



College Community Services  
Wellness Center Central Advisory Board  
MEETING MINUTES

Friday, August 19, 2019 – 11:00am to 12:30pm

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

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

**I. Call to Order – 11:08 am**

- a) Welcome – Everyone was asked what kind of respect do you bring to Wellness Center Central (WCC) as a MAB member or regular member? (Johnny Case)
- b) Approval of Agenda – The agenda was approved by Kimberly Johnson, seconded by Debbie Acosta.
- c) Approval of Minutes – The minutes was approved by Kimberly Johnson, seconded by Deanna Lundberg.

**II. Reports**

- a) Program Director Report-Sohail Eftekhazadeh
  - o Sohail read the Program Director's Report.
- b) President's Report- Johnny Case
  - o August is Respect Awareness month, Johnny spoke about Respect. (Johnny Case)
  - o Johnny encouraged everyone to be loving, cordial, and uplifting with one another. (Johnny Case)
  - o During Respect Awareness month, Johnny reminded everyone to be open to their surroundings, kind and loving. (Johnny Case)
  - o Johnny encouraged the MAB to set an example for the WCC members; by being upstanding, standing out, and going above and beyond for others. (Johnny Case)

**III. Unfinished Business**

- a) Reading a portion of the MAB bylaws.
  - o Deanna started to read Article 2, Section 2: Membership and Voting Guidelines.
  - o Each MAB member continued to read each bullet point from Article 2, Section 2: Membership and Voting Guidelines.
- b) Calendar of Assignments for *Chat with Mab* (September 2019).
  - o Wednesday, September 4, 2019: Johnny Case.
  - o Wednesday, September 11, 2019: Deanna Lundberg.
  - o Wednesday, September 18, 2019: Kimberly Johnson.
  - o Wednesday, September 25, 2019: Deanna Lundberg.
- c) WCC MAB Sub-Committees.
  - o Debbie is doing a great job with the outreach and engagement sub-committee. (Johnny Case)
  - o The MAB would like to add a new outreach sub-committee; for example when members haven't attended WCC for an extensive time,

if possible can WCC reach out and send out post cards. (Deloise Moore)

- An event planning committee that helps prepare the WCC events, would like to receive new and appropriate equipment for these special occasions. (Deloise Moore)

d) WCC Ten Year Anniversary.

- The first meeting is September fourth, and the MAB is invited. (Sohail Eftekhazadeh)
- If anyone is interested in volunteering for WCC ten year anniversary celebration, please talk to Deloise and Debbie. (Sohail Eftekhazadeh)

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

a) Vice President Letter of Resignation.

- Pennie stepped down from the Vice President position. (Johnny Case)

b) New Vice President Vacancy.

- Sohail asked for a show of hands of how many MAB members were interested in the Vice President position. (Sohail Eftekhazadeh)
- Deloise would like to nominate someone for the MAB vice president. (Deloise Moore)
- The MAB spoke and nominated Deanna Lundberg as the MAB Vice President. (Sohail Eftekhazadeh)

c) Recruiting member for MAB.

- Kimberly and Johnny were going around WCC and asking members if they are interested in joining the MAB. (Johnny Case)
- Kimberly encouraged and recommended Paulina Subin to join the MAB. (Kimberly Johnson)

d) Review Chat with MAB results.

- Instead of taking suggestions and requests, Kim just engaged and took the time to get to know members. (Kim Johnson)

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

a) The MAB holds their own informal meeting, where they discuss topics and ideas to put on the agenda. (Deloise Moore)

b) Deloise announced that the Recovery Education Institute (REI) offers classes and training for conflict resolution. (Deloise Moore)

c) When the living room looks occupied, the MAB should encourage members to attend WCC classes and groups. (Johnny Case)

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

a. Vistor(s) introduced themselves(s). (Cynthia Gouker, Robin Gantenbein, Paulina Subin.

- Cynthia introduced herself and announced that she is an ambassador, and helps with the kitchen and resource room. (Cynthia Gouker)
- Robin introduced himself and would like to try and join the MAB. (Robin Gantenbein)
- Paulina Subin introduced herself, she is kind and helpful. She would like to help anyway she can for the MAB. (Paulina Subin)
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- Jeff would like to be on the MAB to be with Johnny (Jeff Reitz)
- Cynthia A. and Celia would like to see if there is room in the budget for some more ukuleles.

- Celia shared that there is only a limited supply of ukuleles and some members don't feel as involved if they don't have an ukulele. (Celia Rennie)
- Sohail notice the high population of the group and agreed to the purchase of more ukuleles. (Sohail)
- Celia enjoyed the MAB meeting. (Celia Rennie)
- Johnny explained that the ukulele class is musical therapy to some of the members.

**VII. Upcoming Calendar**

- a. WCC Community Resource Fair – Wednesday, August 21, 2019, 1:00pm-3:00pm.
- b. WCC Hispanic Heritage Celebration - Wednesday, September 20, 2019, 1:00pm-4:00pm
- c. Next MAB Meeting: Friday, September 20, 2019, 11:00am-12:30pm.

**VIII. Adjournment**

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