

# iRise Wellness Board Meeting

**Date of the Meeting: January 16, 2021**

**Zoom Link:** <https://auburn.zoom.us/j/84707982487>

**Check-in Question:** What do you do for self care?

## **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 - Latecia

Director - Siobhan

Secretary - Jo

Treasure - Toria

Community Service- Lex

Intern -

## **Discussions items**

- Relaunch
  - How are we liking the IG relaunch so far?
    - Archive old posts??
      - Work on the grid
      - What does this look like?

- Reposting helped
  - What are some things we could add?
    - Growing in numbers- Ideas???
    - Career chats?
    - 1:1 life coaching
    - Folks responded to this or that
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- Events (Subject to change)
  - Saturday Night Live @5pm (PST/EST)
    - 5 PST
    - 30 min with Q&A
    - Topics
      - Career Chats
      - How do these align with mission/vision/purpose?
    - Productions
      - Ring light for folks
    - Biweekly at first - access demand
    - Bring folks outside of iRise on these
    - Edit and put on Youtube
    - Dates: Saturday - 1st & 3rd Saturday
      - 1/23-Honey Pot
      - 2/6- LaTecia: Spiritual Journey
      - 2/13: The Garden Project
      - 2/20: Toria-Falling in love with your career (Partner with Dr. Marian Higgins founder of DIVE IN Podcast)
      - 3/6: Jo
      - 3/20 Caro
      - 4/3: Jo
      - 4/17 - Lex - Balance
      - 5/1 Caro
      - 5/15: LaTecia: Financial/Investments
      - 6/5: Lex
      - 6/19: Juneteenth - Siobhan
      - 7/3: LaTecia: Purpose with Ahmael
      - 7/17-Siobhan- What crystals are right for you (Partner with Queen Hippie Gypsy)
      - 8/7 Caro
      - 8/21: Jo, Caro
      - 9/4-Lex

- 9/18: Siobhan (Higher ed Summit)
  - 10/2- Toria- Self care before the holidays (partner with the lady that spoke at SoACE)
  - 10/16: LaTecia: Purpose
  - 11/6: Jo
  - 11/20-Toria- gratitude (partnership TBD)
  - 12/4: Lex
  - 12/18-Siobhan (Planning to grow your vision: Don't wait til January 1st!)
  - 12/25: Christmas
  - Garden Project: February 13, 2021 at 12pm
  - Fitness Package: March-May
  - Care package: March-May
  - Retreat: Summer (We need to pick a date)
  - Higher Education Summit: Fall (We need a date)
  - Holiday Event October-December
  - Saturday Live @ 5pm (5/piece) Need to remove 20
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## Board Reports

- President Report
  - Nonprofit Update
    - Register in California
    - PO Box in GA or CA
    - Online Account
- Director Report
  - Met with Caro and Jo to plan out care packages and starting sponsorship base
  - Creating letter to send to businesses
  - Starting database (Jo and Caro will give updates)
- Secretary
  - Care packages
    - Website update- squarespace
    - What does this look like?
    - Name ideas
    - Business partnerships
      - What do these businesses get from us?
      - What are we getting from these folks
      - Promotion :
        - business cards
        - Discount codes

- Treasure
  - Pricing for Care Package
    - Water bottle
    - T-shirt
    - Fitness bands
    - Affirmation cards
    - Possibly a hoodie
    - Will reach out to black owned businesses to get donated items (free publicity)
    - Looking to give out 70-100 packages
    - Get items sent to LT's house in GA
    - Other items: boxes/containers for care packages, shipping cost (UPS-standard), promotional items (stickers)
  - Higher Ed Summit
    - Thank you give-away to speakers and attendants
    - iRise planner (possibly) fall to fall with notebook
    - Look into creating iRise stationary and pens
    - Scholarship- \$10,000
    - Date: September 18th , 2021
      - 1st motion- Toria 2nd- Jo
      - Passed 9:55 AM PST // 11:55 AM CST
    - Reach out to black/brown high school students
  - Retreat
    - Location- looking into Atlanta
    - Date- Possibly late July 23-25th, 2021
      - 1st motion- Caro 2nd- Siobhon
      - Passed 9:32 AM PST // 11:32 AM CST
    - Venue- Large mansion with pool
    - Give-away to guests- robes, slippers, iRise glassware
    - (Possible) Itinerary
      - Day one:
        - Check-in
        - Black-tie event (fashion show with different size models)
        - Vendors for food
        - Dj for music or jazz band
      - Day two:
        - Yoga session
        - Brunch
        - Mental health activities
        - Late night pool party

- Paint & sip
  - Day three:
    - Check out
  - Allow for one day passes
  - Take up donations during the event
  - Look into security
  - Plan B: one day event.
    - Rent out a facility
- Community Service
  - The Garden Project
    - Stakeholders:
      - Eagle Wings Church
        - Help with the garden to help folks in the community with food insecurity
    - Potential Partnerships:
      - Walmart - application process:
        - <https://walmart.org/how-we-give/local-community-grants>
        - Amount ranges from \$250-5,000
        - New cycle starts Feb. 1
        - submit a total number of 25 applications and/or receive up to 25 grants within the 2021 grant cycle.
      - Perris Greenhouses Nursery
        - (follow up needed - may need a different number or research for email)
    - Volunteering
      - Perris High School
      - Innovative Horizons Charter Schools
      - Local community members?
      - Task to create a google form or excel doc to track how many folx sign up to participate and this would be good for reporting purposes for any small grants we receive.
    - Date discussion?? Feb. 13 is this realistic with the application process?
    - Education on sustainability with event
      - How can we make our own food?
      - Food desserts
    - Folks volunteering continual maintenance
    - How does this event connect to the mission of iRise?
    - Utilize blog posts to educate folks
      - Ppl are already doing this work
        - @choiceforward // @garden\_marcus

- To Do:
  - Volunteer lists
  - Local business partnerships
  - Who is doing this work already in the area
- Intern
- Care Packages: What to include, How to reach out to partners, What can corporate partners do for us

**Future Items**  
**Honey book**