

**Wellness Center South**  
**Suggestion Box Comments & Responses - April 2024**

At Wellness Center South we value your feedback! Below you will find responses to your comments and suggestions from the MAB and staff. We have tried our best to comment on each suggestion/comment to meet your needs. Please let staff or a MAB member know if your question/comment has not been answered and/or addressed. Thank you!

**Comments & Suggestions**

**Comment #1:** Fitness Group, examples include going to the park and using exercise machines, bring an outside fitness trainer. Members want to be physically active.

**Response #1:** Great suggestion! Our WCS has been talking about adding more physical style activities to our calendar. In the month of April, we have Outdoor Fitness on Mondays at 2:10 pm. We have been taking members to Mountain View Park in Lake Forest. There are exercise stations throughout the park as well as basketball courts, handball courts, and volleyball courts. We have also collaborated with the other Wellness Centers to have a sports activity. Most recently we participated in a Volleyball Game with the other Wellness Centers at El Camino Real Park in Orange.

**Comment #2:** Book Club on Thursdays.

**Response #2:** Thank you for suggestion a new day for Book Club. Book Club on Saturdays was going well. However, we have taken Book Club off of the calendar temporarily and we look forward bringing it back in the future. This would be a great group for our new Peer Specialist that we plan to have join our team in May.

**Comment #3:** I'd like to lead a group called Food for Talk. The idea is to bring a recipe that is from your culture and talk about it. Include ingredients and why love the recipe so much!

**Response #3:** What a great idea! Our Peer Lead will follow up with you to develop this new group with you. This can be really great for us in recovery to share why a dish has significant meaning to us. We can't wait to taste all the yummy dishes that our members will create in the kitchen.

**Comment #4:** Please bring back beading. A lot of members would benefit from it. Thank you.

**Response #4:** This is a great group for WCS. We have been seeing our creative members spending more time in the art room lately. Beading would be a great activity for us to create new art projects. Our Team Lead will target bringing Beading to our June calendar.

**Comment #5:** Bowers Museum-the best museum in O.C.

**Response #5:** We agree that Bowers is a terrific museum in Orange County. We plan on adding an outing to Bowers Museum in June.

**Comment #6:** Ice Machine during summer or ice cream so that members get to socialize and get to know each other.

**Response #6:** We love this suggestion! We will plan for an ice cream social in the near future. We will discuss this suggestion in our MAB meeting on May 10<sup>th</sup>. We will be planning our Member Appreciation event for the month of June. We can propose having an ice cream truck or vendor to deliver ice cream for members to encourage members to socialize and get to know one another.

**Comment #7:** Subway Sandwich instead of pizza. People seem to be feeling like we have been having too much pizza. Subway yummy and health, vegetarian sandwich options too please.

**Response #7:** We hear you. It is all too often that when there is a big crowd pizza is the easiest solution to call in a big order and feed everyone. Sandwiches would be a great option to accomplish the same goal and to be healthier about it. We recently had a Walk to Lunch planned and the rain kept us from walking to our regular location. To honor the group and keep everyone safe we placed an order to a local sandwich shop and they were able to fill our order in an hour. We will look to purchase sandwiches over pizza at our future celebrations here at WCS. Thank you for being health conscious.

**Comment #8:** Learn Guitar needs some sort of Lesson Plan or a way to be more engaging. The class may run smoother and with more of a sense of direction.

**Response #8:** Thank you for the feedback. We will look to improve this group so that our members can get more out of it. We recently added a full-time Peer Specialist that loves teaching our members to play the guitar. We will assign this group to him and that should help solve this concern.

**Comment #9:** Maybe if someone could make an app for iPhone/Android that members could check into for each group. This would be more convenient, saves paper, and less paper lost.

**Response #9:** What an innovative suggestion for the future! We are not quite there to start developing cell phone apps. However, with that being said we like your idea to make things more convenient for members to login to the virtual groups. We will spend time seeing if there is a way to assist folks and make it easier to login to zoom for the virtual meetings.

**Comment #10:** On the monthly mail out, calendar if there could be a definition about the group on a separate piece of paper. I would come more often if I knew what the group was about.

**Response #10:** Once upon a time we would add the group descriptions to our mailing. However, the font would be so small it was not a very easy document to read. The additional page would also make our mailings over the weight limit to us needing to add additional postage to each envelope. We do make our group descriptions available on our website so that you can access the document at any time as well as zoom in on the document to be able to see the descriptions in larger font. As a result, from your suggestion we will be printing out copies of the Group Descriptions in a larger font and keeping them in the reception area for members to take. We hope this solution helps with knowing a little more about the groups before you attend.

**Comment #11:** Put the NA 3<sup>rd</sup> Step Prayer, p. 26 in the NA basic text, in a frame on the wall in the CR room. "Many have said: take my will and my life, guide me in my recovery, show me how to live."

**Response #11:** This is a terrific suggestion! We will be adding this powerful message and frame it on the wall of our Courage Room. Thank you for thinking of this idea.

**Comment #12:** We need more watercolor paints for water color group. A lot of them are empty.

**Response #12:** We have ordered new water color paints from our supplier at Staples. The new water color paints look amazing! We hope that you enjoy having the new paints and we can't wait to see what you create in our Creative Corner in Community Meeting every Wednesday at 11:10 A.M.

**Please contact Program Director, Raul Fernandez directly if you have any question or any other concerns at (949)528-6822 or [Raul.Fernandez@pathways.com](mailto:Raul.Fernandez@pathways.com)**