

**NO LIMIT HEALTH AND EDUCATION
BOARD MEETING
SATURDAY, JULY 12, 2014 @ 10:00 AM
823 W CENTRAL PARK Blvd, ORLANDO FL**

I. **CALL TO ORDER:**

Meeting call to order by Pernell Bush (CEO- President)

II. **Expression of Gratitude**

Pernell expressed his Gratitude to all board members becoming a part of his vision to enhance the community.

III. **Roll Call**

1. **Introduction of Board Members**

- Pernell Bush –President /CEO
- Marshon Robinson- Board Chairmen
- Dr. Vanessa Littleton- Board Member
- Tara Ervin- Secretary
- Robert Hampton- VP of Programs
- Andria Giles- Treasurer (tentative)
- Non present members*
- Chauncey Hampton – VP of Operations
- Vernard Moore – Asst. V.P of Programs
- Travis Knight- Advisory
- Franklin Cabral- Advisory

Motion to nominate Marshon Robinson a Chairman of the board

Motion was approved by all present board members

- A. Descriptions will be sent for titles at a later date
- B. Pernell will seek a more diverse board

IV. **Approval of minutes from last meeting**

This is the First No Limit Health and Education Board Meeting

V. **Minutes**

VI. **Open Issues**

1. **Purpose of No Limit Health and Education**

The idea generated from Pernell's older brothers, whom are constantly active in their community. Pernell then developed a platform based on what they were already doing and expanded upon the idea. He rebranded *No limit Health and Fitness* to **No limit health & Education** to make a community impact.

VII. **The Company Two Tier purpose**

- **Tier 1-** The first purpose is to provide disadvantaged communities with sound and well-versed health, and education initiatives.
- **Tier 2-** The second purpose is to provide a Platform for individuals whom want to help their communities with health and education disparities.

Programs

1. **Ambassadorship Programs** – A platform that is currently being utilized and shown itself proven to work through an organization Pernell has been through titled “*Mission Continue*”. No Limit Health and Education ambassadors will be for individuals that want to sign up for the pure sense of Giving back to help in some way shape or fashion ... (EX. *get into school & discuss health, but don't have the credentials, or individuals who wants to help tutor but don't know what organization to go to.*)
 - Program Name **Ambassador** was chosen because people are tired of hearing common titles such as Volunteer, mentor and participant. People like strong empowering titles with a purpose.

GOAL:

To determine requirements of how to become an ambassador. Which will be decided when logic models are being created.

Program Requirements / Eligibility determination

- A 3 to 6 month commitment at the ambassadors chosen facility for either 144 or 72 community service hours.
- Ambassadors will be responsible for managing their own tracking based on their personal goals
- Minimum grade level determined to be 11th grade; no maximum age limit for this program

Ambassador Pilot program:

- Limit to 15 ambassadors for the First year for testing and tracking pilot
- Currently we have 5 active Ambassadors

a. More Companions are needed

***Health in Education companions** (supervisors) whom will hold their Ambassadors accountable, making sure they complete the hours and goals.

***Work site** – Location of involvement decided by Ambassadors and agreed upon by the worksite owner, director, manager etc... (Could be a church, school, community center etc.)

**(Mission Continue is a fellowship programs which gives veterans the opportunity to give back to their community. It gives veterans another title and re-deploys them out into their community. To work with any 501c3 or organization they have a passion for.) This is a National Program.*

2. **Boast Program:** To boast kid's opportunity to get out of their current circumstance by providing college exploration trips, which will essentially boast their chances to have access to or get accepted into college. Also provides free athletic training, which gives them to opportunity to stay out of trouble through exposure.

Program Name **Commandants** -were chosen as opposed to the common title participants, because they are leader sand commanders of their own destiny .Commandants will involve themselves in Programs such as BOAST and Back to Basic and 20/20

GOAL:

- To clearly define program for logic model.
- To motivate kids under a 2.0 to increase the GPA to participate in trips
- Target audience will be citizens of Sanford
- Target number will be manageable between of 30 to 50 active commandants

Challenges:

Mentoring Challenge in the city of Sanford is getting people to Sanford.

Robert commented finding a mentor in the same city would help with this roadblock/ challenge

Program Requirements / Eligibility determination

- Minimum age requirements discussed and determined by board members to start at 6th grade.
- Report card required
- GPA must be at least a 2.0
- Weekly tracking of commandants grades
- Commandants will be in constant contact with NLHE for duration of selected program
- Requires a commitment to complete program
- Commandants must show a genuine interest in school and their future
- ❖ There will be a lot of tracking involved with the Boast Program to benchmark progress

(Does this program do anything to increase their grades, has their confidence been increased?)

