



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

Friday, January 17, 2020 – 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, Paulina Subin, Robin Gantenbein.

Guest: Justine Plascencia, Shannon Mangigian, Cynthia Gouker, Rob Libfeld, Sohail Eftekhazadeh, Olivia Ramirez, Rosanna Yang.

I. Call to Order – 11:06 am

- a) Welcome – Everyone introduced themselves, and answered what they would like to accomplish for the year 2020.
- b) Approval of Agenda – Tabled. No Meeting-MAB Appreciation Luncheon.
- c) Approval of Minutes – Tabled. No Meeting-MAB Appreciation Luncheon.

II. Reports

- a) Program Director Report-Sohail Eftekhazadeh
 - Sohail read the Program Director's Report.
- b) President's Report-Johnny Case
 - Johnny thanked all the visitors for being in attendance.
 - Johnny appreciates that Sohail never gives up on anyone.
 - Johnny thanked every MAB member for their love, drive, compassion, growth, and hard work.
 - Johnny had a great time at the MAB Appreciation Luncheon, it was very fun and enjoyable. Johnny would like to collaborate with the other Wellness Center's MAB again.
 - Johnny expressed his gratitude towards the administrative team, for always being welcoming and supporting.

III. Unfinished Business

- a) Reading a portion of the MAB bylaws.
 - Debbie Acosta read Article 2 Membership, Section 2 Membership and Voting Guidelines.
- b) Calendar of Assignments for *Chat with Mab* (February 2020).
 - Wednesday, February 5, 2020: Johnny Case.
 - Wednesday, February 12, 2020: Kimberly Johnson.
 - Wednesday, February 19, 2020: Paulina Subin.
 - Wednesday, February 26, 2020: WCC Black History Celebration.
- c) WCC Ten Year Anniversary.
 - For the ten-year anniversary there will a power point presentation of WCC (Wellness Center Central). (Sohail Eftekhazadeh)
 - Not only will there be a presentation at the anniversary celebration, there will be posters of how WCC progressed over ten years. (Sohail Eftekhazadeh)
 - There will be a meeting in room 114, 4:30pm-5:00pm regarding the ten-year anniversary celebration decorations. (Deloise Moore)

- Decorations will be put up starting Friday, Saturday, and Tuesday. (Deloise Moore)
- There will be a few members sharing their recovery story, and Jayson Benbrook will talk about how WCC was developed. (Sohail Eftekhazadeh)

IV. New Business

- a) Review Chat with MAB results and member feedback.
 - A suggestion was made to have a vegan cooking class. (Kimberly Johnson)
 - Sohail replied and has paperwork ready for member to co-facilitate the vegan cooking class. (Sohail Eftekhazadeh)
 - A member suggested to have a vegan/vegetarian cooking class. (Kimberly Johnson)
 - A member suggested to have a driver's education course at WCC. (Kimberly Johnson)
- b) Vote for new MAB members.
 - Justine shared that she would like to be on the MAB, to help make the WCC better and to help her recovery. (Justine Plascencia)
 - MAB appreciates the hard work and loyalty Justine has brought to the WCC. (MAB member)
 - MAB voted Justine to be a part of the MAB. (Sohail Eftekhazadeh)
 - Justine will help with the event planning committee. (Justine Plascencia)
- c) WCC Quarterly Newsletter.
 - Sohail would like the MAB to help and support William Be with the PowerPoint presentation for the ten-year anniversary. (Sohail Eftekhazadeh)
- d) WCC Monthly Contractual Goals.
 - Sohail explained the goals to the MAB. (Sohail Eftekhazadeh)
 - Sohail would like the MAB to help encourage member to join more groups. (Sohail Eftekhazadeh)
 - Sohail appreciated ideas and thoughts to help improve WCC numbers. (Sohail Eftekhazadeh)
- e) WCC February Event.
 - Sohail discussed the two upcoming events for February, which are Lunar New Year, and the Black History Celebration. (Sohail Eftekhazadeh)
 - Sohail explained that once staff has completed their daily work tasks, staff will be available to help with events. (Sohail Eftekhazadeh)
 - For Valentine's Day, members would like to have floral grahams, sent to other members, with words of encouragement. (Paulina Subin)
 - Members are more than welcome to make these floral valentine grams in floral design and scrapbooking, and hand the grams out in person. (Sohail Eftekhazadeh)

V. Announcements (MAB Members)

- a) Kim congratulated all the new MAB members. (Kimberly Johnson)
- b) Paulina thanked MAB members for being there for her and showing her support. (Paulina Subin)

- c) Johnny feels that the spirit of WCC is more about giving than receiving. (Sohail Eftekhazadeh)
- d) Sohail announced that WCC is here to serve and to improve one's quality of life. (Sohail Eftekhazadeh)

VI. Open Forum (Visitors)

- a. Visitor(s) introduced themselves(s). (Cynthia Gouker, Justine Plascencia, Shannon Mangigian, Rob Libfeld, Rosanna Yang)
 - o Cynthia would like to be a part of the MAB. (Cynthia Gouker)
 - o Rosanna was really inspired by WCC. Rosanna would like to help find ways that the WCS (Wellness Center South) can be more supportive. (Rosanna Yang)
 - o Shannon is very thankful and feels very welcomed, she would like to keep trying and help others. (Shannon Mangigian)

VII. Upcoming Calendar

- a. WCC 10-Year Anniversary, January 22, 2020, 11:00am-2:00pm.
- b. WCC Lunar New Year February 7, 2020, 5:00pm-8:00pm.
- c. Next meeting, Friday, February 21, 2020, 11:00am-12:30pm.

VIII. Adjournment

- a) Johnny adjourned the meeting at 12:23pm.