

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

Friday, September 21, 2018 – 11:00am to 12:30pm

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

Attendees: Johnny Case, Kim Johnson, Deanna Lundberg, and Kenya Bradley.

Guest: LaVada Cordasco, Sohail Eftekhazadeh, Angela Cortes, Lisa Albert, staff and members from Wellness Center West: David McCartney, Paul Sternfeld, Tuyen Phung, and Lauren Garcia.

Call to Order – 11:09 am

- a) Welcome – Everyone introduced themselves.
- b) Approval of Agenda – The agenda was approved by Deana Lundberg, seconded by Kim Johnson.
- c) Approval of Minutes – The minutes were approved by Deanna Lundberg, seconded by Kim Johnson.

I. Reports

- a) Program Director Report- Sohail Eftekhazadeh.
 - o Sohail read the Program Director's Report.
- b) President's Report- Johnny Case
 - o Johnny read minutes from previous meeting.

II. Unfinished Business

- a) Reading a portion of the by-laws.
 - o Kim Johnson and Kenya Bradley read Article IV, Officers, Section III: Duties of Officers.
 - o Sohail explained the importance of MAB roles, prior to being read by Kim and Kenya.
- b) Calendar of Assignments: Chat With MAB (October 2018)
 - o Wednesday, October 3rd, 2018 – Deanna Lundberg.
 - o Wednesday, October 10th, 2018 – Kim Johnson.
 - o Wednesday, October 17th, 2018 – Johnny Case.
 - o Wednesday, October 24th, 2018 – Kenya Bradley.
 - o Wednesday, October 31st, 2018 – Deloise Moore
- c) MAB roles and responsibility.
 - o Discussed following the reading of by-laws.

III. New Business

- a) Member's participations and engagements with Wellness Center Central (WCC) activities.
 - a. Johnny encouraged MAB members to participate and encourage members participate as well.
- b) Plan and discuss Halloween Party
 - o Deanna volunteered to help where ever she is needed.
 - o Deanna stated she is very creative and for the most part she is charge of helping with decorations and art projects for members to participate in.
- c) Plan and discuss NAMI WALK
 - o Johnny would like for all MAB members to encourage WC members to attend NAMI walk.
 - o Lisa mentioned everyone will be meeting in one place.
- d) WCC MAB and Ambassadors Assignments
- e) Reviewed Chat with MAB results and other member feedback
- f) MAB Collaboration and engagement with Job Fair.
 - a. Johnny complimented Raymelle for always doing a great job with the Job Fair. He would also like to see members participate and take advantage of the event.

IV. Announcements

- a) Johnny asked MAB members to state something you have enjoyed about the Wellness Center.
 - o Kim stated she loves coming to the Wellness Center because we are a big family and she feel comfortable coming here.
- b) Johnny also asked if it is possible for staff to remind members to care about the Wellness Center and clean around the center. He asked that MAB members be an example and alert staff of smokers not smoking in designated areas.
- c) Johnny made a group suggestion. In collaboration with Joseph Maiorana, Peer Specialist, Johnny would like to start a group that helps members start a conversation with new people. The group will be called "Friends Start Here". He stated he already has members interested in attending this class.
 - o Lisa thought the class was a great idea and will meet with Joseph and Johnny to get more details.

V. Open Forum (Visitors)

- a) Johnny thanked visitors for joining the MAB meeting and asked all to introduce themselves.
- b) Johnny recognized LaVada for stepping up and doing a fantastic job emceeding our Hispanic Heritage Celebration.
 - o LaVada stated she enjoyed being positive and is happy she is able help wherever she can.
 - o Sohail also acknowledged LaVada and is excited she is interested in joining the MAB, he mentioned she would bring a lot to the MAB and the Center.
- a) Johnny would like the staff to recognize Marina (Day Porter) by presenting her with a certificate of appreciation for all her hard work. Sohail agreed.
- b) Deanna asked when the next luncheon will be held. Sohail stated he will plan for next month.
- c) Sohail asked MAB members to notify him when inviting guest to MAB meeting. He would like to keep track and meet with members who are interested and go over MAB Board duties and expectations.
- d) Johnny acknowledged Orlando, Team Lead, for encouraging member Jesse to get involved with the MAB Board. Jesse has shown interest in attending a MAB meeting.
- e) Sohail mentioned he will be inviting a Veteran to come speak at next month's Community Meeting. He also mentioned October is Drug and Substance abuse Prevention Month.
 - o Lauren from Wellness Center West mentioned she has an Officer that will be speaking at WCW about the effect of drugs and substance abuse. She will provide Sohail with his information. Sohail will be contacting the Officer and set up a day where he can come and speak during our community meeting.
- a) Johnny acknowledged Sohail for not turning away people that come in to the Wellness Center and are not ready quite ready to be members.
 - o Sohail stated he will do whatever he can to help those who are in need by providing them with resources and or referring them to someone or someplace that can better help them. He also spoke about his experience at Phoenix house and how we can only help people who are ready to accept help.

VI. Upcoming Calendar

- a) Job Fair, Wednesday Oct 17th, 2018 from 1:00pm to 3:00pm.
- b) Next MAB meeting, Friday, October 19th, 2018 from 11:00am to 12:30pm.

VII. Adjournment

- a) Johnny adjourned the meeting at 12:07pm.