

**College Community Services**  
**Wellness Center Central Advisory Board**  
**MEETING MINUTES**  
**Friday, February 19, 2016 – 1:00pm to 2:00pm**  
**Wellness Center Central of Orange County – 401 S. Tustin St. #C, Orange, CA 92866**

Attendees: Heidi Sweeney, Anthony Pflaum, Babu Pillutla, and Alonzo Whitson  
Guest: Sohail Eftekharzadeh, Dansha Soto, Patti Pettit, Adam Goldman, and Katherine Lee

**I. Call to Order – 1:00pm**

- a. Welcome – Heidi Sweeney welcomed MAB members.
- b. Approval of Agenda – The agenda for February 19, 2016 was approved by Anthony Pflaum and seconded by Kristen Babu Pillutla.
- c. Approval of Minutes – The minutes from January 15, 2016 were approved by Heidi Sweeney and seconded by Anthony Pflaum.

**II. Reports**

- a. Program Director Report – Patti Pettit
  - i. Patti Pettit spoke of highlights of program for the month of January 2016.
- b. President's Report – Heidi Sweeney
  - i. Heidi shared with the board members the reason for her recent absence from the center. She shared her struggles and how she was able to make her way back to feeling much better and return to her regular daily activities, including coming back to the center. Heidi thanked everyone for all their support through a very hard time and shared how she could not have come back without the support of everyone at WCC.
- c. Sub-Committee Reports
  - Health and Wellness (Heidi Sweeney) – Heidi Sweeney stated 14 vendors are confirmed for the Health Fair in March. A dental group is one of the 14 vendors confirmed. Dr. Sanchez is confirmed as the keynote speaker. Dr. Da Silvia will also be speaking. There will be a Yoga and meditation demonstration. Vendors will be present for smoking sensation as requested by members.
  - Arts and Music (Anthony Pflaum)
  - Data Outcomes (Heidi Sweeney)
  - Evaluations and Survey's (Adam Goldman/Babu Pillutla)
  - Special Events (Heidi Sweeney)
  - Membership Outreach (Heidi Sweeney/Kristen Pankratz) - Heidi Sweeney stated Kristen Pankratz and Patti Petti presented to St. Joseph's Outpatient Unit (The Bipolar Track), 40 individuals were in attendance. Patti is also

working on setting up a presentation with Kaiser in late April 2016. Heidi mentioned presentations are being scheduled at Phoenix House and Hope Center for Sohail and herself.  
Comments and Suggestions (Heidi Sweeney)

### **III. Unfinished Business**

- a. Adam Goldman was to be voted in as a board alternate, however, there were not enough MAB members present for a quorum. The MAB will vote on Adam Goldman becoming a board alternate at the March 18, 2016 meeting.

### **IV. New Business**

- a. Nominate and Vote for a Board Secretary – There was not enough board members present to nominate or vote. The MAB will nominate and vote for a Board Secretary at the March 18, 2016 meeting.
- b. Team Building Exercise (Core Gifts) – Patti present the board members with a team building exercise called Core Gifts. The exercise allows you to find your core giving strengths. The board members worked in teams of twos on the questionnaires, once completed Patti then read each member their core gift. Each board member's core gift was exceptional, and said a lot about to their personality and how they individual give to the center in their own unique way. Each board member truly enjoyed the team exercise.

### **V. Announcements (MAB Members)**

### **VI. Open Forum (Visitors)**

### **VII. Upcoming Calendar**

- a. Black History Month – Friday, February 25, 2016, 1:00pm to 4:00pm
- b. Health Fair – Thursday, March 17, 2016, 1:00pm to 4:00pm
- c. Next Meeting – Friday, March 18, 2016, 1:00pm to 2:00pm

### **VIII. Adjournment**

- a. Heidi Sweeney adjourned the meeting at 2:05pm