  - e. Kaylin Nguyen offers to serve as secretary
6. Santo Scrimenti: HR
- a. There will be continued opening up as vaccines and health indicators prove that opening up is viable
  - b. HR is thinking about varied perspectives of employees regarding transitioning to campus/the workplace
  - c. GT is a vaccine site run by MD
7. Leslie Jones: HR
- a. Need to be on the look out for staff evaluations; there will be communications coming out.
8. Natasha Sachs: College Council
- a. Enrollment is down
  - b. New chairs are needed; chairs need to attend council meetings
9. Announcements