

## qiRise Wellness Board Meeting

Saturday February 19, 2022 1:00pm-2:00pm EST

### Zoom Link:

### Check-in Question: Year of Yes

- Jan: Chapter 1: No
- Feb: Chapter 2: Maybe?
- Mar: Chapter 3: Umm, Yes...? & Chapter 4: Yes to the Sun
- April: Chapter 5: Yes to Speaking the Whole Truth
- May: Chapter 6: Yes to Surrendering the Mommy War
- June: Chapter 7: Yes to All Play and No Work
- July: Chapter 8: Yes to My Body
- Aug: Chapter 9: Yes to Joining the Club, Chapter 10: Yes to More Year of Yes
- Sep: Chapter 11: Yes to No, Yes to Difficult & Chapter 12: Yes to People
- Oct: Chapter 13: Yes to Dancing it out
- Nov: Chapter 14: Yes to Who I Am
- Dec: Chapter 15: Yes to Beautiful

### Mission

iRise Wellness seeks to promote holistic wellness for people of color through community engagement.

### Vision

The 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- PRESENT

Director -

Secretary - PRESENT

Treasure - PRESENT

Community Service- PRESENT

Production -

## Discussions items

- Marketing & Communication (Debbie/LaTecia)
  - [Content Calendar](#)
    - Need EDU News topics - Kamia working on 3-5 topics for March
    - Feb Content 2022 - ON TRACK
    - March Content 2022 - IN PROGRESS
    - iRise EXP episodes for March
      - Deb/Dev (3/1) Navigating first job - recording episode 2/26
      - Recycle Video (3/15) - Need topic
    - Educator Spotlight Details for Feb/March
      - [latecia34@gmail.com](mailto:latecia34@gmail.com) will upload all recycle videos and create a new document for dates/times for iRise Experience
  - [Review Website](#)
    - Need a plan for care package page - TBD
    - Board Minutes and Testimonials - Uploaded to website
    - 2022 Summit - The Cheat Code (Uploaded Agenda and Theme)
  - Engaging Stories on Social Media
    - IG Story Takeover 2x Fridays (revisit this next board meeting)
- Higher Education Summit (Siobahn/LaTecia)
  - November 11-12
  - [Schedule](#)
    - Cheat Code (Theme)
    - Website updated with theme, dates/time, and agenda
    - Summit Flier Draft created (created by volunteer Jordan)
      - Theme: Game Boy goes with "cheat code" theme
    - Keynote and Speakers - In progress (once finalized Marketing committee will create marketing materials for summit to promote)



- [Get videos to Devore 15 days ahead of when it is due](#)
- Care Packages
  - When: Summer (May) and Winter (November/December) Box
  - Theme: Love Yourself
  - Operation: Pre-Sale boxes, find one vendor to put boxes together (we'll include a promo card), have recipients of boxes post on social media
  - Vendors? -will need to be vetted
  - iRise products- wholesale items
  - Next year goal: creating our own box
  - Will create a timeline of action steps
- Community Partnerships (Kamia/LaTecia)
  - [Blog Topics 2022](#)
    - Once a month - On TRACK as of 2/19/22 (Published: Wholeness on 2/10/22)
    - <https://www.irisewellness.com/blog>
    - March: Saying YES to Opportunities (Latecia working on this)
  - [Guidelines for Partnerships](#) - **get this notarized?** → **follow up on this**
  - February Newsletter (design edits complete; awaiting a picture)
    - Projected to publish in March 2022 (once the care package update is ready from the committee)
  - Grants
    - [Sparkplug Foundation](#)
      - Justice-oriented, community-centric work
      - Mid: \$10,000-15,000 average
      - Application Deadline: April 22, 2022
    - [Georgia's Own Foundation](#)
      - Small: up to \$5,000 (education/summit)
      - Applications accepted through December 31st; considered for an award early in the year
- 2022 Business Retreat
  - Location - TBD (North/DC/Philly or South/FL)
  - Date - TBD (Fall/Winter 2022?)
  - Lodging - President working on finding best location (e.g. Airbnb/lodge) for board members
- Volunteers
  - Jordan

- Jayda
- Aaron

**Announcement: Next Board Meeting 3/19 - no board meeting; a paper meeting**

- Board committee - will only meet in March 2022
- Next board meeting will be in April 2022
- All committees will send updates via email to iRise email

**Events**

- Higher Education Summit Nov 11-12
- Care Packages (Dates - TBA)
- iRise Experience 30 min with Q&A - **Revisit this schedule - need to be updated**
  - ~~1/4: LaTecia (Future of iRise)~~
  - ~~1/18: LaTecia~~
  - ~~2/1: Toria~~
  - ~~2/15: Recycle Video~~
  - 3/1: Debbie & Devore
  - 3/15: Recycle Video
  - 4/5: Siobhan
  - 4/19: Recycle Video
  - 5/3: Siobhan
  - 5/17: Recycle Video
  - 6/7: Debbie & Kamia
  - 6/21: Recycle Video
  - 7/5: LaTecia & Devore
  - 7/19: Recycle Video
  - 8/2: Debbie
  - 8/16: Recycle Video
  - 9/6: Kamia & Devore
  - 9/13: Recycle Video
  - 10/4: Kamia
  - 10/18: Recycle Video
  - 11/1: Toria & Siobhan
  - 11/15: Recycle Video
  - 12/6: Toria
  - 12/20: Closing New Year Video

- 10 videos from last 2021 that need to be edited and reposted on youtube.

### **Birthdays**

- Kamia- March 15
- LaTecia- March 19
- Toria- April 1
- Siobhan- July 20
- Debbie- December 14
- Devore- May 1

### **Board Members Needs from the Team**

#### **Director Report**

- President
- Director
- Secretary
- Treasure
- Community Service
- Production