



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

Friday, April 19, 2019 – 11:00am to 12:30pm

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

Attendees: Johnny Case, Kimberly Johnson, Deanna Lundberg, Debbie Acosta, Pennie Mack, and Deloise Moore.

Guest: Cynthia Gouker, Sohail Eftekhazadeh, Orlando Vera, and Danisha Soto

I. Call to Order – 11:03 am

- a) Welcome – Everyone asked to use one word to describe their role at the Wellness Center Central (WCC).
- b) Approval of Agenda – The agenda was approved by Kimberly Johnson, seconded by Deanna Lundberg.
- c) Approval of Minutes – The minutes was approved by Kimberly Johnson, seconded by Pennie Mack.

II. Reports

- a) Program Director Report-Sohail Eftekhazadeh
 - o Sohail read the Program Director's Report.
- b) President's Report- Johnny Case
 - o Johnny reminded everyone of the Social Agreements, what is said in the meeting should stay amongst the members attending.
 - o Johnny thanked Deloise, Deanna, and Debbie for their hard work planning the various events.
 - o Johnny also thanked Pennie, Orlando, and Sohail for making sure the MAB meetings are run smoothly.

III. Unfinished Business

- a) Reading a portion of the MAB bylaws.
 - o Debbie read Article VII: Amendments to the Bylaws, Section I: Procedures to Amend the Bylaws, page 8.
 - o Pennie read Article VII: Amendments to the Bylaws, Section II: Attachments to Bylaws, page 8.
- b) Calendar of Assignments for *Chat with Mab* (February 2019).
 - o Wednesday, May 1, 2019: Johnny and Kimberly.
 - o Wednesday, May 8, 2019: Deanna and Kimberly.
 - o Wednesday, May 15, 2019: Kimberly and Johnny.
 - o Wednesday, May 22, 2019: Pennie and Johnny.
 - o Wednesday, May 29, 2019: Debbie.
- c) Set dates for Members' Comments and Suggestions Box
 - o Pennie and Kim agreed to go over the comments and suggestions with Sohail on or around the 3rd of every month at 2pm.
- d) Set dates for Executive Board meeting.
 - o Pennie, Kim, and Johnny agreed to meet on the third Wednesday of every month at 2pm.

IV. New Business

- a) WCC Multicultural Event.

- Johnny asked if there would be food, Sohail stated there will be traditional pastries from different cultural backgrounds.
- Sohail said thank you to Deloise for asking Pat Hurley to be part of the event.
- Sohail also said thank you to Johnny, Deloise, and Deanna for all their work on the event.
- b) Ridiculous Goodness Event.
 - Debbie announced the WCC Choir will perform and that there will be dancing after members ate.
 - She added that there would be five prizes to raffle off during the event.
 - Debbie that she wanted people to know that they have support and that they do not have to do this on their own.
- c) Teamwork and Collaboration.
 - Deloise suggested getting a team together to support the people participating in the planning of the events.
 - Sohail explained that it is important to form a good sub-committee for the events. He added that someone would need to chair each sub-committee.
- d) Read Group Social Agreement in MAB.
 - Johnny announced that the Social Agreements will be read at the beginning of each meeting.
- e) MAB Time Keeper.
 - Sohail showed the MAB members the new hour glasses. He asked MAB members to think of ways to allow all in attendance a chance to share their thoughts.
 - Sohail stated that voting on adding time keeping to the bylaws would take place at the next meeting.
- f) Review Chat with MAB results.
 - share their thoughts.
- g) Review Monthly Contract Goals.
 - Sohail reviewed the annual contract goal progress.
 - Johnny said each MAB member can help by letting staff know when people get jobs or go back to school.
 - Johnny acknowledged Deanna for being an example and going back to school.

V. Announcements (MAB Members)

- a) Johnny announced Orlando received an award for his participation and Vice President of DBSA. The award is hanging in Sohail's office.
- b) Sohail announced that WCC will take one MAB member and one Ambassador to Meeting of the Minds on Wednesday, May 15, 2019. The MAB members' names were placed in a box. Deanna chose Kim's name to go.
- c) Deanna asked if there will be a MAB luncheon again. The members voted unanimously to have a picnic in the park in July.
- d) Johnny thanked Sohail for being open and telling his story at the MAB Retreat last year.

VI. Open Forum (Visitors)

- a) Cynthia Gouker introduced herself. She explained that she was interested in being on the MAB board so that she Aaron Hand and Johnice Williams introduced themselves.
 - Cynthia explained she was interested in being on the MAB board so that she can assist with the events.

- Sohail asked Cynthia to attend a couple more meetings so that she can learn more about the MAB.

VII. Upcoming Calendar

- a) WCC Multicultural Event – Wednesday, April 24, 2019, 1:00pm- 4:00pm.
- b) Ridiculous Goodness Event- Saturday, April 27, 2019, 11:00m-2:00pm
- c) Next MAB Meeting: Friday, April 19, 2019, 11:00am-2:30pm.

VIII. Adjournment

- a) Johnny adjourned the meeting at 12:22pm.