

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

Date/Time/Location: August 5, 2022 @ 6:15am on Zoom

Present: Sara Schwatken, Melissa Arnold, Kathryn Wierda, Francesca Johnson, Amy Studor, Julia Freeman, Kristy Reiken

- Action Items: **Call to Order (Sara Schwatken)**
- Meeting was called to order at 6:24am
 - Quorum established
 - Motion to Approve Consent Agenda (i.e., Agenda, Minutes from July meeting, Treasurer’s report, written reports received) was made by Melissa Arnold; seconded by Julia Freeman. Motion Approved unanimously by Board.
- Verbal Reports: **Officer Reports**
- President (Sara Schwatken)**
- Nothing additional – see report in Dropbox
- Past President (Kristy Reiken)**
- N/A – absent at time of report
- President Elect (Melissa Arnold)**
- Recently presented (virtually) to 238 nurses on weight inclusivity – overall went well, but had a few participants struggle with idea
- Secretary (Kathryn Wierda)**
- Nothing to report
- Treasurer (Amy Crane - see report)**
- Last month’s bank balance was \$58,886.56. The current bank balance is \$61,621.24
 - July 2022 Revenues = \$5,303.92
 - July 2022 Expenses = \$2,557.94
- Verbal Reports: **Committee Reports**
- Events (Sara Schwatken)**
- Continuing to work on February event
- Membership (Sara Schwatken)**
- No new members this month. Sarah to reach out of members who did not renew
- Education (Melissa Arnold)**
- Full committee met for first time last month – continuing to work on strategic plan
- Support (Kathryn Wierda)**
- Continuing to work on strategic plan

- Continue to move forward with Safe Space event

Discussion:

EDCI job board - draft on website (Sara Schwatken)

- Draft page for job opportunities as been saved on website – ready for whenever we want to make live.
 - Plan to go live next week.

Text App (Sara Schwatken)

- Discussion regarding Thrivent Fundraising – Thrivent is going to match up to \$10,000.00, Tanya plans to reach out to founders, “match within match” option
 - Campaign will run from August 1 – October 1 and can be extended, if needed
 - EDCI is responsible for marketing – See email from Sarah for ideas related to marketing within personal network
 - Board goals = \$200 per Board member; either personal donation or raising money within personal network
 - Hope to add to spreadsheet we started with individual/group/corporation contact information regarding donors/donations
- Discussion regarding App (Francesca Johnson)
 - Francesca has phone number and is in process of working on database – plans to start with limited/simple text commands in the beginning – less is better in regards to speed/functioning of app.
 - Aim to start with 2-3 commands under each section (e.g., “caregivers”, “providers”)
 - Francesca to start with 1 pdf - 1 command for next month to show Board how it works
 - Plan to go live with App. after January 1, 2023.
 - Connect with Amy C. and Suzanne about costs and expenses

EDAW Not a Walk (Sara Schwatken)

- Em volunteered to write psychoeducational message focused on embodiment
- Amy S. volunteered to lead gentle/restorative yoga event the day after conference – Use Suzanne to help brainstorm free public space, Amy S. also plans to look into possible space options at yoga studio
- Discussion regarding ways to increase commitment to attend yoga event – RSVP? Small donation verses free?

Slack Discussion

- Discussion regarding general feedback and usage
 - Use Slack for more of a conversation/discussion (could decrease need to formally meet)

- Use email for more formal Board business (e.g., sending documents, communication with Suzanne, Board votes, things that need to be saved)
- Overall goal is to increase communication among Board – Reactions to Slack posts are very helpful and acknowledge you have seen post
- Discussion of expectations for communication
 - Check email once per day
 - Check Slack minimum of three times per week

New Business:

Safe Space Event (Kathryn Wierda)

- Kimmie Bolinger and Volunteer Brandi Stalzer have volunteered to work on event planning
- Discussion regarding moving forward with event – Sign up? First 25 to arrive get plants? How big? RSVP?
- Invite Suzanne to meetings – can help with marketing, finding space, budget, oversight, etc.
- Use Slack to keep moving forward regarding event planning between meetings

Adjourn:

A Motion to adjourn the August board meeting was made by Julia Freeman, seconded by Kristy Rieken. Motion Approved unanimously by Board. Meeting adjourned at 7:31AM.

Submitted respectfully by Kathryn Wierda, Secretary, on August 7, 2022