



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

Friday, May 19, 2017 – 1:00pm to 2:00pm

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

Attendees: Adam Goldman, Kristen Pankratz, Pennie Mack, Richard Jager, Johnny Case, Frank Williams.

Guest: Sohail Eftekhazadeh, Olivia Rocha, Lexie French.

I. Call to Order – 1:07 pm

- a) Welcome – Everyone asked to briefly introduce themselves.
- b) Approval of Agenda – The agenda was approved by Pennie Mack, seconded by Frank Williams.
- c) Approval of Minutes – The minutes were approved by Pennie Mack, seconded by Kristen Pankratz.

II. Reports

- a) Program Director Report-Sohail Eftekhazadeh
 - o Upcoming events May 26, 2017 Member Appreciation Day.
- b) President's Report- Adam Goldman
 - o Adam commented that the Collaboration Picnic was really fun and the members had a great time.
 - o Adam suggested for the next Collaboration Picnic have better communication, there was some difficulty finding the exact location of the event in the park.
 - o Adam reminded the MAB members to be available to assist with completing the Quality of Life Survey during the Member Appreciation event.
 - o When MAB members are present in the building, Adam suggested they speak to members to let them know they are available for any questions, comments or suggestions.
- c) Sub-Committee Reports:
 - Health and Wellness (Frank Williams)
 - o Tabled. No new information available.
 - Arts and Music (Richard Jager)
 - o There is an event in Irvine which features Chinese drumming on May 21st.
 - o Richard had a question, if there is an entertainment event outside of the WCC community are we allowed to put out flyers in the Kiosk, to get members interested to go out into the community?
 - o Kristen mentioned there is an organization called Founders Plus which provides low cost or free tickets for performances.
 - Data and Outcomes (Adam Goldman)
 - o Adam read the APOD report.
 - o He reported that 49 members attended social outings during the community integration outings.
 - o Adam also reported that two members are now employed.
 - o Adam reported that there were 130 members attended Cooking Class during the month of April 2017.
 - Evaluations and Surveys (Pennie Mack)

- Pennie will meet with Danisha and Patti for group evaluations at the end of month.

Special Events (Johnny Case)

- Johnny that the agencies that were in attendance during the Resource Fair were excited to be in attendance.
- Johnny also reported that those in attendance seemed to have a higher interest in the resources that were available for them.
- For Members Appreciation Day, it is important for MAB to be in attendance and represent the Member Advisory Board.
- Johnny also wanted to let everyone know it is Mental Health Awareness Month, and the ribbon color is green and there are ribbons available at the front reception desk.

Membership Outreach (Kristen Pankratz)

- Kristen attended Christ Cathedral and met with the clergy and youth ministry.
- Kristen also attended Behavioral Training at MICA and handed out WCC calendars.
- Kristen presented to the Psych. students at Argosy University with Professor Mendoza and passed out calendars.
- Kristen will schedule to meet with Anaheim Global Medical Center when Patti returns.

Comments and Suggestion (Johnny Case)

- Johnny reported that one of the suggestions is to bring back some of the Karaoke songs that have been removed.
- Members also suggested that they would like the chess club time to be increased.
- Members would also like to have super bingo once a month.

Chat with MAB (MAB Members)

- Members would like a First Aid class, if interested members can check out REI.
- There will be a WCC table at the REI Multi-Cultural Fair.
- There was a suggestion made to have lollipops at the MAB booths during special events.
- Members suggested to have Karaoke before 11:30AM.
- Members would like a guest speaker come to WCC and talk about posture.
- A member questioned if they can play the Wii after Morning Ice Breaker for Social Time?
- A suggestion was made to have a snack machine in the kitchen for WCC members.

III. Unfinished Business

- MAB members signed up with Sohail to volunteer for the Member Appreciation Day.
- MAB members "Chat with MAB" schedule for June.
 - Pennie and Richard-Wednesday, June 6, 2017.
 - Adam and Johnny-Wednesday, June 14, 2017.
 - Pennie-Wednesday, June 21, 2017.
 - Adam and Kristen-Wednesday, June 28, 2017.

IV. New Business

- Calendar Art Fair – Wednesday, July 19, 2017, 1:00am – 3:00pm.

- b. Vote in new member, Matthew Bartholemy, tabled. Mathew will be here next month.

V. Announcements

- a. LGBTQ support group will start sometime in July and the group will be held twice a month.

VI. Open Forum (Visitors)

- a. Our guest Lexie would like to see more of the MAB members be present at WCC.
- b. Lexie spoke about possibly having more diversity and cultural representation at our events.
- c. Lexie is interested in joining the Member Advisory Board.

VII. Upcoming Calendar

- a. Member Appreciation Day – Friday, May 26, 2017, 11:00am – 4:00pm.
- b. Education Fair – Wednesday, June 21, 2017, 1:00pm – 3:00pm.
- c. The next MAB meeting will be Friday, June 19, 2017, 1:00pm – 2:00pm.
- d. Calendar Art Fair – Wednesday, July 19, 2017, 1:00pm – 3:00pm.
- e. MAB Retreat – Friday, August 18, 2017, 11:00am – 1:00pm.
- f. Multi-Cultural Celebration – Wednesday, August 24, 2017, 1:00pm – 4:00pm.

VIII. Adjournment

Adam adjourned the meeting at 2:22PM.