



College Community Services
Wellness Center Central Advisory Board
MEETING MINUTES

Friday, September 27, 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, Debbie Acosta, Deanna Lundberg, Deloise Moore.
Guest: Cynthia Gouker, Robin Gantenbein, Susan Richardson, Sohail Eftekhazadeh, Angela Cortes.

I. Call to Order – 11:08 am

- a) Welcome – Everyone was asked what kind of respect do you bring to Wellness Center Central (WCC) as a MAB member or regular member? (Johnny Case)
- 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 Debbie Acosta.

II. Reports

- a) Program Director Report-Sohail Eftekhazadeh
 - o Sohail read the Program Director's Report.
- b) President's Report- Johnny Case
 - o Johnny mentioned social circle will help members socialize with each other.
 - o Johnny encouraged MAB to get familiar with the Resource book in order to help members in need.
 - o Debbie has gone above and beyond for the program. Is always in touch with the community
 - o Johnny respected Deanna for attending MAB activities despite personal issues.
 - o Sohail and Johnny thanked Deloise for all her hard work preparing for Wellness Center events.

III. Unfinished Business

- a) Reading a portion of the MAB bylaws.
 - o Kim read Article II, Section III, Staff
 - o Sohail elaborated on this Section III and further explained the power of the MAB. He also reminded MAB members they can offer suggestions and make recommendations when it comes to the Wellness Center's operations.
 - o Johnny read Section IV, Limits on MAB Membership
 - o Sohail mentioned MAB should be diverse and include all coulter.
 - o Sohail explained that once MAB members have completed their one-year commitment they have no obligation to continue to serve the MAB.
 - o Debbie read Section V, Attendance for guest
 - o Debbie read Section VI, Resignation

- b) Calendar of Assignments for *Chat with Mab* (October 2019).
 - o Wednesday, October 2, 2019: Johnny Case.
 - o Wednesday, October 9, 2019: Deanna Lundberg and Kim Johnson.
 - o Wednesday, October 16, 2019: No class due to event
 - o Wednesday, October 23, 2019: Deanna Lundberg.
 - o Wednesday, October 30, 2019: Kim Johnson
- c) Recruiting Members for MAB.
 - o Sohail encouraged MAB to invite members who they feel are ready to join the MAB Board.
- d) WCC Ten Year Anniversary.
 - o Next meeting will be October 2nd. Sohail invited MAB to attend the planning meeting.
 - o Sohail discussed budgeting for this event.

IV. New Business

- a) Revised Member Reinstatement
 - o Sohail mentioned members that are exited must be reinstated by the center where they were originally exited
 - o These guidelines were added to our Social Agreements.
- b) Social Circle/Music Appreciation
 - o Social Circle to be run by Joseph and will be geared towards helping members better interact with each other.
 - o Music Appreciation will be run by our Intern, Kevin.
- c) MAB Luncheon
 - o Sohail encouraged MAB members to bring in their ideas as to what they would like to have or do for the MAB Luncheon.
 - o Johnny mentioned he really enjoyed last years luncheon at the park.
- d) WCC Social Agreements (personal belongings)
 - o Johnny asked that we remind members not to leave personal belongings on the coat rack.
 - o Debbie suggested we review Social Agreements as well as placement of personal belongings during tours.
- e) Community Meeting Guest Speaker
 - o Sohail mentioned we will be having a guest speaker come in and speak about domestic violence. Sohail will review content and make sure it is appropriate for the Center.
- f) WCC Job Fair, Wednesday, October 16, 2019
 - o Sohail mentioned their will be various vendors attending the Job Fair and encouraged everyone to participate.
- g) Review Chat with MAB results and member feedback
 - o Kim mentioned Chat with MAB is going well and will bring her notes to the next meeting. She has come up with a different way of approaching members by asking "How is your recovery going?" which opens up conversation.

V. Announcements (MAB Members)

- a) Deloise applauded everyone who helped with Hispanic Heritage Event.
- b) Deloise expressed the importance of communication, clarity and teamwork.
- c) Deloise also has concerns over the Safety and Security of the members in regards to the security cameras.
- d) Johnny would like for MAB members to attend PPSP and show support.

VI. Open Forum (Visitors)

- a. Cinthia thanked the MAB Board for letting her attend today's meeting.
- b. Robin expressed interest in joining the MAB Board.

VII. Upcoming Calendar

- a. WCC Job Fair – Wednesday, October 16, 2019, 1:00pm-3:00pm.
- b. Next MAB Meeting: Friday, October 18, 2019, 11:00am-12:30pm.

VIII. Adjournment

- a) Johnny adjourned the meeting at 12:30pm.