

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

Friday, September 23, 2016 – 1:00pm to 2:00pm

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

Attendees: Heidi Sweeney, Frank Williams, Pennie Mack, Richard Jager, and Adam Goldman

Guest: Patti Pettit, Katherine Lee, Sohail Eftekhazadeh, Danisha Soto, and Robert “Ro” Kim

I. Call to Order – 1:00pm

- a. Welcome – Everyone asked to briefly introduce themselves.
- b. Approval of Agenda – The agenda was approved by Heidi Sweeney, seconded by Adam Goldman.
- c. Approval of Minutes – The minutes were approved by Heidi Sweeney, seconded by Adam Goldman.

II. Reports

- a. Program Director Report – Patti Pettit
- b. Sub-Committee Reports:

Health and Wellness (Frank Williams) – Planning mini health fair with Health Educator. There will be vision screenings, hearing tests, blood pressure screenings, and educational consulting about results. Members suggested having a nature walk along the creek trail.

Arts and Music (Anthony Pflaum) – No report given.

Data Outcomes (Heidi Sweeney) – Heidi reviewed outcomes and found we continue to serve a large number of members.

Evaluations and Surveys (Need a sub-committee head) – Heidi provided the report. Suggested a campaign to recruit more recovery partners to assist members with completing surveys and navigating through the program.

Special Events (Adam Goldman) – Adam will meet with Sohail to provide assistance for the Job Fair in October.

Membership Outreach (Kristen Pankratz) – Kristen and Patti went to Kaiser in Santa Ana to speak with social workers about the services at Wellness Center Central.

Comments and Suggestions (Heidi Sweeney) – Heidi reported receiving fewer suggestions in the suggestion box than before. She reviewed the comments and suggestions with the MAB members.

Chat with MAB (Frank Williams) – Members discussed adding a new line dancing class to the calendar, possibly removing the grass in the horseshoe pit area, and suggested that more volunteer opportunities be available.

III. Unfinished Business

- a. Discuss Sub-Committee's Goals and Objectives for Fiscal Year 2016/2017 – Chair from each sub-committee should meet with their members to discuss three goals.
- b. Discuss Member Advisory Board Goals and Objectives for Fiscal Year 2016/2017 – First goal is to recruit more MAB members to have a full board of 9 members and 2 alternates. Second goal is to find and read together an inspirational book for team building. Third goal is to remain available and visible to members by attending program at least twice per week.
- c. Discuss Length of Time on MAB Board – Unanimous vote to revise bylaws from a service period of 2 years to 1 year, with the option to stay on for an additional year.
- d. Recruiting New Members for Board – MAB will have a table at job fair event, maybe creating a brochure to advertise MAB, and discussed other recruitment ideas.

IV. New Business

- a. Heidi nominated Pennie Mack to become a member of the MAB. MAB members voted yes unanimously. Pennie accepted.
- b. Heidi nominated Johnny Case (former board member) to become a member again. MAB members voted yes unanimously. Johnny accepted.
- c. MAB members should come ready to assist with the Job Fair on October 26th.
- d. Ugly sweater decorating is scheduled for November 4th and November 18th from 11am to 2pm. Ugly Sweater Day is December 8th.
- e. Heidi nominated Adam Goldman for MAB President. MAB members voted yes unanimously. Adam accepted.

V. Announcements (MAB Members)

- a. Pennie wants to chair the Evaluations and Surveys sub-committee. All vote yes unanimously.
- b. Pennie will assist with finding volunteer opportunities.
- c. Picture day for MAB members at next meeting, October 21st.

VI. Open Forum (Visitors)

- a. Robert "Ro" Kim asked if Christ Cathedral was still providing outreach and support. Frank said yes they are on Thursdays from 8am to 11:30am and 4:30pm to 7pm.
- b. Robert "Ro" Kim suggested possibly change the Member Advisory Board name from MAB to something more meaningful and positive.

VII. Upcoming Calendar

- a. NAMI OC Walk - Saturday, October 1, 2016 at 10am
- b. Next Meeting – Friday, October 21, 2016 at 1pm to 2pm
- c. Job Fair – Wednesday, October 26, 2016 at 12pm to 3pm

VIII. Adjournment

- a. Heidi adjourned the meeting at 2:00pm