

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

**Friday, March 17, 2017 – 1:00pm to 2:00pm**

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

Attendees: Adam Goldman, Johnny Case, Frank Williams, Deanna Lundberg, Richard Jager, Kristen Pankratz,

Guest: Sohail Eftekhazadeh, Olivia Rocha, Tuyen Phung, Sandy To, Melanie Infante, Yadira Castro.

**I. Call to Order – 1:10 pm**

- a) Welcome – Adam asked everyone to briefly introduce themselves.
- b) Approval of Agenda – The agenda was approved by Johnny Case, seconded by Frank Williams.
- c) Approval of Minutes – The minutes were approved by Richard Jager, seconded by Frank Williams.

**II. Reports**

- a) Program Director Report- Sohail Eftekhazadeh
  - Sohail announced that visitors from both Wellness Center South and West were attending the meeting. Both Centers sent representatives to observe the MAB meeting.
  - Sohail read the Program Director's report.
- b) President's Report- Adam Goldman
  - Adam commented that the 'Chat with MAB' is a good idea.
  - Adam discussed the recent passing of one of our members. There will be a memorial service Wednesday, March 22, 2017 during the Community Meeting. The Community Meeting will start at 11:30am and end at 12:30pm.
  - He also informed everyone that grief counselors will be attending Wellness Center Central (WCC) if anyone would like to speak to someone.
- c) Sub-Committee Reports:
  - Health and Wellness (Frank Williams)
    - Frank reported that he is in the process of meeting with Ariel Konneker, the new Health Educator, to plan the Annual Health Fair, which will be hosted Wednesday, March 22, 2017.
  - Arts and Music (Richard Jager and Deanna Lundberg)
    - Deanna suggested that during the summer, it would be nice to have beach themed decorations (ex. surf boards and beach balls to liven things up a bit in the WCC).
    - Richard attended the social outing where WCC visited The Broad Museum.
    - Richard suggested sharing photographs from the different social outings to the WCC. Possibly adding the photos in the newsletter or displaying them around WCC.
  - Data and Outcomes (Adam Goldman)
    - Adam read the APOD report.
    - An average of 82 members attend WCC daily.
    - WCC had 22 new members in the month of February 2017.

#### Evaluations and Surveys (Pennie Mack)

- Tabled. Pennie Mack was not in attendance.

#### Special Events (Johnny Case)

- Johnny commented that the Baby Dolls performed wonderfully during the Black History Month Celebration.
- Johnny acknowledged that the celebration was facilitated by members. He commented that they did a great job.
- Johnny stated that he understood that a waiver form would need to be filled out, he felt the Celebration should have been on the internet, because of how great it was.

#### Membership Outreach (Kristen Pankratz)

- Kristen reported that the manager Trisha Duran of Anaheim Global Medical Center would like Kristen to meet with their social workers Wednesday, March 29, 2017 at 2:00pm to discuss the WCC.
- The manager of Anaheim Global Medical Center stated that she has never heard of the WCC before, so it will be a great outreach.
- Kristen also contacted Steve Sherman of Temple Shalom for membership outreach. Kristen was very thankful for the referral by Adam Goldman's sister.
- Kristen spoke to Caroline Nguyen about possibly having a WCC booth during the UCI Reclaim Mental Health Conference that is scheduled for Saturday, May 6, 2017 and Sunday, May 7, 2017 at the Irvine campus.

#### Comments and Suggestions (Johnny Case)

- There was a suggestion about having a Dutch American History class.
- A member would like to have the Dutch flag raised.
- A comment was made to have more games, for example Yahtzee and Sorry.
- Members would like a pencil sharpener in the computer lab.

#### Chat with MAB (Johnny Case)

- Tabled due to time.

### **III. Unfinished Business**

- a. Creating the calendar for April for Chat with MAB.
  - Johnny and possibly Richard-Wednesday, April 5, 2017.
  - Frank, Johnny and Deanna-Wednesday, April 12, 2017.
  - Johnny and Kristen-Wednesday, April 19, 2017.
  - Adam and Johnny-Wednesday, April 26, 2017.
- b. Discussion of Member Advisory Board goals.
  - Increase the amount of members who participate in Chat with MAB.

### **IV. New Business**

- a. Health Fair Wednesday, March 22, 2017, from 1:00pm to 4:00pm.
- b. Community Resource Fair Wednesday, April 19, 2017, from 1:00pm to 4:00pm.

### **V. Announcements**

- a. No announcements.

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

- a. The visitors were curious to know what was Chat with MAB.

- b. MAB members explained that Chat with MAB was created to provide a specific time and safe zone for members to express any comments and/or suggestions they had about the WCC program.

**VII. Upcoming Calendar**

- a. Next Meeting – Friday, April 21, 2017 from 1:00pm to 2:00pm.
- b. Community Resource Fair – Wednesday, April 19, 2017 from 1:00pm to 4:00pm.

**VIII. Adjournment**

Adam adjourned the meeting at 2:14pm.