

USM AOP General Meeting

Via Teams

January 18, 2021

- I. **Call to Order and Roll Call:** Meeting called to order at 12:04 p.m.
The following were in attendance: Valerie Craig, Mary Maner, Karen Shaw, Cindy Walker, Joyce Powell, Kimberly Wyatt, Sandy Laubersheimer, Troy Knight, Linda Dorsey, Cathy Ventura, Marion Jones.
- II. **Recognition of Guests:** *None*
- III. **Adoption of Agenda:** (Motion- Cindy Walker. Second-Karen Shaw). All in favor.
- IV. **Approval of Minutes:** September 2020 and November 2020 minutes were not approved yet: we will defer to the next meeting.
- V. **Inspiration** Valerie Craig [Writing a Healthy Story Through Exercise and Diet]. Working on yourself to improve your life through improved health as part of a new beginning. Overall goal is loving one's self more as achieved through improved health. Use small goals. Set up an inspiration plan that has actual actions, lists your resources, identifies what success is in

Meeting Minutes

- b. Affiliations- Still accepting nominations for education officer
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Meeting Minutes

i. **Ways and Means**

Meeting Minutes

- VIII. Old Business-** Karen noted that we could read the meetings while online to approve the meeting minutes. Valerie noted that this can be done afterwards via email. Linda noted that Valerie can ask for motion and second to approve September and November minutes.
- IX. New Business-** None
- X. Announcements-** none
- XI. Adjournment-** Motion by Linda Dorsey and Second by Karen Shaw. Meeting is adjourned at 12:38 p.m.