



College Community Services
Wellness Center Central Advisory Board
MEETING MINUTES

Friday, October 30, 2020 – 11:00am to 12:30pm

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

REMOTE MEETING, Conducted on WebEX

Meeting Number: 145 400 5011

Attendees: Debbie A., Kimberly J., Deloise M., Johnny C., Robin G.

Guest: Sohail E., Aly W., Julia A-K.

I. Call to Order – 11:16 am

- a) Welcome and Introductions
 - i. Ice Breaker-Favorite Color and Power Word
- b) Approval of Agenda –Read for the group by Johnny C., Agenda approved by Kimberly J., seconded by Deloise M.
- c) Approval of Minutes – Minutes approved by Kimberly J., seconded by Debbie A.

II. Reports

- a) Program Director Report-Sohail E.
 - i. Sohail read the Program Director's Report.
- b) President's Report- Johnny C.
 - i. Grateful to be at the meeting. Impressed with WCC and how they have set up both online and in-person groups. Everything feels very professional and safe. (Johnny C.)
 - ii. Suggesting that people who are concerned about safety come and take a tour to see the safety protocols that have been implemented. Taking temperatures and doing screenings (Johnny C.)

III. Unfinished Business

- a) Reading a portion of the MAB bylaws
 - i. Read MAB Article 3-Section 2, Decision Making Process (Sohail E.)
- b) MHSA Art Calendar
 - i. Collected art from over the last 6 years, with 87 art and writings available for review. Chose one member from each center to judge and pick the art/writings for 20/21 calendar. Have picked the art and now the designer is getting is putting the calendar together. (Sohail E.)
- c) MAB President
 - i. We want to make sure that we are abiding to the MAB bylaws; however, Johnny was in a serious accident and was unable to make it to the MAB meetings for a while which should be taken into consideration. Due to this extenuating circumstance, Johnny will be continue to be the MAB President. This was shared and supported by the Executive Board. (Sohail E.)
 - ii. Johnny is happy to continue in the role and shared a quote from Teddy Roosevelt, "If you're going through hell, just don't stop" (Johnny C.)

IV. New Business

- a) Re-opening report
 - i. What has happened over the last 3 weeks? Started with the first week with 25 members attending the center. The next week have had 40 members. Currently in the 3rd week. Today is the 15th business day we have been open. These are unduplicated numbers. (Sohail E.)
- b) WCC in-person groups
 - i. During the first 2 weeks of in-person groups only support groups were offered to ensure members felt supported and that they could process the last several months upon returning. Many members mentioned that they lost their resources due to the pandemic. WCC is helping to provide resources for those who need it. (Sohail E.)
 - ii. For November there are new groups being offered including Karaoke, exercise, bingo, these will be for the first 2 weeks and then will adjust as necessary. We would like to see if these groups help increase the in-person attendance. Of course we understand that people are concerned about their safety when coming back to the center and we want everyone to understand that there are many protocols in place and protection for everyone. Still making appointments for members to come onsite if they are able. (Sohail E.)
 - iii. November On-site calendar was shared. (Julia A.-K.)
- c) COVID-19 Social Agreement
 - i. The new COVID-19 Social Agreement was approved by Pathways and county. Everyone must wear a facial mask, if they don't have one, one will be provided for them. Enforcing social distancing of 6 feet, not using group rooms, only using living room. Encouraging hand washing, hygiene, and hand sanitizers use. (Sohail E.)
 - ii. There has been much professionalism in the on-site program. Everyone is always safe at WCC, staff remind members to keep 6ft apart even when outside or eating lunch on campus. If you want to wear a face shield, must also wear a mask underneath. (Johnny C.)
- d) Volunteering
 - i. Reviewed contractual goals with staff and during the first quarter, volunteering has been zero. This is troubling, as we know that some members are volunteering. Debbie has sent hours for volunteering to Sohail. If volunteering in the community please send information to Sohail on a monthly basis if possible and encourage other members to do so too. (Sohail E.)
- e) Thanksgiving Holiday
 - i. Brainstorming on how to continue to celebrate the Thanksgiving Holiday in a safe way. There will not be a large in-person holiday gather, but looking into providing members with a pre-packaged meal. (Sohail E.)

V. Announcements (MAB Members)

- a) Kim J.-Happy to have Johnny back.

- b) Robin G.-Missed Johnny too, glad he's doing better. Been doing well, trying to cope with everything, can't go back to the Wellness Center until there is a vaccine.
- c) Debbie A.-Friendship Line for California, a resources that is available 24/7 to call and chat with someone if you need this.
- d) Johnny-Suggested to have an outdoor, West African Drumming group. Also possibility of have MAB meeting on the volleyball court at a 6 ft distance.

VI. Open Forum (Visitors)

- a) No visitors present.

VII. Upcoming Calendar

- a) Next meeting, Friday November 20, 2020 11:00am-12:30pm

VIII. Adjournment

- a) Johnny adjourned the meeting at 12:25pm