

**College Community Services**  
**Wellness Center (Central) Advisory Board**  
**MEETING MINUTES**  
**Friday, November 20, 2015 – 1:00pm to 3:00pm**  
**Wellness Center of Orange County – 401 S. Tustin St. #C, Orange, CA 92866**

Attendees: Heidi Sweeney, Patty Golden, Patricia McIntosh, Anthony Pflaum, Ruben Estrada, and Alonzo Whitson

Guest: Babu Pillutla, Sohail Eftekharzadeh, Jenny Nghe, Susan McCoy, Frank Williams, Kristen Pankratz, Katherine Lee, and Patti Pettit

**I. Call to Order – 1:02pm**

- a. Welcome – Heidi welcomed MAB members and guests.
- b. Approval of Agenda – The agenda for November 20, 2015 was approved by Tony and seconded by Ruben.
- c. Approval of Minutes – The minutes from October 16, 2015 was approved by Patty G. and seconded by Tony.

**II. Reports**

- a. Program Director Report - Patti
  - i. Patti spoke in detail about the Job Fair outcomes. There were 118 members and 15 guest in attendance. Members had an opportunity to meet with 11 employers and fill out job applications. Some of the employers in attendance that day: NAMI OC, Goodwill Industries, First Transit, Molina Healthcare, Five Guy Burgers and Fries, CCS Peer Mentors, and County of Orange. Job fair outcomes: 123 applications were distributed, 328 employers contacted and interviews, and 3 participants hired.
  - ii. Patti announced the upcoming Mini-Health Day on December 9, 2015. Nurses will be going over: blood pressure, height, weight and overall wellness with the members. Dr. Sanchez will also be talking about Diabetes with the members.
  - iii. Patti discussed of the upcoming Thanksgiving Feast on November 25, 2015 from 12:00pm to 2:00pm and the Holiday Dinner December 17, 2015 also from 12:00pm to 2:00pm.
- b. President's Report – Heidi
  - i. Heidi introduced two new potential board members, Frank Williams and Susan McCoy, who are both long time Wellness Center members. Frank Williams is a very active member of the center; he co-facilities groups and is well known to members. He volunteers in the local community at the YMCA and is very involved in his church. Frank is interested in becoming more involved in and gaining insight into guiding and improving the Wellness Center as a MAB member.

Frank has joined the Health and Wellness, Data Outcomes, and Comments and Suggestions sub-committees.

Susan McCoy was a previous MAB president and is a very active member of the center. She is also very active with our member base and an advocate. She attends groups daily and is involved in all events at the center. Susan has an extensive history of volunteering in the community and is always more than willing to assist at the Wellness Center. Susan is interested in projecting hope and involvement in membership and promote classes. Susan hopes to promote and support the growth of sub-committees.

- ii. Heidi reviewed the new process for potential MAB members which is as follows:
    - Interested candidates first complete a MAB application
    - Attend a MAB meeting as a guest
    - Meet briefly after the meeting to see if they are still interested in becoming a MAB member
    - Interview with the Executive Board and the WC's management
    - MAB members will then vote at the next scheduled meeting
  - iii. Heidi gave an update the *Ornament Making with the MAB* project:
    - Project began November 19<sup>th</sup> with members.
    - Members have come up with creative and beautiful ideas for their ornaments.
    - Ornaments are being made in each art class thru December 5<sup>th</sup>.
    - MAB members want to thank staff, Rada and Dorothy, for all their help.
  - iv. Heidi announced that Patty Golden has chosen to step down from her current position as a secretary but would like to continue to be a regular board member. The Board thanked Patty Golden for all her hard work as a secretary.
  - v. Heidi reminded board members of the Thanksgiving Feast on Wednesday, 11/25, from 12pm to 2pm. She also mentioned board members would need to help serve on Wednesday as the WC staff would not be available to serve. Heidi asked that all board members arrive no later than 11am.
  - vi. Heidi announced that the December 18<sup>th</sup> meeting will start early at 12:00pm, as the WC management team is hosting a Holiday Lunch for the MAB. Rubio's will be served and fun activities have been planned for the luncheon.
  - vii. Heidi took time to thank each MAB member for their hard work and dedication.
- c. Sub-Committee Reports – All reports sent to the County on November 13, 2015.
- o Health and Wellness (Ruben)
  - o Arts and Music (Anthony/Alonzo)
  - o Data Outcomes (Armand) (Report read by Heidi in Armand's absents)
  - o Evaluations and Survey's (Adam/Babu) (Report read by Heidi in Adams absents)
  - o Special Events (Michelle) (Report read by Heidi in Michelle's absents)
  - o Membership Outreach (Heidi/Kristen)
  - o Comments and Suggestions (MAB)

### **III. Unfinished Business**

- a. Heidi nominated Kristen to become a Board Alternate. A vote was cast and all board members voted in favor. Kristen was brought to the board table.
- b. Educate Yourself Group was attended by Heidi for feedback to the board. Heidi reported attending the group, which was facilitated by Sarah (peer mentor), and it was well facilitated. The group included team building, solution exercises, and group interactions with facilitator's input. Heidi felt that the structure of the group was not part of the attendance problem. Patti informed the board that there was a current restructure to the group. The group is now facilitated by both Sarah and Julian to allow for more one-on-one assistance with members if needed in the group. Kristen mentioned that the name of the group may be a reason the attendance is low, as it is not very appealing; that maybe a different name may draw more members to the group. All board members agreed and will brainstorm new name ideas for the group.

### **IV. New Business**

- a. Heidi nominated Babu to become a Board Alternate. A vote was cast and all board members voted in favor. Babu was brought to the board table. Adam was also to be voted in as a board alternate, however, Adam had an emergency and was unable to attend the meeting. The MAB will vote on Adam becoming an alternate at the December 18, 2015 meeting.
- b. The Wellness Center (Central) Holiday Tree will be decorated after the Community Meeting on December 9, 2015 by the members.

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

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

- a. Jenny announced the County will not be attending the MAB meetings on a regular bases going forward.

### **VII. Upcoming Calendar**

- a. Thanksgiving Feast – Wednesday, November 25, 2015 12pm to 2:00pm
- b. Mini Health Fair – Wednesday, December 9, 2015
- c. Holiday Luncheon – Thursday, December 17, 2015 12pm to 2:00pm
- d. Next Meeting – Friday, December 18, 2015, 12:00pm to 3:00pm

### **VIII. Adjournment**

- a. Heidi adjourned the meeting at 2:28pm