

College of Allied Health Student Association

Open Meeting—Agenda

February 3, 2016

Start time: 12:10 p.m.

- I. **Welcome / Call to order – Allison Wright, VP-OKC**
Way to go Allison!
- II. **Announcements**
 - a. **OKC:**
 - i. Blood Drive, Monday Feb. 1st—a big thank you to all of those that helped volunteer and organize the event to make it a success, especially Tabitha Le, as well as all of those that came out to donate to make this event a success, but even more importantly helped save a life!
 - ii. Green Eggs and Ham Literacy Event at Children’s Hospital—Umair Iqbal should be present to give a promotion about this event. If not, you can provide the information below
 1. Background: Event to promote literacy for our patients. The event will benefit our Reach Out and Read Clinics at Sooner Pediatrics Clinic, Fostering Hope Clinic, OU Latino Clinic, Premier Clinic, and Southwest Community Pediatrics Clinic.
 2. Need: **Volunteers to assist with two hour shifts**, from 9:00a-3:00p.
 3. Specifics:
 - a. **When:** Wednesday, March 2nd.
 - b. **Where:** OU Children's Hospital Atrium
 - iii. Additional announcements from committee chairs
 1. Big Event – team t-shirt, Google doc going out
 2. **Saturday, April 9**
 - b. **Tulsa**
 - i. Blood drive—occurring **Thurs. Feb 4th, 10:00a-3:00p.**
 - ii. Upcoming social opportunity: **Valentine’s Day event, Feb. 10**
 - iii. Upcoming volunteer opportunity: **American Therapeutic Riding Center, Feb. 19th, morning; March 22nd, afternoon – no more than 12 people per group**
 - iv. Later on in the semester trying to go to a Drillers game
- III. **Monthly Guest Speaker**
 - a. **Heather Kirkes**, Fitness and Outreach Coordinator at OU, RD
 - i. PLANNING... lists, recipes in mind
 - ii. “Nutrition is the success for everything we do in life.”
 - iii. Full Plate Living (<https://fullplateliving.org/>)
 - iv. Breakfast!
 - v. Protein bars – look at sugar and calories

- vi. Frozen meals to save time and money.
- vii. 80/20 – 80% healthy, 20% not so healthy (birthdays, tailgates, holidays, etc.)
- viii. Caffeine – moderate amounts; too much may cause you to crash and have a poor night's sleep
- ix. Grab'n'go snacks – fresh fruits, nuts/seeds, fresh snap peas (same nutrients as broccoli)
- x. Make 3 changes; start with 1 and move from there

IV. Call for any other announcements and then adjournment

- a. Bridges to Access – Samis Education Center, Feb. 13th from 8-3
Sign up online at <http://b2a.app.rsvpify.com/>.
- b. Big Event (April 9th) meeting tomorrow (Thursday, Feb 4th at noon) - OKC

Adjournment: 12:36 PM

Respectfully Submitted,

Ryann Smalley

CAHSA Secretary