

Quality of Life Outreach, Inc.

Minutes

January 21, 2015

The following persons were present: Charlotte Wiles, Pam Posey, Dick Black, Bridget Martin, Cynthia Martin, Tracy Kennedy, Teresa Mullen, Jennifer Kranzman, Brenda Huff, Carol Sickles, Vicki Shadell, Bonnie Carr, Dekitra Ross-Larry Kim Hughes. Validation of absences was given for the following board members: Sonya Maye, Lura Powell, and Sherri McCourtney.

Charlotte opened the meeting at 12:08 p.m. New officers were announced and there was a validation of absent members. Dr. Black made a motion that the minutes from the November meeting be approved. Cynthia Martin seconded the motion. Motion carried.

Treasurer's Report

- Pam Posey gave the treasurer's report for November and December.

Tracy made a motion to approve the Treasurer's report. Bridget seconded the motion. Motion carried.

Two issues were voted on via email.

- \$250 was donated to the Back Pack program
- QOL meetings will be held the 2nd Wednesday of the month starting in February.

Committee Reports:

Tobacco/Substance Prevention

Steven Free has provided new flyers for AA and NA. Charlotte talked with Bethany and Brittany Parnell about possible speakers for the Polk County Schools. There are trainings available in Fort Smith on February 25th and March 25th.

Seniors

Dr. Black shared about the S.M.A.R.T team. This is a faith based maintenance and repair team organized by local churches. Teams are organized to make repairs for the elderly. Volunteers and donations are needed.

Wellness

Bridgett discussed the Farm Bureau program, where blood pressure cuffs are placed in the community to promote heart health awareness. Possible locations discussed included the Senior Center, RMCC, and the Polk County Library. February is Heart Health Awareness month.

Bridget talked with Sterling about giving handouts with information and maybe doing door prizes.

Jennifer from Mena Regional reminded everyone about the heart scan available at the hospital. The cost is \$50 per person.

Komen vouchers are available at Healthy Connections.

Public Relations/Membership

Teresa gave out membership forms to those who were not present at the November meeting. Radio announcement will be changed to reflect the new meeting time.

Topics discussed:

- **Dolly Parton Imagination Library Project**
MOA needs to be created between QOL and the library. Their next meeting is in March and we need to have plans in place. The project will be started in the two zip codes presented. We will also ask the library to donate \$250.
- **Walk Across Polk County**
Flyers and packets were distributed.
- ROARS is no longer meeting
- Caregivers meeting is February 4th at noon.
- Clarice's Room of Hope will meet on Monday.
- Vicki Shadell with the Department of Human Services Division of Community Service and Nonprofit support shared with the group the services she offers to nonprofit organizations. She helps nonprofit organizations become more efficient and effective by offering on site trainings and the use of assessment tools. There will be a summit held in Little Rock on April 30th-May 1st at the Embassy Suites. Topics covered will include Grant research, free handouts, and community service awards.

Meeting adjourned