➤ **Program types:** *(includes but not limited to)*

4 quarterly programs 3 month duration

➤ **In -state College Tours**

- 2 tours per quarter 1 local 1 long distance
- Due to location ,UCF determined to be primary college

➤ **1 day Athletic Training camps**

**A month ago 9 kids we taken to the University of South Florida*

NLHE Goals: To become a part of the invitee list for UCF Football camp-. Determine contact at UCF

No Limit Health and education Responsibilities

- NLHE will absorb all transportation commuting cost -limited funding for trips

Commandant responsibilities

- Commandants will be responsible for fees associated with (camps, food, admission fees)

Motions for Program additions: by Robert Hampton

- A **Job Shadow Program** which would be beneficial to give the youth exposure in careers to match the skills & personality. Robert will like to network with different companies to implement such program

- Response from Pernell- the Ambassadorship program will be a very strong platform to utilize such a program of this nature.

- Robert will be able to teach CPR and First aid training.

3. **Back to the Basics:** Idea came to mind at practices as Pernell coached Pop Warner Football. Because life moves so rapidly many people don't have time to take care of their physical health. He wanted to implement a program to provide free physical training for the parents whom would normally either drop their kids off to practice or watch their kids as they practiced.

- Back to the Basics puts an Ambassador at this type of location to do a physical fitness workout.

Goal: Physical fitness

Back to the Basics Pilot program

- Pernell will start a pilot at Valencia College
- Program type: Physical fitness
- Program duration 1 day a week for 6 weeks

Requirements

- Sign a waiver form
- Sign-in at each session
- Complete a pre-assessment and post assessment will be given prior to the start and at the completion of the program

Motions for Program additions: By Marshon Robinson

- **Swimming Lessons** into either, the Back to basic or 20/20 program. A lot of your youth does not know how to swim.

- Task to connect with Cory Kephart as swim instructor at Seminole High School to petition involvement in providing lessons. - Tara Ervin has committed to this task.

4. **20/20:** Ambassadors go out into the community and basically giving people a 20/20 clear eye focus on issues such as: **Health:** to help people understand how a healthy lifestyle is better for them & showing them how to eat better. and **Education:** Pernell has been going out to schools speaking with students about Education, and why it is important.

Motion to address 20/20 program at a later time

VIII. **Logic Models and Tax exempt Status**

Over the course of the next month Pernell will be creating a logic model to clearly define each program. (An example was included in the documents provided at the meeting.)

- *Need tools to track: NLHE will provide forms for before and after entering the programs which will measure effectiveness and impact of each individual's progress. This will be submitted along with the 5013c paperwork*

Extremely important for grant writing

5013c Paperwork has been submitted and pending

IX. **BUSINESS OF NO LIMIT HEALTH AND EDUCATION:**

- NLHE has an account with PNC Bank
- Current balance of \$200.00
- Andria Giles has been added an authorized user

- Preliminary budget has been set

Insurance/ Liability

- NLHE is additionally insured under R.E.A.L

X. **New Business**

Organization Awareness

Motions for Event Ideas

- Live after 5- Robert Hampton and Dr. Vanessa Littleton will both speak with Sanford city manager to inquiry about getting a free booth for this event
- 2nd Annual Seminole day of Unity- Booth –Pernell will speak with his fellow funders to see if this would be a non-conflicting event.
- A speed mentor event to see if you can connect young professionals with some students.

Motions for Fundraiser Ideas

- Healthy BBQ- renamed to NLHE BBQ
- Goal : To Recruit Ambassadors ,Companions and Commandants
Location: TBD
Date: September 20, 2014
Time: 12-4

- Banquet
- Goal : To Honor Health and Education professionals and organizations in the community
NLHE will like to Acknowledge POPS- for an organization awards
- Location Rollins college
Date TBD 2015
Time: TBD
Details are still being worked out.

- 5k runs- Partner with Lupus Foundation
- Raffle tickets -Movie night for two
- Go Funding website
- NLHE T-shirt sell \$20 each Estimated profit \$250.00

Potential Partnerships

- **PAL** -Pernell is speaking to the police chief to partner with PAL, he shared they have a free boxing program in which a lot of citizens are not aware of. NLHE wants to be a bridge between the gaps of our youth becoming comfortable with the Police department.

- **Central Urban League** -Pernell has spoken with Shelly at the Central Urban League to place an ambassador at this location

- **Young men of Excellence**- Pernell will petition "Young men of Excellence" for partnership- this would be a great pilot group to start with.

Vanessa commented she thinks the "Young men of Excellence" would be very open to the idea, especially if NLHE can come to the table with a mentoring relationship and if NLHE is affiliated with the Central Urban

League. Suggested hosting a speed mentor event to see if you can connect with some students. She feels it would be a great opportunity.

- **Fraternities at UCF**
- **SCC**
- **Local Middle schools**

5. **OTHER ITEMS:**

Immediate goals within 3-6 months

- Marketing & Exposure- Web page is in the staging of being completed
- Create introductory letter of " Who we are"
- Target 10 organizations for partnership
- Host board meetings once a month

NLHE will be a service to supply organizations with Ambassadors

How it works

- List of Ambassadors sent to organizations
- Introductory letter of services we offer is sent to organizations
- Ambassador is sent to worksite

Research

- All Present board members were given assignments to research specific organizations to collaborate with NLHE ex. Trainers, yoga instructors, medical field professionals etc.

Next board meeting

Location :TBD

Date: august 16

Time: 10 am

Board member contract will be due at this meeting.

Meeting Adjourned