



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

**Friday, June 16, 2017 – 1:00pm to 2:00pm**

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

Attendees: Adam Goldman, Kristen Pankratz, Deanna Lundberg, Johnny Case, and Frank Williams.

Guest: Robert “Ro” Kim, Keith Torkelson, David Batrow, Shirley Hunt, Sohail Eftekhazadeh, Danisha Soto, Lisa Albert, and Patti Pettit.

**I. Call to Order – 1:02 pm**

- a) Welcome – Everyone asked to briefly introduce themselves.
- b) Approval of Agenda – The agenda was approved by Johnny Case, seconded by Adam Goldman.
- c) Approval of Minutes – The minutes were approved by Kristen Pankratz, seconded by Johnny Case.

**II. Reports**

- a) Program Director Report – Patti Pettit
  - o Discussed April 2017 Program Narrative.
- b) President’s Report- Adam Goldman
  - o Adam thanked the MAB members for the assistance with the Member Appreciation Day event.
  - o Adam announced that NAMI Walk OC is scheduled on October 7<sup>th</sup>. He encouraged all available MAB members to attend the event.
  - o Adam informed the MAB members that Eric Green was hired as Temporary Peer Specialist. Eric will facilitate Coping Skills, Mosaics, Chess Club, and Jewelry Design.
  - o Adam encouraged all available MAB members to attend the Education Fair scheduled on June 21, 2017.
  - o Adam encouraged all available MAB Members to attend the Calendar Art Fair on July 19, 2017.
- c) Sub-Committee Reports:
  - Health and Wellness (Frank Williams)
    - o Frank spoke with the Health Educator, Ariel Konneker, about focusing on the risk of Diabetes and Obesity for persons with mental health issues. This discussion topic will be introduced in both the Healthy Living and Nutrition 101 groups.
  - Arts and Music (Deanna Lundberg)
    - o Deanna announced that the Calendar Art Fair will be French themed.
    - o She informed MAB Members that there will be finger foods, apple cider, and a harp player.
    - o The winners will be announced at 1pm.
  - Data and Outcomes (Adam Goldman)
    - o Adam read highlights from the APOD report.
  - Evaluations and Surveys (Johnny Case)

- Johnny reported that a total of 412 members completed Group Evaluations in April 2017.
- Most of the responses were from members asking to extend classes from one hour to one and a half hours or from one and a half hours to two hours.

#### Special Events (Johnny Case)

- Johnny gave special appreciation to Angela and Julian for setting up the tents and tables for Member Appreciation Day.
- He reported MAB members who were in attendance were all very helpful and enthusiastic.
- Johnny announced that the first barbecue of the summer will be on Saturday, June 17<sup>th</sup>.
- Johnny asked that Members who enrolled recently enrolled in school receive acknowledgement during the upcoming Education Fair.
- He gave special appreciation you to Sarah and Raymelle for all their hard work putting the Education Fair together.

#### Membership Outreach (Kristen Pankratz)

- On June 22, 2017, Kristen will speak to social workers at Anaheim Global Medical Center about the services available at Wellness Center Central.

#### Comments and Suggestions (Johnny Case)

- Johnny thanked members for submitting the suggestions.
- Member suggested that there be more karaoke songs available.
- Member was thankful that the suggestion to have a LGBTIQ support group was heard and valued. MAB members and Patti thanked Adam for taking the initiative to see this through.
- Member asked that there be no coffee or drinks in the computer lab.
- Member asked about the social agreement, particularly where it details that all members and staff should be treated with dignity and respect, even if they arrive to Wellness Center Central with a serious illness.

#### Chat with MAB (MAB Members)

- A member asked if there could be certificates and/or recognition for sobriety accomplishments.
  - Sohail reported that the members are recognized with tokens for their accomplishments, as it's customary for AA.
- Members asked specifics about the Multi-Cultural event.

### **III. Unfinished Business**

- a. MAB members "Chat with MAB" schedule for July.
  - Adam and Kristen - Wednesday, July 5, 2017.
  - Deanna and Johnny – Wednesday, July 13, 2017.
  - Adam and Frank – Wednesday, July 26, 2017.

### **IV. New Business**

- a. Calendar Art Fair – Wednesday, July 19, 2017, 1:00am – 3:00pm. MAB members were asked to attend if available.

- b. Vote in new member, Matthew Bartholemy, tabled. Mathew not in attendance.

**V. Announcements**

- a. No new announcements.

**VI. Open Forum (Visitors)**

- a. Ro suggested having instrumental music playing in the living room area of the program during Social Time to provide soothing background music.
- b. David thanked Patti for the invitation to see the MAB meeting.
- c. Keith asked if he could be a guest at the July MAB meeting.
- d. Shirley thanked Adam, Frank, and Johnny for their support. She asked questions about conflict resolution, choir, and fiscal budgets.

**VII. Upcoming Calendar**

- a. Education Fair – Wednesday, June 21, 2017, 1:00pm – 3:00pm.
- b. Calendar Art Fair – Wednesday, July 19, 2017, 1:00pm – 3:00pm.
- c. The next MAB meeting will be Friday, July 21, 2017, 1:00pm – 2:00pm.
- d. MAB Retreat – Friday, August 18, 2017, 11:00am – 1:00pm.
- e. Multi-Cultural Celebration – Wednesday, August 24, 2017, 1:00pm – 4:00pm.

**VIII. Adjournment**

Adam adjourned the meeting at 2:14pm.