



College Community Services
Wellness Center Advisory Board
MEETING MINUTES

Friday, March 20 – 1:00pm to 3:00pm

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

Attendees: Alonzo, Mike, Patty, Anthony, Kim Armand, and Heidi

Guest: Katherine, Patti, Danisha, Jenny, Ana, Sohail, Julia, Richard and Shawna

VIII. Call to Order – 1:04p.m.

- a. Welcome – Heidi welcomed everyone and asked that they introduce themselves. Heidi welcomed the guest (Shawna and Richard)
- b. Approval of Agenda – The agenda for March 20, 2015 was approved by Alonzo and seconded by Mike.
- c. Approval of Minutes – The minutes from February 20, 2015 were approved by Tony and seconded by Mike.

IX. Reports

- a. Program Director's Report – Patti
 - Patti reported on Wellness Center membership, staffing, community outreach participation, calendar changes, and upcoming events.
 - Julia discussed the upcoming Open House and asked for suggestions from the MAB members. The Open House event will provide information about the various groups facilitated at the Wellness Center, musical selections from several musicians, and success stories from several members.
- b. President's Report – Heidi

Heidi thanked everyone for contributing to the Health Fair, it was a great success. Heidi also reviewed the comments and suggestions and reviewed MAB roles of members according to the bylaws.

X. Unfinished Business

- a. None

XI. New Business

- a. Sub-committee Reports
 - i. Mike reported on the Data/Demographic and Outcomes reports.
 - ii. Kim reported on the Quality of Life Survey results.

- iii. Heidi provided information about the Inactive Membership Survey. MAB will meet on Tuesday, March 24th at 10:00am to finalize the survey.
- b. MAB Member Group Co-Facilitation
 - i. Mike would like to create a new Science class to possibly co-facilitate with Patrick, the Health Educator.
 - ii. Patty would like to co-facilitate DBSA.
 - iii. Armand currently co-facilitates Fundamentals of Painting.
 - iv. Tony will co-facilitate Healthy Living in April.
 - v. Heidi co-facilitates Balance and Boundaries. She would also like to co-facilitate Mindfulness class in April.
- c. Open House
 - i. Julia discussed the Open House earlier in the meeting. The Open House is scheduled for Thursday, May 21, 2015 from 1:00pm to 4:00pm.
- d. Veteran's Fair
 - i. There will be a flag ceremony to start off the event. The Veteran's Fair is scheduled for Thursday, April 23, 2015 from 11:00am to 2:00pm.
- e. Website/Newsletter
 - i. Information about "What is MAB?" will be on the Wellness Center website. Meeting minutes and agendas will be available as well.
 - ii. MAB will now have its own section in the Wellness Center's quarterly newsletter. MAB will work with William, Peer Specialist, to obtain articles and success stories from members.

XII. Announcements

- a. Patty read Johnny's resignation letter. He resigned as of 03/18/2015. There is now a position open for a MAB member.
- b. Heidi announced Jane's resignation from the MAB. There is now an open MAB member position.

XIII. Open Forum

- a. Both guests, Richard and Shawna, expressed a strong desire to become MAB members.

XIV. Upcoming Calendar

- a. Persian New Year Celebration on Saturday, March 21, 2015 from 12:30pm - 2:30pm.

- b. Next meeting Friday, April 17, 2015 from 1:00pm - 3:00pm.
- c. Veteran's Fair, Thursday, April 23, 2015 from 11:00am to 2:00pm.
- d. Wellness Center Open House, Thursday, May 21, 2015 from 1:00pm to 4:00pm.

VIII. Adjournment

- b. Heidi adjourned the meeting at 2:05pm.