



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

Friday, February 21, 2020 – 11:00am to 12:30pm

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

Attendees: Johnny Case, Debbie Acosta, Kimberly Johnson, Deanna Lundberg, Deloise Moore, Paulina Subin, Robin Gantenbein, Justine Plascencia.

Guest: Marjory Ramirez, Sohail Eftekhazadeh, Olivia Ramirez, Julia Alpi-Kindred, Alycia Wallace, Sanie Andres.

I. Call to Order – 11:01 am

- a) Welcome – Everyone introduced themselves, and answered if they have a weakness and what they would improve on their lives?
- b) Approval of Agenda – The agenda was approved by Kimberly Johnson, seconded by Deanna Lundberg.
- c) Approval of Minutes – The agenda was approved by Kimberly Johnson, seconded by Justine Plascencia.

II. Reports

- a) Program Director Report-Sohail Eftekhazadeh
 - Sohail read the Program Director's Report.
- b) President's Report- Johnny Case
 - Johnny welcomed Sanie to the meeting.
 - Johnny thanked Sohail for never giving up on anyone.
 - Johnny has felt that the spirit at Wellness Center Central (WCC) has changed to helping one another, and really focuses on recovery.
 - Johnny wants to bring strength to people, and that WCC is a place for people to grow.

III. Unfinished Business

- a) Reading a portion of the MAB bylaws.
 - Kimberly Johnson read the Mission Statement.
 - Sanie Andres explained how the budgeting works for WCC.
 - Debbie Acosta read Article 1 Wellness Center MAB Functions, Section 1 Activities, first bullet only.
- b) Calendar of Assignments for *Chat with Mab* (March 2020).
 - Wednesday, March 4, 2020: Johnny Case.
 - Wednesday, March 11, 2020: Deanna Lundberg.
 - Wednesday, March 18, 2020: Justine Plascencia.
 - Wednesday, March 25, 2020: Kimberly Johnson.
- c) WCC February Event (Black History Month).
 - Kenya will go over the itinerary once its completed, for example speakers, decorations, food, etc. (Sohail Eftekhazadeh)

IV. New Business

- a) Review Chat with MAB results and member feedback.

- A suggestion was made to have a vegan cooking class. (Kimberly Johnson)
- Chat with MAB is more about going out and talking members, instead of just receiving demands and wants. (Johnny Case)
- b) The Game Room.
 - Sohail would like the game room to be more presentable. (Sohail Eftekhazadeh)
 - WCC and each room should be neat, clean and presentable, to potential members and guest. (Sohail Eftekhazadeh)
 - When staff is doing a tour and WCC looks presentable, it leaves a good impression. (Sohail Eftekhazadeh)
 - Aly suggested having the MAB help her go through and clean out the cabinets that are specifically for MAB in the game room. (Alycia Wallace)
 - Aly and MAB will work to make space in the cabinets so there can be less clutter and the event planning committee can have a designated area for their belongings. (Alycia Wallace)
- c) Social Agreements (Gossiping).
 - If you have nothing nice to say, then don't say it at all. (Johnny Case)
 - Don't talk about other people behind their backs. (Deanna Lundberg)
 - Johnny suggested to have an Anti-Bullying Campaign. (Johnny Case)
 - When someone hears gossip they should walk away and tell staff. (Justine Plascencia)
 - If someone hears gossip, don't repeat what was being said. (Justine Plascencia)
 - When people are speaking more personal, they should go to a safe place and have that discussion. (Debbie Acosta)
 - A safe place should be an area that is more private, for example an empty room or outside where there is no one around. (Sanie Andres and Debbie Acosta)
- d) MAB Sub-Committee.
 - Sohail would like MAB members to take part in a sub-committee.
 - There are four different sub-committees, such as Event Planning, Art and Music, Data and Info, Outreach and Engagement. (Sohail Eftekhazadeh)
 - Sohail would like the MAB to get other WCC members involved in the sub-committees. (Sohail Eftekhazadeh)
- e) WCC March Health Fair
 - Sohail announced that there will be multiple key note speakers at the annual health fair. (Sohail Eftekhazadeh)
 - Ariel has been working very hard on the health fair. (Johnny Case)

V. Announcements (MAB Members)

- a) Johnny encourages everyone to collaborate, and work together. (Johnny Case)
- b) Johnny would like there to be more participation and help. (Johnny Case)
- c) When it comes to events, Deloise would like there to be more collaboration with the staff and members. (Deloise Moore)
- d) Johnny thanked Debbie for putting together the Valentine's day cards together for Valentine's Day. (Johnny Case)

VI. Open Forum (Visitors)

- a. Visitor(s) introduced themselves(s).
 - o Tabled. (No visitors in attendance)

VII. Upcoming Calendar

- a. WCC Annual Health Fair-Wednesday, March 18, 2020, 1:00pm-3:00pm.
- b. Next meeting, Friday, March 20, 2020, 11:00am-12:30pm.

VIII. Adjournment

- a) Johnny adjourned the meeting at 12:33pm.