

**EATING DISORDER COALITION OF IOWA (EDCI)  
BOARD OF DIRECTORS MEETING MINUTES**

**Date/Time/Location:** March 03, 2023 @ 6:15AM on Zoom

**Present:** Sara Schwatken, Melissa Arnold, Kathryn Wierda, Amy Crane, Tanya Hargrave-Klein, Suzanne Hull, Eva Schoen, Francesca Johnson, Amy Studer

Action Items:

**Call to Order (Sara Schwatken)**

- Meeting was called to order at 6:17 am
- Quorum established
- Motion to Approve Consent Agenda (i.e., Agenda, Minutes from February meeting, Treasurer's report, written reports received) was made by Kathryn Wierda; seconded by Melissa Arnold. Motion Approved unanimously by Board.
- Motion to approve Alicia Roeder, LMHC, LIMHP as a new professional member was made by Tanya Hargrave-Klein; seconded by Amy Crane. Motion was Approved unanimously by Board.

Verbal Reports:

**Officer Reports**

**President (Sara Schwatken)**

- Report in Dropbox
- Thrilled regarding event on Friday and feeling proud of EDCI

**President Elect (Melissa Arnold)**

- Preparing and getting ready for President duties next year
- Continue to coordinate new volunteers

**Secretary (Kathryn Wierda)**

- Nothing additional to report

**Treasurer (Amy Crane)**

- \$10,000 check received from Thrivent to go to upcoming medical project
- Last month's bank balance was \$82,179.05. The current bank balance is \$87,211.87
  - February 2023 Revenues = \$6,883.02
  - February 2023 Expenses = \$1,850.20

**Executive Director (Suzanne Hull)**

- Nothing additional to report

Verbal Reports:

**Education (Melissa Arnold)**

- Nothing to report this month

**Support (Kathryn Wierda)**

- Planning for upcoming community event (succulent theme again) – Saturday, March 25, 2023 @ Smokey Row in Des Moines from 9-11 am

- Melissa to get updated information to Suzanne to get marketing going and registration set-up

Discussion:

#### **EDAW Feedback/Debrief**

- Discussion regarding feedback and experiences at conference
  - “Great vibe, a patient shared the event was life changing” (Eva)
  - “Wished I would have been there the entire time” (Amy S.)
  - Overall – Great! Full room, great presentations, felt the building of a community
  - \$10,000 profit for the whole event
- Discussion regarding feedback and thoughts for next year
  - Continue to target both caregivers and providers
  - Find a way to incorporate yoga
  - Begin planning for next year’s EDCI EDAW event and begin soliciting sponsors

#### **Board Information for Next Year (Sara)**

- Discussion related to Board changes for coming year
  - Kathryn, Francesca, Kristy will be stepping off Board
  - Everyone else will be staying
  - Melissa will be President
  - We have room for up to an additional 6 new members (will have 8 and need to have between 7-14)
- Focus on getting more professional members
  - New member – Alicia Roeder has already applied to be on the Board for next year
  - Board member application is ready on EDCI website
  - Let Sara or Melissa know if you have any ideas or people in mind
  - Tanya will let ED consult group know at next month’s meeting
  - Applications will be live in March, interviews will be in April, we will vote on new members in May, and then new members will be invited to the retreat in June
  - Let Sara or Melissa know if you would like to be part of the interview committee
- Time Commitments and Committee
  - Discussion regarding committees and how they are functioning (specifically Education and Support committee – Melissa, Kathryn)
    - Education committee has not been working well – vision is not very clear, efforts aren’t producing much, schools/education system is/are very hard to get into
    - Support committee has been working to host another community event, but question if time and energy is being best utilized; Question the sustainability of

committees, especially given the larger EDCI mission and upcoming projects

- Experience on education committee has been disheartening, put a lot of effort in (regarding contact/work with schools), and didn't amount to anything (Amy C.)
  - Target audience (i.e., school system) didn't seem to want or need anything from us; maybe EDCI can be more like information clearing house and place of resources (Eva)
  - Conflicting emotions regarding doing work like this (Sara)
  - Wonder about bringing "vision work" back to the larger Board and committees can be created for "task work"; use organizational knowledge/wisdom from over the years to bring vision work back to whole Board (Tanya)
  - Continue to promote work of Amy's gift - Stephanie doing work related to education; partner with others; leverage resources (Melissa)
- Discussion regarding time commitments
    - Board members reported spending 5-10 hours/month
    - Expectations regarding time expectation – may need to put more time in and find ways to use time more efficiently
  - Checked bylaws in regards to if we need certain committees – no we do not – bylaws are written in a way that is very open and allows us to create the committees we need
    - Make sure time is used well and projects are done well
    - Consider task focused committees and rather than vision focused – committees can work on executing vision of the Board
  - Work to collectively have less "lows" and more "highs" as a Board
  - What might it look like to dismantle committees?
    - Sara and Melissa plan to meet to further discuss possible ideas

#### **Text ED app proposal presentation (Francesca)**

- Cost to send picture/text message = .02 cents to send and .008 cents to receive incoming
  - Project to only cost a couple hundred dollars per year
- Francesca added library that can use keywords or a person can text a broader question
- Francesca loaded \$20 and bought local number – need to change to EDCI credit card
  - Francesca plans to connect with Amy C.
  - Can use treasurer log in and account will receive email when money needs to be reloaded
- Do we want to invest Thrivent money in order to fund app forever?

- Francesca can set up alerts for security purposes (i.e., in the potential case of receiving a certain number of texts from one particular number)
- Email Francesca feedback regarding app. over the next two weeks
- Francesca to send out phone number over email/slack

Adjourn: A Motion to adjourn the March Board meeting was made by Kathryn Wierda, seconded by Francesca Johnson. Motion Approved unanimously by Board. Meeting adjourned at 7:31 AM.

Submitted respectfully by Kathryn Wierda, Secretary, on March 11, 2023