



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

**Friday, April 17, 2020 – 11:00am to 12:30pm**

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

**REMOTE MEETING, Conducted on WebEX**

**Meeting Number: 928 330 861**

Attendees: Debbie Acosta, Kimberly Johnson, Deanna Lundberg, Deloise Moore, Paulina S., Justine Plascencia.

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

**I. Call to Order – 11:14 am**

- a) Welcome – Sohail welcomed everyone and expressed his gratitude to everyone who has been able to attend the tele-groups, up to this point. He mentioned how during this unprecedented time he is amazed at the resiliency of them members and how it's incredible that we are all doing this from home.
- b) Social Agreement- Read new online social agreement to the group. (Sohail Eftekhazadeh)
- c) Approval of Agenda – The agenda was read to everyone who did not have the ability to access the agenda online. (Sohail Eftekhazadeh)
  - a. Agenda was approved by Kimberly Johnson, seconded by Deanna Lundberg.
- d) Approval of Minutes – Tabled to next in person meeting.
  - a. Aly offered assist anyone who needed help getting access to the meeting agenda and minutes that are located on the WCC website.

**II. Reports**

- a) Program Director Report-Sohail Eftekhazadeh
  - o Sohail read the Program Director's Report.
- b) President's Report- Johnny Case, not in attendance. No report given.
- c) Vice President-Deanna Lundberg, called upon to give report.
  1. For the month of March Deanna has stayed at home and tried to keep busy.
  2. Deanna has stayed in contact with many members
  3. Members are asking Deanna when WCC will reopen and encourages everyone to continue their patience.
  4. Deanna is telling members to visit the WCC website, and giving them the tele-group numbers to be able to participate.
  5. Deanna is looking into sending cards of encouragement to elderly people in nursing homes to volunteer during this time.
  6. Debbie Acosta mentioned NAMI LOOP as another possible way to volunteer.

**III. Unfinished Business**

- a) Reading a portion of the MAB bylaws.
  - o Tabled to next in person meeting.

**IV. New Business**

- a) MAB Participations with WCC Tele-groups Promotion

- i. Suggested mailing out calendars. (Debbie Acosta)
  - ii. Deanna encouraged everyone to keep in contact with members to keep them updated on what is going on. (Deanna Lundberg)
- b) WCC Tele-groups Social Agreement
  - i. New Social agreement read. (Sohail Eftekhazadeh)
  - ii. Social agreement is read at every group (Sohail Eftekhazadeh)
  - iii. New social agreement is posted on wellnesscenteroc.com with the weekly calendar. (Sohail Eftekhazadeh)
  - iv. If any MAB has any suggestions about new social agreement to let Sohail know. (Sohail Eftekhazadeh)
  - v. Social agreement is good for the time being. (Kim Johnson)
- c) WCC Tele- groups Policy and Procedures
  - i. WCC is working on a new P&P for tele-groups that will be submitted to the county once complete. This P&P will outline the expectations for tele-groups and will document what to do when a member is in crisis remotely. (Sohail Eftekhazadeh)
  - ii. Once new P&P is approved through Pathways and County, will share complete document in next MAB meeting. (Sohail Eftekhazadeh)
- d) WCC Website- Wellnesscenteroc.com
  - i. On the WCC website, you can access the weekly tele-group calendars, blogs, videos, games, and updated resources. (Sohail Eftekhazadeh)
  - ii. Everyone was encouraged to promote the website and asked if there were any suggestions. (Sohail Eftekhazadeh)
  - iii. It is easy to access the calendar and take the survey, but you can only take the survey once. (Kim Johnson)
  - iv. Explained how to do the survey that is on the website. (Kim Johnson)
  - v. Some of the survey feedback was that members are interested in more afternoon classes, we are going to be adding a class every day at 3:45-4:45pm starting 4/20/20. (Sohail Eftekhazadeh)
- e) Volunteer Opportunity at Home During Pandemic
  - i. NAMI LOOP-Check the NAMI website. This is for older adults who are in isolation. They can really benefit from receiving a letter. Start the letter by saying Dear Friend, Mail the letter to NAMI. NAMI will distribute letter to those in need. (Debbie Acosta)
- f) WCC Member WebEx Tele-groups Co-facilitation
  - i. Requested suggestions on how to have members co-facilitated tele-groups. What obstacles are there to this and what training needs to be done? Members can ask the name and member numbers of the people who come into the class, or bring up the topic for the group. Also announced that if MAB was interested in co-facilitating to let us know. (Sohail Eftekhazadeh).
  - ii. Suggested that on the home page on the WCC Website, put a bubble to talk about co-facilitating a class. (Debbie Acosta)
- g) WCC Community Meetings
  - i. First remote Community Meeting was very successful with 9 members participating, many staff, and our new county monitor, Chrissy. MAB Members were encouraged to participate in the next community meeting if available. (Sohail Eftekhazadeh)
- h) New WCC Peer Lead
  - i. WCC has selected the new peer lead, Kenya Bradley. This was a difficult decision as many people applied for the position. (Sohail Eftekhazadeh)

- i) Open Position for Peer Specialist
  - i. Due to the new Peer Lead being an internal hire, we now have an open Peer Specialist position open. We want to continue to promote within so would love to have members apply for the open position. Anyone can apply for the position on pathways California website. The goal is to hire this position to in the next 6 weeks. (Sohail Eftekhazadeh)

## V. Announcements (MAB Members)

- a) When will WCC be opening? (Deanna Lundberg)
  - i. WCC will open when safe and able to and instructed by the county. Conversation is already happening at a higher level about how to return to the center as safe as possible. (Sanie Andres)
  - ii. Not sure exact time/date that we will return. Once we know and get direction from the county/state, will let you know what the opening will be and what we will be doing to ensure that everyone will be safe once we can open our doors. (Sohail Eftekhazadeh)
- b) NAMI LOOP, Sending out letters to those who are alone. (Debbie Acosta)
- c) Please let us know if you have any suggestions on anything else that we can do online. If there is anything cool that you find, let us know! (Sanie Andres)
- d) Please let us know if you would like us to post anything specific on the blog. (Aly Wallace)
- e) Suggested that we mail out care packages to members. (Debbie Acosta)
  - i. Challenge with that is we don't have anyone at WCC to pack and mail items, as everyone is working remotely but think this is a great idea! We can post links to places who are doing deliveries. Amazon is now accepting CalFresh to be delivered. (Sanie Andres)
- f) Appreciated everyone for coming to the MAB meeting, especially those she called personally. (Deanna Lundberg)
- g) Good job to Kim and Deanna for helping with everything. (Deloise Moore)
- h) Announced the groups for the rest of the day and encouraged MAB members to participate. (Sohail Eftekhazadeh)

## VI. Open Forum (Visitors)

- a. Tabled. (No visitors in attendance)

## VII. Upcoming Calendar

- A. WCC Member Appreciation Carnival May 22, 2020 11:00-4:00 (TBD)
  - a. We are not sure this will happen on the date planned. Will let MAB know, once we have more information. (Sohail Eftekhazadeh)
  - b. Suggested that we do the Member Appreciation Carnival once we return to the center to help cheer everyone up, instead of canceling the event all together. Could do it in August or another month when things are more back to normal. (Deanna Lundberg)
- B. Next meeting, Friday May 15, 2020 11:00-12:30

## VIII. Adjournment

- a) Sohail adjourned the meeting at 12:11pm.