



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

Friday, January 19, 2018 – 1:00pm to 2:00pm

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

Attendees: Adam Goldman, Kristen Pankratz, Johnny Case, Frank Williams, Deanna Lundberg.
Guest: Sohail Eftekhazadeh, Orlando Vera, Danisha Soto, Olivia Rocha, April McFerran, Deloise Moore.

I. Call to Order – 1:08 pm

- a) Welcome – Everyone asked to briefly introduce themselves.
- b) Approval of Agenda – The agenda was approved by Johnny Case, seconded by Deanna Lundberg.
- c) Approval of Minutes – The minutes was approved by Frank Williams, seconded by Johnny Case.

II. Reports

- a) Program Director Report – Sohail Eftekhazadeh
 - Sohail read the Program Director Report.
- b) President's Report – Adam Goldman
 - Adam expressed how glad he was to participate in the Anti-Bullying Campaign throughout January. He commented that the campaign brought a lot of positivity and humility to Wellness Center Central (WCC).
 - Adam announced that he will be attending the Women's March in Santa Ana, Saturday, January 20, 2018.

III. Unfinished Business

- a) MAB members "Chat with MAB" schedule for the month of February.
 - Frank –Wednesday, February 7, 2018.
 - Adam –Wednesday, February 14, 2018.
 - Kristen -Wednesday, February 21, 2018.
 - Deanna -Wednesday, February 28, 2018.
- b) Chat With MAB Comments/Suggestions.
 - Adam announced that a member suggested that WCC host a talent show, similar to the one hosted by Wellness Center West (WCW).
 - Adam also stated that another member would like to add a new group called "Science Fiction Club".
 - Lastly, Adam stated that a member suggested a new support group for members dealing with grief and bereavement.
- c) Calendar of Assignments for MAB Group Evaluations (February 2018).
 - Adam will evaluate DBSA and Open Discussion.
 - Kristen will evaluate Social Dance.
 - Frank will evaluate Volleyball.

IV. New Business

- a) April McFerran was unanimously voted to be a part of the MAB.
 - April explained that she will bring knowledge to the MAB. She will also facilitate recovery to herself and to others.
 - Johnny believes that April possesses many great talents that will benefit the MAB.
- b) The MAB went over the outcomes of the Member Satisfaction Survey with Sohail.

- Sohail announced that WCC is going to continue to have members complete the Satisfaction Survey until the goal of 300 is met.
- Danisha asked MAB members to sit with and help members complete Satisfaction Surveys whenever possible.
- c) Sohail discussed Peer Partnering with the MAB.
 - Peer Partnering will help our new and returning members feel more comfortable and possibly have a better first experience here at WCC.
 - WCC is waiting for the county to approve the Peer Partnering idea.
- d) Discussion about how to make *Chat With MAB* more appealing to the members.
 - Kristen made the suggestion to tell members what it is and to be open about it.

V. Announcements (MAB Members)

- a) Kristen provided the most recent outreach log.
- b) Kristen announced that she was scheduled for outreach on Wednesday, January 24, 2018 at Argosy University in the city of Orange.
- c) Sohail announced that within the next few weeks, OC Links, OC Vets, and OC Accept will provide resources and information to members during the community meetings.

VI. Open Forum (Visitors)

- a) Visitor Deloise thanked everyone for allowing her to observe the MAB meeting. She asked four questions.
 1. Is it possible to have members audition for the choir?
 2. Is it possible to purchase more microphone stands for the choir?
 3. Can facilitators show documentaries and movies about Black History during their classes throughout the month of February?
 4. Will tables be available for members to be served food during the events at WCC?

VII. Upcoming Calendar

- a) Lunar New Year Celebration, Friday, February 16, 2018, 5pm to 8pm.
- b) Wellness Center Central is closed on President's Day, Monday, February 19, 2018.
- c) Black History Month Celebration, Tuesday, February 27, 2018, 1pm to 4pm.
- d) Next MAB meeting, Friday, February 16, 2018, 1pm to 2pm.

VIII. Adjournment

- a) Adam adjourned the meeting at 2:24pm.