

iRise Wellness Board Meeting

December 15, 2020 from 5pm-7pm PST

Zoom Link: <https://auburn.zoom.us/j/81252098123>

Check-in Question: One new years resolution.

Mission

iRise Wellness mission is to build awareness alongside communities of color focusing on physical health, mental health and spiritual health, and financial wellness.

Vision

Vision of iRise Wellness is to create a transformative experience through purpose.

Values are to embody the 5 E's:

Education of others,

Empowering people to challenge themselves,

Encouraging self-expression

Enhancing one's community

Engaging creative practices through a healthy mind, body, and soul.

Attendance

President - LaTecia

Director -

Secretary - Jo

Treasure - Toria

Community Service- Lex

Corporate Partners- Siobhan

Intern - Caro

Discussions items

1. Director Presentations

a. Siobhan: Motioned by Tori and Second by Lex. Time 5:19 on 12.15.2020

- Mission:** iRise Wellness mission is to build awareness alongside communities of color focusing on physical health, mental health and spiritual health, and financial wellness.

- Promotes physical health, mental health and spiritual health, and financial wellness in communities of color.
- “Build awareness”
- Enhancing, uplifting, shining
- Irise wellness mission is to promote the different experiences of POC with an emphasis// on physical health, mental health and spiritual health, and financial wellness.
- iRise wellness mission is to **build** physical health,... by promoting the different experiences of POC
- Adapt advise advocate **contribute**
- **iRise wellness mission is to contribute resources focused around physical, mental, spiritual, and financial wellness by promoting different experiences within communities of color.**
 - “Holistic wellness” - different from everyone; we want ppl to discover that for themselves not us defining that for someone
- **iRise wellness seeks to promote holistic wellness for people of color through community engagement.**
- Toria moves to acception Mission statement on 12.15.2020 5:39PM
- Lex 2nd’s motion

3. Implementation - what we do

- a. Giving others the space to write their own stories.
 - b. Provide intentional effort to highlight the experiences of people of color.
 - c. Bring resources to communities of color that nourish and bring forth wholistic wellness
 - d. Aims to support and give back
 - e. Free and open exchange of ideas
 - f. Outreach and advocacy on issues of concern to
 - g. Education and development around wellness
- Mission- what you do
 - Is to create transformative experience through purpose (vision)
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- Effort humanness

- i. **Example ACPA Values** The mission of ACPA is founded on, and implements, the following core values of the Association:

Education and development of the total student
Diversity, multicultural competence and human dignity
Inclusiveness in and access to association-wide involvement and decision-making

Free and open exchange of ideas in a context of mutual respect
 Advancement and sharing of knowledge relevant to college students and their learning, and the effectiveness of student affairs and student services professionals and their institutions
 Continuous professional development and personal growth of student affairs and student services professionals that includes the development of effective administrative leadership and management skills
 Outreach and advocacy on issues of concern to students, student affairs and student services professionals and the higher and tertiary education community, including affirmative action and other policy issues

- Change vision to: “The vision of iRise Wellness is to create a transformative experience through purpose “
- Lex Wallace moves motion to solidify vision on 12.15.2020 5:50PM PST
- Siobhan 2nds motion
- The values are to embody the 5 E’s ...
- Toria move a motion to accept the values on 12.15.2020 at 5:52 PM PST
- Lex Wallace 2nds motion

4. IRS Paperwork

- <https://www.irs.gov/pub/irs-pdf/p4220.pdf>
 - Jo Pages 3-5
 - Organized
 - as a corporation/trust or unincorporated association
 - organizing documents include:
 - limit purpose to those described in IRC section 501c3
 - don’t permit unrelated activities
 - permanently dedicate its assets to exempt purposes
 - Operated- most of org activities further its purpose
 - Restricted from following activities
 - participating in politics campaigns of candidates local/state/fed
 - no lobbying activities
 - no earnings aren’t for the benefit of any private shareholder/individ
 - not operate for benefit of private interest such as founder
 - not operate for primary purpose of conducting trade or business unrelated to its exempt purpose
 - nothing illegal

- Exempt purpose- to be tax exempt, org must have one or more exempt purposes stated in org doc.
 - charitable/educational/religious/scientific/literary/fostering national or international sports comp/preventing cruelty to children or animals/testing for public safety
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 - **Public Charities & Private Foundations**
 - classified as private foundation
 - based on organizations source of financial support
 - public- broad base of support
 - private- limited sources
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 - Public charities are
 - receive support in form of contributions from other publicly supported orgs
 - org that support other public charities
 -
 - Toria Pages 6-8
 - Remain in 501c3 status
 - Record keeping
 - Activities financial/non financial
 - Financial
 - Sources of support
 - Non financial
 - File unrelated business revenues \$1000 gross income from unrelated trade or business ---> for profit org.
 - Annual information return
 - Tax exempt IRC ...
 - Annual filing requirements 50,000\$ or less
 - Req to have all financial states available for the public for e/ year.
 - Charitable contributions requirements:
 -
 - Caro Pages 8-10
 - Form SS4- Employer ED # w/ IRS
 - Not fill out Form 2838?? - attorney filling out forms
 - director/founder fill out forms
 -
 - Siobhan Pages 10-12
 - How to keep our status as non-profit org
 - <https://www.irs.gov/pub/irs-pdf/i1023ez.pdf>
 - Lex Pages 2-5

