Live Oak Mental Wellness Project, Inc.

Meeting Minutes

OVERVIEW

The board of directors meeting was held at the following date, time, and location:

Date: April 14, 2025
Time: 5:30pm Pacific
Location: Zoom

The following directors were present at the meeting:

Arleth Castañeda, President
Eric Gray, Treasurer
Amanda Regalado, Secretary
Monica M Olsen, Executive Director
Yoselinne Castillo, Member At-Large

The following director was absent:

n/a

Pursuant to the Bylaws, the meeting was called to order at 5:32 pm by:

Chairperson: Arleth Castañeda, President
Secretary: Amanda Regalado, Secretary

APPROVAL OF MEETING MINUTES

The minutes of the last meeting were approved unanimously.

BOARD TEAM BUILDING

The Executive Director led the Board through a team building activity.

BOARD EDUCATION

The Board discussed their experience completing the Financial Management Essentials certificate courses on nonprofitready.org.

BOARD MEMBER REPORTS

Executive Director

The Executive Director shared that our Processing Grief in Community campaign is live on all social media accounts.

The Executive Director reported that an opportunity has arisen to potentially lead a program for young children and their caregivers.

President

The President attended meetings and events including with the Executive Director, Seed Spot, Special Board Meeting, Timelist event, “Roses Aren’t Always Red” workshop, “Cultura Cura”, and other committee meetings.

The President continues to co-facilitate the Art for Mental Wellness workshop.

Treasurer

The Treasurer reported a current balance of $42,271.42. The Treasurer shared the following financial statements: Trial Balance, Profit and Loss Statement, Statement of Financial Position, and Bank Statement.

The Treasurer reported a donation of $100.

The Treasurer discussed emails previously shared with the Board.

Secretary

The Secretary completed administrative duties, including writing meeting minutes, aiding in the development and communication of the future agenda, and sending meeting reminders.

Member At-Large

The Member At-Large had nothing to report.

COMMITTEE REPORTS

Ways and Means

The Committee Chair reported that conversations continue regarding the crowdfunding campaign.

Community Engagement

The Committee Chair reported that the committee continues to work toward the engagement maturity model.

MISCELLANEOUS SUBJECT(S)

The Board discussed and voted unanimously to begin utilizing Stearns Bank.

The Board scheduled a special Board Meeting to discuss its budget and hours to be worked by the Executive Director.

ADJOURNMENT

There was no further subject to come before the meeting, upon motion duly made, seconded, and unanimously carried, the meeting was adjourned at 7:01 pm.

5/19/2025

Arleth Castañeda, Chairperson Date

5/19/25

Amanda Regalado, Secretary Date