

**Wellness Center South**  
**Suggestion Box Comments & Responses - August 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:** Al-Anon.

**Response #1:** That is an excellent suggestion! We love the idea of bringing Al-Anon back to WCS. We will look to bring this group to our October calendar.

**Comment #2:** Braille Playing Cards.

**Response #2:** Thank you for the suggestion. We will purchase Braille Playing Cards so that our visually impaired members can enjoy groups like Card Playing Games and our upcoming Card Playing Games Collaborative Tournament with the other Wellness Centers.

**Comment #3:** Want to have a movie group where we watch movies in the day room on the big TV. Maybe Saturdays?

**Response #3:** Great suggestion! We will discuss this with our Saturday crew. Stay tuned if we can add it to our October calendar.

**Comment #4:** Put chair yoga on Monday since it's on Thursday but I mean leave it on Thursday and put it on Monday.

**Response #4:** We are glad to hear that you enjoy Chair Yoga and you would like to see it offered on an additional day. We love that our WCS members have taken a real interest in adding Physical Fitness style groups to our calendar. We will see if we can add a new Chair Yoga group to our October calendar. In the meantime, Chair Yoga is an activity that we can all do together in Morning Icebreakers. Be sure to make the request to the Peer Specialist facilitating Morning Icebreakers. Keep up all of the great work you are doing for your wellness!

**Comment #5:** Plan a visit to see our MAB President.

**Response #5:** Thanks for the suggestion. Our MAB President has expressed that they appreciate all of the love and support that members have been sending to them. It has been awesome that we have been able to stay in touch virtually and with members visiting our MAB President offsite to keep investing in our recovery relationships in our community.

**Comment #6:** Another trip to MUZEO.

**Response #6:** We received very positive feedback from those that attended our outing to MUZEO, the museum in Anaheim. We will plan a return to MUZEO and some additional museums in Orange County.

**Comment #7:** Get some exercise equipment for serenity room that could be able to change to exercise room also half to half.

**Response #7:** WCS MAB supports the idea to purchase exercise/fitness equipment to place in the Serenity Room. We can make that room multi-use to store some fitness equipment. We can also utilize the fitness equipment for physical fitness groups like Train for Your Best Life too.

**Comment #8:** WCS creating an Art Calendar of members Art work. Members would sell them to fundraise for different events.

**Response #8:** That is a great idea for the future. Currently we participate in the collaborative Art Fair and MHSA Calendar Event at Wellness Center Central. Having it a collaborative activity makes for a rich experience. There are great pieces of art submitted from all three Wellness Centers and the calendar that is produced from it is very high quality. At this time, we will continue to support the collaborative MHSA Calendar Event/Art Fair that is hosted at Wellness Center Central.

**Comment #9:** Can we buy some crossword puzzle for the center?

**Response #9:** Yes, we will purchase some crossword puzzles for the center and keep them in the front room to use during Social Hour or Morning Icebreakers.

**Comment #10:** Take members to the Reptile Zoo in Costa Mesa.

**Response #10:** This is a terrific suggestion. Our Team Lead has scheduled the Social Outing to the Reptile Zoo on Tuesday, September 24<sup>th</sup> from 10:10am – 2:30pm. We hope that you get to join this trip to the Reptile Museum. Have fun!

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