- Fill out eligibility before fill out application
- Who can file
 - What type of entity are we??
- User fee - where do we pay?
- File in 27 month period since being established
 - Launched in February 2020
- Filing assistance
- Signature requirements
- \$\$\$ bracket for which form to fill out
- Where is it going to be established??
- Do we have a FAX #??
- LaTecia Pages 5-12
 - What events do we have?
 - Events other orgs have
 - What state are we going to register?
 - CA- more org (more opportunity to collab, but taxes higher)
 - GA- more black orgs, differing guidelines depending on county registered in
 - Will register in CA
 - Look into CA laws
 - Donations to other orgs → use of their service/venue for iRise events

5. Relaunch

- Why
 - Good social media presence speaks to credibility
- What
 - Reintroduction of who we are
 - Who is on the board?
 - What do we do?
 - What is our vision?
 - What are our values?
 - What are we great at what do we do?
- When
 - New Year 2021
 - NEW YEAR NEW ME BABY
 - Rebrand
 - How long?
 - Should be when we are established as a non-profit
- Where

- IG
- Twitter??
- How
 - What does this look like
 - Do we clear IG page?
 - New aesthetic ??
 - New board members → what we support
 - Hootsuite
 - Contact for free subscription
 - Giveaway
 - Increase engagement
 - Use Youtube more
 - We can ask platforms for help on content creation
 - We are regular people but this is what we want to do

6. Events [Overview](#)

- Four Quarters
 - Jan-March: Fitness
 - April-June: Wellness Retreat
 - July-Sept: Financial/ Mental
 - Oct-Dec: Service project

7. Website

- <https://www.irisewellness.com>
 - How do we include the board?
 - Tab: meet the board
 - What do we want the pages to look like?
 - Blog
 - Getting writers to write for us for experience
 - Archive??
 - Board meetings on website
 - Meeting schedule
 - public/private notes
 - Donations

Board Reports

Future Items

8. Investment 500 dollars a person for the year

- 41.66 month
- Tax Write off
- President/Founder: LaTecia
 - Oversee the board
 - Ensure that everything we do has the mission/vision/purpose in the center
 - Assign board members
 - Person center
 - Final voting member of the board decisions
 - Part time worker of the organization
 - Collect monthly report more monthly meeting
 - Schedule monthly meeting
 - Collaboration with each board member
- Director:
 - Quarter Check in President
 - Responsible for planning, organization, and direction of the organization's operations and programs.
 - Develops and implements consistent inventory and cost accounting policies, procedures, and operational reporting/metrics in partnership with treasure.
 - Oversees and reports on the organization's results for the board of directors.
 - Prepares accurate and timely analyses that capture and communicate fundraising results, ex variances, and performance trends partner with community service.
 - Provides leadership to and manages the efforts of site staff to ensure appropriate support of all departments.
 - Supervises the development of operations-based financial modeling.
 - Coordinates and leads annual budget reviews, monthly and quarterly reviews, and periodic forecast updates with operational and senior management for all locations.
 - Approves major systems implementations related to cost and inventory control.
 - Retains a diverse, highly qualified staff and volunteers by providing career coaching, growth, and personal development for workers.
 - Ensures that services and funding relationships are robust enough to meet or exceed strategic goals and objectives.
- Secretary: Jo
 - Maintain effective records and administration
 - Keep detailed records of board's actions
 - Managing organizations internal communications, meeting dates/agendas, minutes from meeting
 - Updating bylaws
 - Managing Social Media and communications
 - Creating marketing and promotional materials
- Treasure: Toria
 - Oversee the funds to make sure they remain within targeted goal

- Gaining revenue through grants, individual donations, and corporate donations/foundations
- Creating “related” and “unrelated” revenue
- Partnering with Siobhan with corporate partnerships to create sponsorships for events
- Partner with Lex in the creation of grant proposals
- Creating event budgets to ensure we don’t overspend
- Give quarterly report to board of the budget
- Community Service: Lex
 - Outreach: seeking opportunities to build mutually beneficial relationships and collaborate with nonprofits, organizations, or other entities serving marginalized identities or that are owned by folx of color (not duplicating but adding to or enhancing this line of work)
 - Trade services vs. monetary
 - Assessment: developing ways to assess the needs of our community through research, both in literature and qualitative collection
 - Engagement: recruiting and building membership within the irise community
 - Resources: develop/brainstorm ideas for resource expansion in the different focus areas: mental, spiritual, physical, and financial health.
 - Develop ways/practices to address issues, stigma, or negative systematic impacts on the community we serve (understanding addressing the root cause)
 - seek federal grant funding for the nonprofit org
 - Aid in event planning and implementation for community focused events
- Corporate Partners: Siobhan
 - Fueled by the mission to build awareness alongside communities of color and focusing on their wellness, corporate sponsorship will help fund initiatives and programming needed for their constituents.
 - Partnering with organizations who meet the ethical and pragmatic goals of iRise Wellness.
 - Providing opportunities to businesses to expand their clientele base while ensuring they are equitably operating.
 - Through technology and innovation, companies will grant access to the iRise community to aid in growth and development.
 - Strategically working with corporate sponsors and the iRise treasurer to assure monies are being allocated to sustaining affordable resources.
 - Managing the corporate sponsorship database and program (building it that CSP feel they are valued and get something in return)
- Intern: Caro:
 - Researching different tools to support the community
 - outreaching to other nonprofits for collaboration
 - Supporting board members with tasks as needed
 - creating events and presenting them to board members.
 - Interconnecting board members with each other