

**College Community Services**  
**Wellness Center Central Advisory Board**  
**MEETING MINUTES**

**Friday, November 18, 2016 – 1:00pm to 2:00pm**

**Wellness Center Central of Orange County – 401 S. Tustin St. #C, Orange, CA 92866**

Attendees: Adam Goldman, Kristen Pankratz, Johnny Case, Frank Williams, Richard Jagger,  
Penny Mack

Guest: Patti Pettit, Katherine Lee, Sohail Eftekhazadeh, Angela Cortes, Deanna Lundberg,  
Rada Youngblood and Alfred Corral

**I. Call to Order – 1:05pm**

- a. Welcome – Everyone asked to briefly introduce themselves.
- b. Approval of Agenda – The agenda was approved by Frank Williams, seconded by Penny Mack.
- c. Approval of Minutes – The minutes were approved by Richard Jagger, seconded by Kristen Pankratz.

**II. Reports**

- a. Program Director Report – Patti Pettit
- b. President's Report – Adam Goldman
  - o Adam commented on Job Fair and what a success it was. He mentioned signing up several members who showed interest in being part of the sub-committees.
  - o Adam asked MAB to be present for our Thanksgiving Lunch and help any way they can.
  - o Adam asked that we all go around the room and say what we are thankful for.
- c. Sub-Committee Reports:
  - Health and Wellness (Frank Williams)
    - o Still in the process of planning a mini-health fair with the Health Educator, Patrick. Frank mentioned having difficulties getting in contact with West Coast College, Nursing Program.
    - o Frank suggested having outings to healthy restaurants such as Subway and Jamba Juice.
    - o Goal for this year is to have a functioning committee which will enable committee to recruit more members to get involved.
    - o Frank will speak more during community meetings about sub-committees.
  - Arts and Music (Richard Jagger)
    - o Went to the Getty Center and took some pictures. Will come up with a way to display the pictures for members to see.
  - Data Outcomes (Need a sub-committee head) – No report was given.

#### Evaluations and Surveys (Penny Mack)

- Will be more present once her current employment ends. Will be meeting with Patti for training on evaluations and surveys.

#### Special Events (Adam Goldman)

- MAB will attend Thanksgiving Lunch and will help with set up and take down.
- Now preparing for Lunar New Year event. MAB board will partner with staff in charge of this event.

#### Membership Outreach (Kristen Pankratz)

- Patti, Sohail, and Kristen are scheduled to present to USC School of Social Work in Anaheim on January 26, 2017 along with Wellness Center West and South. Rada also volunteered to attend.
- Goal for next year is to do three outreaches.

Comments and Suggestions (Need a sub-committee head) – Reviewed in last month's meeting.

#### Chat with MAB (Johnny Case)

- Suggestion to have a themed karaoke night. This may help to engage more members.
- Member reported not knowing the meaning of “noncompliance” when social agreements are read.
- Member reported they are noticing members smoking in the grass area.
- Member reported that the kitchen is always full and there is never a place in the kitchen to sit and eat.
- Member felt punishment for bad behavior is not harsh enough.

### **III. Unfinished Business**

- a. Penny and Richard will take pictures directly after meeting is adjourned.
- b. Goals were discussed during this meeting.
- c. Adam will collect contact information for all board members.

### **IV. New Business**

- a. Tony Phlaum and Heidi Sweeney resigned from the MAB Board
- b. Johnny Case nominated for Vice President by Kristen Pankratz and seconded by Frank Williams. All voted yes
- c. Penny Mack nominated for Secretary by Frank Williams, seconded by Johnny Case. All voted yes
- d. Johnny Case will meet with Patti to review comments and suggestions on November 22<sup>nd</sup>
- e. Executive board will meet on December 7<sup>th</sup> to go over agenda and comments and suggestions.

**V. Announcements (MAB Members)**

- a. Partnering with Cypress College and making plans do a Mini Health Fair in December. Will know more next week.

**VI. Open Forum (Visitors)**

- a. Deanna Lundberg interested in becoming a member of the Arts committee

**VII. Upcoming Calendar**

- a. Next Meeting – Friday, December 16, 2016, Holiday lunch will be served at 12:00 p.m. immediately followed by MAB meeting from 1:00 pm to 3:00 pm
- b. Holiday Party – Thursday, December 15, 2016, 12 p.m. to 1:30 p.m.

**VIII. Adjournment**

Adam adjourned the meeting at 1:58 p.m.