

## **iRise Wellness Board Meeting**

**December 3, 2020 7pm-9pm**

**Zoom Link:** <https://auburn.zoom.us/j/83622577838>

**Check-in Question:** How was your holiday break?

### **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**

iRise Wellness vision to create a transformative experience through purpose. by embodying 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.

### **Values**

**Attendance** (Can you add your position to your name)

President - LaTecia

Director -

Secretary - Jo Pandac

Treasure -

Community Service

Corporate Partners

Intern - Carolina Garcia

### **Discussions items**

- Outline of the Meeting
  - Please Review Before Meeting (Roberts Orders)

- For some reason you are unable to make the meeting please email/text me 24 hours ahead of time (if possible) letting me know who is your proxy for voting. I will send a email out a week before the meeting asking for your monthly report
  - This report is anything that you are working on and feedback needed from the board
- Meeting minutes will be send out after each meeting including task or charges

### Please Read Before Meeting

- Apply 503c, keep records of everything we do meetings programs, educational
- Go to IRS; eligibility: fall into categories- charitable, religious, educational; record keeping; disclosing financials
- Eligibility status information- must refrain from political and federal offices (no lobbying)
  - Must not operate in benefit of founder
- Separate task of reading whole document thoroughly
- What type of charity we are???
  - educational/charitable???
    - Pick a category
    - Redefine
    - Toria- 2
  -

1. **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.**
2. **Vision:** iRise Wellness vision is to create a transformative experience by embodying the 5 E's:
  - a. **Education of others,**

- b. Empowering people to challenge themselves,
- c. Encouraging self-expression
- d. Enhancing one's community
- e. Engaging creative practices through a healthy mind, body, and soul.

- 1st vote- Toria 12.3.2020 8:09pm
- 2nd vote- Jo 12.3.2020 8:09pm

3. Values (Work):

- a. Provide intentional effort to highlight people of color experiences.
  - b. Brings resources to communities of color that nourish and bring forth wholistic wellness
  - c. Aims to support and give back
  - d. Giving others the tools to write their own stories.
  - e. Free and open exchange of ideas
  - f. Outreach and advocacy on issues of concern to
  - g. Education and development around wellness
- Effort humanness
    - i. **Example ACPA Values** The mission of ACPA is founded on, and implements, the following core values of the Association:
      1. Education and development of the total student
      2. Diversity, multicultural competence and human dignity
      3. Inclusiveness in and access to association-wide involvement and decision-making
      4. Free and open exchange of ideas in a context of mutual respect
      5. 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
      6. Continuous professional development and personal growth of student affairs and student services professionals that includes the development of effective administrative leadership and management skills
      7. 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

4.

5. Who is our Target Audience?

- a. POC

## Board Reports

## Future Items

### 6. [Review Website](#)

### 7. Bylaws

a. How do people get appointed to the board?

b. What do we need from each other?

c. Build Team

i. President/Founder: LaTecia

1. Oversee the board

2. Ensure that everything we do has the mission/vision/purpose in the center

3. Assign board members

4. Person center

5. Final voting member of the board decisions

6. Part time worker of the organization

7. Collect monthly report more monthly meeting

8. Schedule monthly meeting

9. Collaboration with each board member

ii. Director:

1. Quarter Check in President

2. Responsible for planning, organization, and direction of the organization's operations and programs.

3. Develops and implements consistent inventory and cost accounting policies, procedures, and operational reporting/metrics.

4. Oversees and reports on the organization's results for the board of directors.

5. Prepares accurate and timely analyses that capture and communicate fundraising results, variances, and performance trends.

6. Provides leadership to and manages the efforts of site staff to ensure appropriate support of all departments.

7. Supervises the development of operations-based financial modeling.

8. Coordinates and leads annual budget reviews, monthly and quarterly reviews, and periodic forecast updates with operational and senior management for all locations.

9. Approves major systems implementations related to cost and inventory control.
  10. Retains a diverse, highly qualified staff and volunteers by providing career coaching, growth, and personal development for workers.
  11. Ensures that services and funding relationships are robust enough to meet or exceed strategic goals and objectives.
- iii. Secretary: Jo
1. Maintain effective records and administration
  2. Keep detailed records of board's actions
  3. Managing organizations internal communications, meeting dates/agendas, minutes from meeting
  4. Updating bylaws
  5. Managing Social Media and communications
  6. Creating marketing and promotional materials
- iv. Treasure: Toria
1. Oversee the funds to make sure they remain within targeted goal
  2. Gaining revenue through grants, individual donations, and corporate donations/foundations
  3. Creating "related" and "unrelated" revenue
  4. Partnering with Siobhan with corporate partnerships to create sponsorships for events
  5. Partner with Lex in the creation of grant proposals
  6. Creating event budgets to ensure we don't overspend
  7. Give quarterly report to board of the budget
- v. Community Service: Lex
1. 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)
  2. Trade services vs. monetary
  3. Assessment: developing ways to assess the needs of our community through research, both in literature and qualitative collection
  4. Engagement: recruiting and building membership within the irise community
  5. Resources: develop/brainstorm ideas for resource expansion in the different focus areas: mental, spiritual, physical, and financial health.

6. Develop ways/practices to address issues, stigma, or negative systematic impacts on the community we serve (understanding addressing the root cause)
  7. seek federal grant funding for the nonprofit org
  8. Aid in event planning and implementation for community focused events
- vi. Corporate Partners: Siobhan
1. 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.
  2. Partnering with organizations who meet the ethical and pragmatic goals of iRise Wellness.
  3. Providing opportunities to businesses to expand their clientele base while ensuring they are equitably operating.
  4. Through technology and innovation, companies will grant access to the iRise community to aid in growth and development.
  5. Strategically working with corporate sponsors and the iRise treasurer to assure monies are being allocated to sustaining affordable resources.
  6. Managing the corporate sponsorship database and program (building it that CSP feel they are valued and get something in return)
- vii. Intern: Caro:
1. Researching different tools to support the community
  2. Outreaching to other nonprofits for collaboration
  3. Supporting board members with tasks as needed
  4. Creating events and presenting them to board members.
  5. Interconnecting board members with each other.

### **List of Goals**

- Virtual sessions
- Solidify a long term funding source
- Getaways (from POC communities)
- POC cultural activities focus on wellness
- Consultations with companies that value wellness
- Educational sessions year round for different stakeholders
- 10k followers during the relaunch
- Annual iRise Wellness Retreat (Essence Festival Level)
  - Book tickets a year in advance.
- Recognized brand

- Social media base that knows us through storytelling
- Internships/mentorships
- National/local scholarships to give to first generation college students
- Curl products
- Housing for POCs, jobs for folks who didn't go to college
- Building stronger social media presence and growing the community
- Organizing the first events of the new year and start promoting them
- Connect with different corporations to develop sponsorship
- Establish different chapters around the country to connect to more communities
- Financial means to provide sustainability for the team and the community ?
- Where will the money come from?
- What type of fundraising will occur?
- International Retreat
- Help returning citizens back into their communities

<https://www.irs.gov/forms-pubs/about-form-1023>

Use online Fundraising Tools

Legally Incorporate

Write your bylaws

Apply for 501(c)(3) status

Secure Start up Funding

Identify Local Partners

Pursue your mission

Gather community Support

Build a professional network

Prepare for growth

Research

Grant

Organizations

Business partners