

Quality of Life Outreach, Inc.

Meeting Minutes

November 19, 2013

I. Call to order

Charlotte Wiles called to order the Quality of Life meeting at 11:13 p.m. on November 19, 2013 at Papa's Mexican Restaurant.

II. Roll Call

The following persons were present: Charlotte Wiles, Sherri McCartney, Pam Posey, Tracy Kennedy, Cynthia Schoeppey, Brenda Huff, Bridget Martin, Bonnie Carr, Dick Black, Katrina Rowe, Sonya May, Jennifer Kranzman, Lura Powell, Teresa Mullen

III. Minutes/Treasure's report

a. Minutes were reviewed. Dick Black made a motion to accept October meeting minutes. Second by Katrina Rowe. Motion carried no opposition noted.

b. Treasure's report was reviewed. Charlotte stated the flowers for Kim Hughes husband was the only thing outstanding that needs to be paid. She is paying for that today. Charlotte Wiles made a motion to accept November report. Second by Teresa seconded it. Motion carried no opposition noted.

c. Election of Officers/meeting location

Location of next year's meetings was discussed. Sherri mentioned the hospital and there was discussion that the Limetree was too distracting. Charlotte mentioned The Branding Iron meeting room. Teresa mentioned LaVilla. Bridget suggested using different locations. Location will be decided by listing in order the preference on the election ballot.

Gray Miles is still willing to serve as the substance abuse committee chair, but no longer works for the Recovery Center as the IPA.

Next year's meeting time was discussed and it was determined that the third Monday of the month at noon was good. Bridget made a motion and Katrina seconded it to keep the meeting time the same.

Charlotte presented board members for election.

President: Charlotte Wiles

Vice President: Cynthia Schoeppey

Secretary: Tracy Kennedy

Treasurer: Pam Posey

Committee Chairs:

Tobacco: Katrina Rowe

Substance Prevention: Gray Miles

Wellness: Bridgett Martin

Violence/Suicide: Sherri McCourtney

Seniors: Dick Black

Public Relations: Teresa Mullen

All nominees accepted. Sonya may was a write in for the substance abuse committee chair.

Gray Miles carried the vote.

Voted by ballot for Marketing and PR was presented. Teresa Mullen carried the vote. Sherri made a motion and Cynthia seconded it no opposition motion carried.

Meeting location: First choice was Branding Iron, second choice Mena Regional, third choice Papa's. If the first choice isn't available the second choice will be contacted and so on.

Bridgett made a motion and Cynthia seconded it to accept the location. No opposition.

IV. Committee Reports

- a. **Tobacco:** Katrina stated that the Great American Smoke Out is her next big project. She is waiting on a 16 ft. screen with projector to arrive that will be used to show a movie with the smoke screen presentation to the public.
- b. **Substance Prevention:** Cynthia had nothing to report.
- c. **Wellness:** Bridget Martin discussed doing a news release each month through the QOL. Bonnie has some material that was used in Hot Spring County that she will share with Bridget. The news release will pertain to whatever awareness is in that month. Teresa will check to see if the STAR or the PULSE will charge to publish this information. Bridget suggested doing "Extra Special Potty News".
- d. **Violence/Suicide Prevention:** No Report.
- e. **Seniors:** Dick Black is excited about the new caregivers group. It met for the first time last week. It will meet the first Wednesday of the month at noon (except in January and February of 2014 they will meet on a different date). Jennifer talked more about it. It is sponsored by the hospital senior behavioral and Cedar Haven. At their first meeting 13 people were in attendance. In January the topic will include the Affordable Care Act (Obamacare). They will also offer a Virtual Dementia Tour that will allow those who participate to experience the effects of dementia. The Caregivers group does not focus only on the elderly but will include caregivers of all kinds from young to elderly. They will not have a meeting in December.
- f. **Public Relations:** Teresa Mullen announced that we have a new member, Sonja May.

V. New Business

- a. **December Meeting :** There was discussion of whether or not to have a meeting in December. Cynthia made a motion to cancel the December meeting and Bridget seconded it.
- b. **Speaking Engagement:** Charlotte will speak at the next ROARS meeting. Brenda has provided information to her on the history of QOL. Charlotte has several other speaking engagements planned.
- c. **Suicide Presentation:** Sherri will present a webinar “Strategic Approach to Suicide Prevent” in the high schools. She would like to do something similar to this every 3rd month. Cynthia suggested educated peers on how to recognize depression. It was also suggested that we speak with counselors and see if there is anything they would like to learn more about. Smithville schools had someone come in and present on suicide prevention. Tammy Klutz is willing to speak on this subject.
- d. **Membership:** QOL had one new member added, Leslie McCoy from Mena Regional. Group filled out membership forms and turned them into Charlotte. Cynthia will keep in kind hours on a spreadsheet monthly.
- e. **2013 Accomplishments:** Thanks to Brenda and Doreen for compiling the history on QOL and making it available to Charlotte. Kim Hughes for helping with the logo. Bonnie for working on the Project Scope grant. (they haven’t been given any information yet) Someone is coming to meet with Charlotte on Friday. The by-laws were updated. Purchased promotional items. The QOL website was created. Tax info and Secretary of State information is updated. Received the Blue and You Grant (\$1500) which helped pay for the Resource Guide. Some sponsors helped with remaining cost of the guide. Charlotte asked for members to help distribute them. Members should email Charlotte with any resource that is not in the guide. We didn’t receive the Healthy Living grant. Suicide webinar was presented with 22 people present. We participated in the Mena Regional Health Fair.
- f. **2014:** Walk across Polk County is the main fundraiser for QOL. We need to promote it more. Kim Hughes normally coordinated this. Bridgett is now over Health and Wellness. We need to schedule a wellness meeting in January. National Drug Facts Week is the last week in January or 1st week of February. We need to involve the resource officers from the schools. Joe Quinn-Mena High School and Bethany Hughes. Teresa Mullen presented information on the Backpack program. After she attends the next meeting she will provide the QOL with information and we will determine if we want to be involved. ATV safety month is in April. Charlotte spoke with Gar about how QOL and the ATV club could partner on running a PSA. She will get more information. Clarice’s Room of Hope provides wigs, turbans, and makeup for anyone who has hair loss due to disease or medications. They meet the last Monday of every month from 6-8 in the Daisy room.

Meeting adjourned