



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

**Friday, January 21, 2022 – 11:00am to 12:30pm
Wellness Center Central – 401 S. Tustin St. #C, Orange, CA 92866
Hybrid Meeting
Zoom Meeting # 814 2717 8501**

Attendees: Kimberly J., Cynthia G., Kristen N., Kenny L., Robin G., Deloise M., Johnny C.
Guest: Sohail E., Aly W., Julia A., Keith S.
Absent: Paulina

I. Call to Order – 11:04 am

- a) Welcome and Introductions
 - i. Ice Breaker- New Year's Resolution (Kenny L.)
- b) Approval of Agenda – Agenda approved by Johnny C, seconded by Cynthia G.
- c) Approval of Minutes – Minutes approved by Kim J., seconded by Kenny L.

II. Reports

- a) Program Director's Report-Sohail E.
 - i. Read the program narrative.
- b) President's Report-Kimberly J.
 - i. Groups are getting more members after encouragement from MAB.
 - ii. Kim will be helping Kristen (New MAB Secretary) with emailing the MAB.
 - iii. Asked what did you do last month for the MAB?
 1. Kim-Welcoming new members, encouraging people to attend groups.
 2. Johnny-Encouraged Keith to join MAB board. Is letting new members know about the MAB.
 - iv. Chat with MAB-There is a member who is over-sharing in the group.

III. Unfinished Business

- i. None

IV. New Business

- a) Update MAB Roster
 - i. Sohail-needs Paulina and Nancy B. email to get agenda and minutes to.
 - ii. Kim J.-Nancy B. does not have email.
 - iii. Sohail-Keep roster in MAB binder
- b) WCC Talent Show
 - i. Aly-Next Friday Jan 28th from 3-4:40. Please encourage members to attend online or in-person. To sign up to perform by Wed. Jan 26th.
- c) WCC Black History Month
 - i. Aly-Hybrid event. For those in-person, event will start at 12pm with grab and go lunch, the presentation will start at 1pm for all members online/-in-person. If want to be involved please contact Kenya.

- d) WCS Valentine's Day
 - i. Aly-Is being postponed until April, will be a Friendship event. WCS MAB has requested a postponement due to surge in COVID cases.
- e) WCW Lunar New Year
 - i. Sohail-Feb 2, 11-2pm at WCW.
- f) Meeting of the Mind Conference
 - i. Sohail-April 15th, 8-4:30pm. Do not need to attend the whole day if don't want to. Sign up at the front desk if you would like to go, can take up to 30 people. If you can afford to pay on own, the consumer rate is \$25. Will be getting application/register info on Feb 1st. The rate is \$60 if we are sponsoring members.
- g) Chat with MAB for the month of February
 - i. Feb 4-Johnny C.
 - ii. Feb 11-Kristen N.
 - iii. Feb 18-Kimberly J., Cynthia G.
 - iv. Feb 25-Kenny L.
- h) WCC February 2022 group calendar
 - i. Julia went over the February calendar and chat with MAB hybrid meeting.
 - ii. Volunteerism in the community is currently cancelled due to surge in cases. Will be hosting more in-house volunteer opportunities in February.

V. Announcements (MAB Members)

- a) Johnny-Was excited for a day due to attitude, encouraged members not to follow in his footsteps.
- b) Johnny-Shelley/April (health educator) had us write a love letter to self. As February is coming up, encouraging more about self-love. Suggested a campaign in February about self-love to encourage members to follow covid-protocols. Self Loves is washing hands, leaving mask on, etc.
- c) Johnny-Encouraged members to complete satisfaction survey. Encouraged members to find out how long they've been attending the center. Can ask the front desk to find out this information.
- d) Kristen-Nancy is having surgery, that is why she is not here, sends everyone her love. Nancy was ambassador of the month.

VI. Open Forum (Visitors)

- a) Kim welcomed Keith to the MAB meeting.
- b) Keith-interested being on the MAB board to do more volunteering.
- c) Sohail-Bylaws indicate that MAB can only be 8-9 so right now is at capacity. To change this will need to edit bylaws and get approval by county.
- d) Johnny-Paulina has missed several meetings due to medical issues, bylaws also state that you can't miss multiple meetings. Sohail will look into this, but doesn't want to punish someone for having medical issues.

VII. Upcoming Calendars

- a) Next meeting, Friday February 18, 2022, 11:00AM-12:30PM
- b) Talent Show, Friday January 28, 2022, 3:00pm-4:30pm
- c) WCC Black History Month, Wednesday February 23, 12:00pm-2:15pm

VIII. Adjournment

- a) Sohail adjourned the meeting at 12:08pm.