

College of Allied Health Student Association (CAHSA)  
March Open Meeting  
March 1, 2017

Start time: 12:15 p.m.

- I. Welcome- Will Warmka, President
- II. Allied Health and OU Giving Day
  - A. \$5,600 Raised GOAL WAS MET
- III. Volunteer OKC
  - A. Green Eggs and Ham at OU Childrens - See email for signup
    1. When: Friday, March 3rd
    2. Where: The Children's Hospital Atrium
    3. Volunteers Needed: 2 hr shifts or longer
    4. 6 AM to 8 AM- setup (~10 volunteers)
    5. 8 AM to 10 AM- serving breakfast/setup/activities with children (~16 volunteers)
    6. 10 AM to Noon- activities with children (~16 volunteers)
    7. Noon to 2 PM- activities with children (~16 volunteers)
    8. 2 PM to 4 PM- activities with children and clean up. (~16 volunteers)
    9. Activities range from painting, making musical instruments, sock hop, ring toss, corn hole, fishing activity
- IV. Volunteer Tulsa
  - A. Big Event: April 1st
  - B. OKC: April 8th
- V. Student Group Announcements
  - A. SPTA
    1. Center for Individuals with Physical Challenges - Wheelchair Basketball Tournament
      - a) March 18&19
      - b) [https://docs.google.com/spreadsheets/d/1r4bP0uVMnlqmvBBN8W54LTdd-icETE\\_\\_vkpFKWk5Re4/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1r4bP0uVMnlqmvBBN8W54LTdd-icETE__vkpFKWk5Re4/edit?usp=sharing)
      - c) 3 hour shifts to work the table, books, time, score board
      - d) 7:30am-7:30pm
      - e) Contact Todd at [Todd-Tucholke@ouhsc.edu](mailto:Todd-Tucholke@ouhsc.edu) if interested
  - B. SOTA: Participate in the fundraisers for conference in Philadelphia
    1. Chipotle night 5-9pm Tomorrow in Tulsa
    2. Bake sale (after spring break)
  - C. CAC
    1. Friday April 28: Relay for Life 6PM-3AM Norman Campus
      - a) CAH Team
      - b) College against cancer
- VI. Elections
  - A. Planned for next closed meeting
  - B. Be on the lookout for email with officer descriptions

C. Please Email me at [william-warmka@ouhsc.edu](mailto:william-warmka@ouhsc.edu) with your intent to run by March 27th

VII. Copier leaving March 31<sup>st</sup> due to contract expiration.

VIII. Speaker: Dr. Randall; Community Involvement

- Know why you chose your profession—what drives you/what is your passion
- Lessons Dr. Randall learned in Romania:
  - Solving big problems requires small gradual moves
  - His view of a problem may be normal to others
  - Realizing when to step away when someone doesn't want help
  - Considering the concept of "I'm here to help you."
- Community involvement based on: HOW can you help others?
  - Dynamic System Theory (Chaos Theory)
    - Many systems are dependent on others to create a larger system
    - Butterfly effect: Changing one part of a system can change the collective larger system
  - Community engagement
  - Community: fulfills needs, similarities, same interests, social connections, gatherings, common places, civic engagement, personal recreation
- Volunteering
  - Know WHY you're volunteering and what you are doing to make a difference
  - Everyone has ability to meet the needs of the community
  - Equality: quantity—ex: Everyone gets a shoe
  - Equity: quality—ex: Everyone gets a shoe that *fits*
  - Value others
- Healthy community
  - Policies/programs→health factors→improved health outcomes
  - How can you make the community functioning well?
  - Keeping humility in mind
  - Look at all members of community as equals
  - Uplift each other—be compassionate
- Don't forget to treat yourself well
- Look for programs you can get involved in
- Suggestions for becoming engaged
  - Keep your eyes open
  - Watch how others make it work and spend time with them and learn from them
  - Remember...gradual small moves can make a big difference!

End time: 12:47 p.m.

**Respectfully Submitted,**

*Julie Kwon*

**Secretary 2016-17**

**College of Allied Health Student Association**