



College Community Services
Wellness Center Advisory Board
MEETING MINUTES

Friday, April 17 – 1:00pm to 3:00pm

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

Attendees: Alonzo, Mike, Patty, Anthony, Armand, and Heidi

Guest: Katherine, Sohail, Danisha, Ana, Marjorie, Patricia, and Shirley

I. Call to Order – 1:00p.m.

- a. Welcome – Heidi welcomed everyone and asked that they introduce themselves. Heidi welcomed the guest (Marjorie, Patricia, and Shirley)
- b. Approval of Agenda – The agenda for April 17, 2015 was approved by Heidi and seconded by Patty.
 - i. Approval of Minutes – The minutes from March 20, 2015 were approved by Heidi and seconded by Mike with the conditions that a correction will be made to Heidi's co-facilitation of Healthy Relationships to Balance and Boundaries.

II. Reports

- a. Program Director's Report – Sohail
 - Sohail read the Program Director Report, announced the hiring of Eric (Peer Specialist) and Armin (Peer Lead).
 - Sohail announced that there will be a table for MAB at the Open House scheduled on May 21, 2015. MAB members will be available to greet people and answer questions.
 - Sohail and Jim visited Veteran's Hospital in Long Beach. They were given a tour of the facility by active Wellness Center members.
- b. President's Report – Heidi

Heidi reported that members enjoyed Persian Day. Members were excited to learn about the culture and traditions. Members reported that they enjoyed making their own sub sandwiches as well.

III. Unfinished Business

- a. None

IV. New Business

- a. Sub-committee Reports

- i. Mike reported on the Data/Demographic and Outcomes reports subcommittee. Mike and Darrin observed that the goal for community integration has been met.
 - ii. Heidi reported on the Membership Outreach subcommittee. Heidi reported that the subcommittee is now waiting final approval of the Inactive Membership Survey. The goal is to send the survey and May calendar to inactive members in May.
 - iii. Tony reported on the Arts and Music subcommittee. Tony announced that the Wellness Center Choir is practicing for the upcoming special events such as the Open House and Meeting of the Minds.
 - iv. Heidi reported on the Survey Results subcommittee. Heidi stated that both she and Kim will review the Satisfaction Survey results. Kim reported on the Quality of Life Survey results.
- b. Veteran's Fair
 - i. MAB will be in attendance to assist members. Another focus is to try to get new MAB members.
- c. Open House
 - i. The annual Open House, to be held on May 21, 2015 from 1pm to 4pm, was discussed earlier by Sohail earlier during the meeting.

V. Announcements

- a. Nominations of Board Members
 - i. Heidi announced Michelle resigned from her position as Vice President.
 - ii. Heidi announced Kim expressed an interest in becoming a MAB member, no longer an alternate. Heidi motioned the nomination, Alonzo seconded, Armand third, and Mike fourth.
 - iii. Heidi announced that Jane resigned as a Board Member.
 - iv. Open MAB positions include Vice President, Board Member, and Alternate Board Member.
- b. Alonzo expressed an interest in co-facilitating WRAP for Work class with Diana.
- c. Wellness Center website is up and running. MAB members were asked to visit the site at www.WellnessCenterOC.com to provide feedback.

VI. Open Forum

- a. Marjorie inquired if support groups such as DBSA can run longer than just one hour. Maybe a half hour longer to allow time for everyone to share.
- b. Shirley thanked the MAB for having the bullying campaign. She expressed noticing a difference in the Wellness Center. Shirley reported that she has concerns about explicit lyrics in the karaoke class. Shirley stated that she is working with Patti Pettit to find solutions.
- c. Patricia inquired if there was a dress code for members at the Wellness Center.

VII. Upcoming Calendar

- a. Annual Membership Renewal begins Friday, May 1, 2015.
- b. Next MAB meeting Friday, May 15, 2015 from 1:00pm - 3:00pm.
- c. Wellness Center Open House, Thursday, May 21, 2015 from 1:00pm to 4:00pm.

VIII. Adjournment

- a. Heidi adjourned the meeting at 2:09pm.