



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

**Friday, November 22, 2019 – 11:00am to 12:30pm**

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

Attendees: Johnny Case, Debbie Acosta, Kimberly Johnson, Deanna Lundberg, Deloise Moore.  
Guest: Linda Blaylock, Cynthia Gouker, Robin Gantenbein, Paulina Subin, Sohail Eftekharzadeh, Olivia Ramirez, Aly Wallace.

**I. Call to Order – 11:06 am**

- a) Welcome – Everyone introduced themselves.
- b) Approval of Agenda – The agenda was approved by Kimberly Johnson, seconded by Deloise Moore.
- c) Approval of Minutes – The minutes was approved by Kimberly Johnson, seconded by Debbie Acosta.

**II. Reports**

- a) Program Director Report-Sohail Eftekharzadeh
  - o Sohail read the Program Director's Report.
- b) President's Report- Johnny Case
  - o A musical group called Capitol Cities helped raise money for CHOC of Los Angeles. (Jonny Case)
  - o For the community meeting Johnny played 'Safe and Sound' by Capitol Cities because of their positivity. (WCC). (Johnny Case)
  - o Johnny complimented Sohail that he never gives up on members. (Johnny Case)

**III. Unfinished Business**

- a) Reading a portion of the MAB bylaws.
  - o Debbie Acosta started to read Article 2, Section 2.
  - o Deloise Moore finished reading Article 2, Section 3 and 4.
- b) Calendar of Assignments for *Chat with Mab* (December 2019).
  - o Wednesday, December 4, 2019: Johnny Case and Paulina Subin.
  - o Wednesday, December 11, 2019: Kimberly Johnson and Robin Gantenbein.
  - o Wednesday, December 18, 2019: Holiday Lunch.
  - o Wednesday, December 25, 2019: Happy Holidays! WCC closed in observance of Christmas.
- c) MAB Luncheon.
  - o MAB luncheon will be at Mason Park in Irvine, Friday, December 13, 2019 from 11:00am-1:00pm.
  - o MAB from the other Wellness Centers will be joining WCC for the MAB Luncheon.
- d) WCC Ten Year Anniversary.
  - o There will be a meeting in December to discuss the WCC ten-year anniversary celebration.
  - o There will be a meeting held later today, Friday afternoon, at 4:30pm to discuss party planning with staff and members. (Deloise Moore)

- e) Facility Landscape Improvements for 10-year Anniversary.
  - Sohail spoke to Sam (Facility Manager) to add flowers in front of the building, underneath the 401 S. Tustin St. sign. (Sohail Eftekhazadeh)
  - If there are any other ideas regarding the facility landscape, please inform Sohail. (Sohail Eftekhazadeh)
- f) WCC Smoking Area.
  - Members from Treehouse are asking staff and members for cigarettes. (Sohail Eftekhazadeh)
  - If this happens make sure to inform staff, or Sohail. Do not confront them. (Sohail Eftekhazadeh)
- g) Vote for New MAB Members.
  - Paulina Subin introduced herself and informed everyone that she can help as much as possible and she can also provide ideas. (Paulina Subin)
  - Johnny complimented Paulina. (Johnny Case)
  - Kim suggested that Paulina would be great asset for the MAB. (Kimberly Johnson)
  - All of MAB unanimously voted for Paulina Subin to be a part of the MAB. (MAB members)
  - Robin introduced himself and announced that he would like to be the WCC greeter. (Robin Gantenbein)
  - Johnny complimented Robin. (Johnny Case)
  - Robin can be very helpful to the MAB; he would like to be a part of the Event Sub-Committee. (Robin Gantenbein)
  - All of MAB unanimously voted for Robin Gantenbein to be a part of the MAB. (MAB members)

#### **IV. New Business**

- a) Review Chat with MAB results and member feedback.
  - A suggestion was made to have more multi-cultural events. (Kimberly Johnson)
  - A member suggested to have a vegan/vegetarian cooking class. (Kimberly Johnson)
  - Kim spoke to the member making previously mentioned suggestions, regarding to their recovery, and said that they are doing well in recovery. (Kimberly Johnson)
  - One of our members would like to have more reading and writing classes. (Kimberly Johnson)
  - Another member suggested to have sewing classes. (Kimberly Johnson)
  - For the suggestion that was made about the reading and writing class; possibly have an outing to the Orange Library and take some of their education courses. (Sohail Eftekhazadeh)
- b) Inappropriate use of WCC bathroom.
  - When members or visitors are using the WCC restroom inappropriately, make sure to inform staff, please do not confront the person. (Sohail Eftekhazadeh)
  - It is a safety concern if members and visitors are using WCC bathrooms for grooming purposes. (Sohail Eftekhazadeh)

- c) WCC Newsletter
  - Reviewed the dates for the Newsletter. (Sohail Eftekhazadeh)
  - Staff Willy is working on Newsletter if anyone would like to contribute to it, please let him know (Sohail Eftekhazadeh)
  - There may need to be a MAB sub-committee created for the WCC Newsletter for those who want to help. (Sohail Eftekhazadeh)
- d) WCC Monthly Contractual Goals.
  - Sohail reviewed the contractual goals with the MAB. (Sohail Eftekhazadeh)
  - To help with the contractual goals the MAB should know what each class is and be attending as many as possible. Encouraging other members to do the same. (Johnny Case)
  - There should be a MAB orientation for new members so they know what is expected of them. (Deloise Moore)
  - We may need to create a MAB orientation sub-committee. (Sohail Eftekhazadeh)
- e) WCC Holiday Lunch.
  - If interested in volunteering, let staff know and please sign in on the Ambassador/Volunteer sheet in the kitchen. (Sohail Eftekhazadeh)
  - There is a meeting tonight, November 22, 2019, to discuss holiday grams. (Deanna Lundberg)

**V. Announcements (MAB Members)**

- a) Debbie is glad to be a part of the MAB and appreciates that Kim facilitates *Chat with MAB*. Debbie is also thankful that Johnny facilitates the community meetings, on Wednesdays. (Debbie Acosta)
- b) Kim thanked everyone for letting her be on the MAB. (Kimberly Johnson)

**VI. Open Forum (Visitors)**

- a. Visitor(s) introduced themselves(s). (Cynthia Gouker, and Linda Blaylock.)
  - Linda introduced herself and showed interest in the program at WCC. (Linda Blaylock)
  - Linda would like to still attend a few more meetings. (Linda Blaylock)
  - Linda expressed interest in the Peer Partnering Support Program. (Linda Blaylock)

**VII. Upcoming Calendar**

- a. WCC Holiday Luncheon – Wednesday, December 18, 2019, 12:00pm-2:00pm.
- b. MAB Appreciation Lunch: Friday, December 13, 2019, 11:00pm-1:00pm.

**VIII. Adjournment**

- a) Johnny adjourned the meeting at 12:35pm.