

Quality of Life Outreach, Inc.

Minutes

February 11, 2015

The following persons were present: Dick Black, Cynthia Martin, Tracy Kennedy, Teresa Mullen, Jennifer Kranzman, Brenda Huff, Bonnie Carr, Sonya May, Lura Powell, Cheryl Byrd, Kyong Weathersby, Larry Weathersby, Shirley Nunez-Thorn, Hunter Wolf.

Validation of absences was given for the following board members: Charlotte Wiles, Bridget Martin, Pam Posey and Sherri McCourtney.

Cynthia called the meeting to order at 12:07 p.m. There was a validation of absent members. Cynthia conducted the meeting in Charlotte's absence. There was a correction made to the January minutes. In the January meeting it was stated that the heart scan at Mena Regional was \$50 per person. The cost is actually \$56/person or \$100 for a couple. Teresa made a motion to approve the minutes from the January meeting with the appropriate changes. Lura seconded the motion to accept the minutes with changes. Motion carried.

Treasurer's Report

- There were no changes to the treasurer's report.

Teresa made a motion to approve the Treasurer's report. Sonya seconded the motion. Motion carried.

Committee Reports:

Tobacco/Substance Prevention

Nothing to report.

Seniors

Dr. Black stated that Mena Regional is in need of volunteers for 2 to 2 ½ hour shifts from 7:30-2:00.

Wellness

Nothing to report.

Public Relations/Membership

Teresa announced that she still has 2015 membership forms available to anyone who is interested.

Action Items:

- **Donation to the Heart Healthy Awareness Effort**

Sonya made a motion to spend \$500 on Heart Healthy Awareness publication and cookbooks. Teresa seconded the motion. Motion carried.

Guest Speaker

Jennifer Kranzman, Program Director for the Mena Regional Rehab Center, presented information on the services provided by the Rehab Center at Mena Regional.

Kyong Weathersby presented her vision of opening “God’s Feeding Hands”. This is a not-for-profit food pantry and ministry that will serve all of Polk County. The mission of God’s Feeding Hands is to alleviate hunger in Polk County by collecting, and packaging food for distribution to the needy and low income family. They are in need of donations for the startup of this project.

Meeting adjourned