

**College Community Services  
Wellness Center (Central) Advisory Board  
MEETING MINUTES  
Friday, September 18, 2015 – 1:00pm to 3:00pm  
Wellness Center of Orange County – 401 S. Tustin St. #C, Orange, CA 92866**

Attendees: Heidi, Michelle, Patty G., and Patricia

Guest: Kristen, Carlos, Adam, Adam, Sohail, Jenny, Danisha, Katherine, and Patti

**I. Call to Order – 1:00pm**

- a. Welcome – Heidi welcomed MAB members and guest.
- b. Approval of Agenda – The agenda for September 18, 2015 was approved by Heidi and seconded by Patty G.
- c. Approval of Minutes – The minutes from July 17, 2015 were approved by Heidi and seconded by Alonzo.

**II. Reports**

- a. Program Director Report - Patti
  - i. Patti reported that Saturday attendance is up.
  - ii. She announced that a group of 7 members planned their own trip to Knott's Berry Farm.
  - iii. Patti reported members appreciated having Dr. Sanchez speak again during the community meeting on August 12, 2015.
  - iv. Multicultural Day was a great success. The harp player, pianist, Wellness Choir all performed beautifully.
  - v. Tony will be the keynote speaker for the 2015 Calendar Art Fair. There were 80 art entries, 32 writing entries, and 27 crafts entries.
- b. President's Report – Heidi
  - i. Heidi shared that the MAB retreat was awesome. The WRAP Training that Diana facilitated was great and helped MAB members to update their plans.
  - ii. Heidi announced the new process for potential MAB members.
    1. Interested candidates should first complete a MAB application.
    2. Join a MAB meeting as a guest.
    3. Brief follow-up meeting to see if they are still interested in becoming a MAB member.
    4. Interview with the Executive Board
    5. MAB will then vote at the next scheduled meeting.

- iii. Heidi asked MAB members to continue to be willing to help members and to be engaging. She asked MAB members to refrain from confrontation with members.
- iv. Heidi reviewed current karaoke songs with members. Members requested soft rock.
  - 1. The consensus going forward, members should feel free to walk out if a song has language that may be offensive. Song lists and lyrics will continue to be reviewed.
  - 2. Future songs will be reviewed by the Member Advisory Board as well as Wellness Center management.
- v. Heidi reported that Wendy reached out to a shy member to co-facilitate an art class. Now the member consistently co-facilitates the class.
- vi. Heidi noticed that members are now helping each other, they are more involved in the program and they are co-facilitating groups more than ever.
- vii. Heidi asked MAB members to remain available to assist members with completing the group evaluations.
- viii. Heidi reported that Mike resigned from MAB in July 2015. Patty G. read his resignation letter.

### **III. Unfinished Business**

- a. In-Active Member Survey – 12 people responded to the survey. Michelle suggested reward bucks as an incentive.
- b. Subcommittee Reports
  - i. Health and Wellness – Heidi read report for Ruben. Health and Wellness Sub-Committee will work closely with Patrick to organize a Smoking Cessation support group and to organize another mini Health Fair.
  - ii. Arts and Music – Alonzo reported that members showed an interest in a spoken word group. A meeting time, date and room will be discussed after lesson plan has been created and reviewed.
  - iii. Special Events – Michelle reported that the basketball tournament was successful. Michelle also suggested an All Faith Day. A meeting time, date and room will be discussed after lesson plan has been created and reviewed.

- iv. Surveys – Patty and Patricia reported on the Quality of Life survey. Results showed that members have a strong desire to continue their education and to obtain employment.
- v. Data and Outcomes – Heidi read report for Armand. Heidi reported on data/outcome results which detail the number of members who enrolled in school, obtained employment and co-facilitated groups.

#### **IV. New Business**

- a. Picture of MAB Board – Tabled, not enough MAB members present
- b. Ornament Project with Members – Fillable ornaments will be available for members from October 20<sup>th</sup> to November 19<sup>th</sup>, Thursdays 10am to 11:30am. Rada will keep the ornaments to decorate the tree. MAB is facilitating this event with members.
- c. FY2015-2017 Contract – Heidi read the portions of the contract that are applicable to the Member Advisory Board.
  - i. Vote for Patricia and Ruben to become Board Members – Tabled, not enough MAB members present.

#### **V. Announcements (MAB Members)**

- a. Michelle announced her baby is now 7 months.

#### **VI. Open Forum (Visitors)**

- a. Adam thanked the MAB for the opportunity to observe the meeting.
- b. Kristen asked if there were any psycho-educational classes offered.

#### **VII. Upcoming Calendar**

- a. Next MAB meeting – Friday, October 16<sup>th</sup> at 12:30 p.m.
- b. Job Fair – Thursday, October 22<sup>nd</sup>, from 1:00p.m. to 4:00p.m.

#### **VIII. Adjournment**

- a. Heidi adjourned the meeting at 2:50pm