

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

Friday, May 18, 2018 – 1:00pm to 2:00pm

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

Attendees: Johnny Case, Pennie Mack, Frank Williams, and Deanna Lundberg.

Guest: Sohail Eftekhazadeh, Lisa Albert, Orlando Vera, Jenny Nghe, Kim Johnson, Justine Plascencia, Ambar Garcia, and Olivia Rocha.

I. Call to Order – 1:02 pm

- a) Welcome – Everyone introduced themselves.
- b) Approval of Agenda – The agenda was approved by Frank Williams, seconded by Pennie Mack.
- c) Approval of Minutes – The minutes were approved by Pennie Mack, seconded by Deanna Lundberg.

II. Reports

- a) Program Director Report- Sohail Eftekhazadeh
 - o Sohail read the Program Directors Report.
- b) President's Report- Johnny Case
 - o Johnny announced that Adam resigned as MAB President.
 - o Sohail stated that Johnny is interim President until a new President is elected.
 - o Johnny didn't have a report prepared, he shared, that children laugh about 400 times a day and adults laugh about 15 times a day. Johnny said it is good that the Wellness Center Central (WCC) has Laughing Yoga as a group to teach adults how to laugh again.

III. Unfinished Business

- a) A vote took place for a new MAB member, MAB President, and MAB Vice President.
 - o Kim Johnson was voted unanimously as a new member of the MAB.
 - o Johnny stated that Kim is very positive. She is very involved at the WCC, and is currently serving as an ambassador. Johnny stated that Kim is also great with members of the WCC.
 - o Kim expressed appreciation for what Johnny said. She added that the MAB looks like something she wants to be a part of.
 - o Deanna stated that when Kim first started at the WCC, she was shy and now she co-facilitates a lot of classes.
 - o Sohail stated that Kim has a lot of potential, she is very humble, and patient. He added that Kim would be a great asset for the MAB.
 - o Frank expressed that he will definitely support Kim with her MAB duties.
 - o Pennie said Kim is a lovely person and would be a great asset for the MAB.
 - o Johnny was nominated and then unanimously voted as the new MAB President.
 - o Both Penny and Deanna were nominated for the MAB Vice President. Penny was voted as MAB Vice President.
- b) Discussed improving the Peer Partnering Support Program (PPSP).

- Orlando shared that the PPSP is evolving more with every meeting. He added that more people are partnered together than before. Orlando also stated that he noticed while he was giving tours, members seem more comfortable to accompany him and assist with giving the tours.
- Johnny suggested that the PPSP tours can be improved by starting them in the garden/outside area, it seems to put people at ease.
- Pennie suggested that when a MAB member brings someone in for a tour, the MAB member should do the tour. Potential members will benefit from hearing personal experiences from current members of the WCC.
- c) Discussion of changing the MAB meeting date.
 - Sohail stated that the MAB meeting day and time are listed in the Bylaws. The bylaws can be amended if everyone votes to approve the change(s).
 - There will be a vote on June 15th as to whether or not to keep the MAB Meetings every third Friday of the month and whether or not to change the time of the meeting from 1:00pm to 11:00am on the day of the meeting.
- d) Calendar of Assignments. Chat With MAB (April 2018)
 - Wednesday, June 6th, 2018 – Johnny Case
 - Wednesday, June 13th, 2018 – Deanna Lundberg and Kim Johnson. Kim will shadow Deanna during Chat with MAB.
 - Wednesday, June 20th, 2018 – Education Fair 1:00pm-3:00pm. No meeting.
 - Wednesday, June 27th, 2018 – Frank Williams
- e) Review WCC Members Satisfaction Survey
 - Sohail read the Satisfaction Survey report.
 - Johnny stated that Members are always assisted by the WCC staff with completing surveys.

IV. New Business

- a) Reading a portion of the MAB bylaws
 - Frank read Article Two “Attendance by Guest”, Sections Five and Six. Frank also read Article Three “Business Process,” Section One through Four. Lastly Frank read Article Four “Officers,” Section One.
- b) Review “Chat with MAB” results and other member feedback.
 - Johnny would like MAB members to think of ways to increase member’s interest to go to “Chat with MAB”.
 - Deanna suggested to bring “Chat with MAB” outside of room 114, maybe go to the living room.
- c) MAB collaboration and engagement with Member Appreciation Day.
 - MAB members volunteered to assist with the various booths for the upcoming Member Appreciation Carnival.
- d) WCC workshop “Recovery Lives,” and Choir at Meeting of the Minds (MOM).
 - Sohail announced that the WCC Choir will perform at the MOM event.
 - Deanna and Pennie both stated they will attend.
- e) Updating MAB roster.
 - Sohail asked MAB members to provide current contact information for the roster.

V. Announcements

- a) Johnny Case is now MAB President.

- b) Sohail acknowledged the voting process did not follow MAB bylaws. Sohail stated he will review the process with the MAB members and announce any changes.

VI. Open Forum (Visitors)

- a) Justine stated that she enjoys being an Ambassador for WCC.

VII. Upcoming Calendar

- a) Member Appreciation Carnival, May 25th, 2018, from 11:00am to 4:00pm.
- b) Education Fair, June 20th, 2018, from 1:00pm to 3:00pm.
- c) Next MAB Meeting, Friday June 15th, 2018, 1:00pm to 2:00pm.

VIII. Adjournment

- a) Johnny adjourned the meeting at 2:07pm.