# CH-MRC September 13  2014 Meeting

Location: 1010 Emerson St, Palo Alto, CA 94301

11:30 am - gather for lunch - bring your own or stop in Whole Foods

Official meeting runs from 12:00 to 3:30 pm

AGENDA

12:00    Approval of DRAFT Minutes for July 24 Meeting. **Appendix 1**

12:05   Mei Lin will introduce Betsy Burroughs *is a leading marketing professional who has a stellar track record in Silicon Valley and beyond. She helps organization leaders look within themselves and take into account external perspectives, to come up with phrases and images that resonate deeply and with sustained impact. She has interviewed Dr Ahmed Calvo and Dr Paul Reed who heads up the Civilian Corps of the Public Health Service as well as Cindy Beck of HOSA.org. Ahmed and Paul were colleagues of Mei Lin, Bill Daul and Jack Park in the Federal Health Futures initiative from 2010 to 2013.*

12:10 pm Part 1 Workshop for us to gather information for the project - the findings will be presented at our November meeting

1:00 pm CH-MRC Legal Entity Proposed resolution **Appendix 2**       Ad Hoc Legal Committee Chair - Brian Donohue

1:15 pm  Update/Clarification on CH-MRC  Direction  (handout at meeting) MRC Chair- Laleh Shahidi

1:25 pm Part 2 Workshop. Betsy will describe the next steps at the end of the workshop

2:10 pm Break

2:25 pm Stretch

2:35 pm Proposed roadmap for CH-MRC   Vision and Mission     Operations Chair - Tim Berleyn

2:50 pm Reports by Committee Chairs  **Appendix 3**

3:20 pm Proposal for how we proceed with new Members  **Appendix 4**   MRC Chair – Laleh Shahidi

3:25 pm Next Meeting  Time and Location

3:30 End

# Appendix 1

**California Health MRC Meeting July 24, 2014**

**Attendees**

**In Person**

Tim Berlyn

Michelle Brown

Jacqueline Chan

Tammy Chan

Jack Chinkonsung

Bill Daul

Brian Donohue

Dan Esbensen

Mei Lin Fung

Denet Lewis

Sina Nader

Kennan Salinero

Laleh Shahidi

Brien Shamp

Jack Park

@ IBM Offices in San Jose – We thank our host Jack Chinkonsung

**Call in**

Dan Desmond

Michelle Brown

Valerie Landau

Robert Stephenson

**Regrets**

Antonio Hernandez

Morgan Newman

Ilene Serlin

|  |  |
| --- | --- |
|  | **24-Jul-14** |
| **Name** | **Action Item** |
| **Bill** | Will ask for more items for Health as a Team Sport FaceBook |
| **Brian** | Organise meeting on CHC Legal matters Aug 7  |
| **Brien** | Shoot video of youth boot camp August 20th |
| **Denet** | Shoot video of youth boot camp August 20th |
| **Jack** | Invite Dr Lustig to speak to CHC about the food industry. 8/1 meeting |
| **Jackie** | Evaluation of what was learned during Learning Challenge |
| **Kennan** | Evaluation of what was learned during Learning Challenge |
| **Laleh** | Next steps for MRC committee |
| **Mei Lin** | Develop process for New Members for joining CHC and circulate.For future: Meeting with Fit Bit |
| **Michelle** | Further development of CHC logo |
| **Sina** | Write article on sleep |
| **Tim** | Formalize Minutes and Action Items on Debate Graph |
| **Valerie** | Continue work on a prototyped framework of evaluation program |

**Action List**

1. **Vision**

We voted on 2 options with these results

Trusted hub that enables community well being at networked grassroots level

**6 Votes**

Trusted hub that enables community well being by leveraging networks and facilitating connections

**10 Votes**

*We resolved that the following will be “fine tuned” into a short phrase*

California Health Corps is a hybrid of the above options where we are doing prototyping at the grass roots level with intention to leverage proven successes to disseminate through our networks

**Moved by Kennan Salinero. Seconded by Dan Desmond**

**Passed.**

**B. New Committee Chairs**

We voted in the following:

* Tim Berlyn

Chair CHC-OPS – *Curator for the Operational Process*

* Laleh Shahidi

Chair CHC-MRC – *Connect to MRC’s, US Public Health Service*

* Sina Nader

Chair CHC-FIN – *previously managed $100 m portfolio*

* Majid Salehizadeh

Vice Chair CHC-FIN *- building Database potential funding sources*

C. **Records for California Health Corps**

We agreed that these would be maintained on Debategraph

Tim Berlyn as Chair – CHC-OPS will operate and manage records

Items for the records will be created by:

* Monthly Minutes for Committees **– Committee Chairs**
* To Do List for CHC Board (the Monthly in-person) Meeting – **Tim Berlyn**
* Minutes of the CHC Board Meeting - **Mei Lin Fung**

**D. Events and Milestones**

**7/17 – Quantified Self Meeting with Gary Wolf:**

Tim Berlyn, Michelle Brown, Bill Daul, Brian Donohue, Mei Lin Fung, Valerie Landau, Laleh Shahidi.

* Valerie will help set up Quantified Self meetings at Samuel Merrit University
* Brian Donohue and Mei Lin Fung attended 7/20 film preview[: PersonalGold](http://www.personal-gold.com/) – US Olympians film-makers will work with us: Sky & Tamara Christopherson

**Upcoming**

**8/7 – Meeting with Cindy Beck, Cal-HOSA State Advisor and Amitoj Sandhu** who is the National President Elect. *HOSA.org is the Health Occupation Students of America with over 100 chapters and nearly 5000 members in California.* *HOSA is part of the US Public Health Service Civilian Corps together with the Medical Reserve Corps. Antonio Hernandez, founding CHC member is most recent National President of HOSA.*

# Appendix 2

Motion of AD Hoc Legal Committee to the Organizing Members of California Health – MRC

I, Brian C. Donohue, being duly elected as Chair of the Ad Hoc Legal Committee

of the organization in formation tentatively named California Health-MRC (“CH-

MRC”) make the following motion to the full membership of the organizing

members of California Health-MRC:

WHEREAS the Ad Hoc Legal Committee of the CH-MRC being composed of the

following members: Jack Park, Mei Lin Fung, Laleh Shahidi, Dan Desmond, Brian

Donohue met on 8-7-14 in Concord California to discuss the pending organization

of the CH-MRC, and

WHEREAS the AD Hoc Committee was joined in a conference call later with the Members of the MRC Committee Laleh Shahidi, Tim Berlyn M.D. and Sina Nader, and

WHEREAS the AD Hoc Legal Committee voted unanimously to adopt the attached Articles of Incorporation establishing a California Non-Profit Corporation under the name California Health-MRC, appointing Mei Lin Fung as Incorporator, and setting forth the legal purpose of the non-profit corporation to be the Mission Statement formally adopted by the members: Catalyzing human potential to re- imagine health,

NOW THEREFORE, upon approval of the Motion by the full membership, Mei

Lin Fung will forthwith sign and file the attached Article of Incorporation with the

California Secretary of State and complete the non-profit incorporation process forthwith.

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Brian C. Donohue, Chair

# Appendix 3

**CH-MRC Committee Reports**

## CHC-WE (Partnerships) projects update:

* Challenge Rounds - In process of finding a time when we can have a final reflection meeting to wrap up activity. Will provide summary of findings and reflections to CHC at the following meeting.
* Networking Spreadsheet - We've been adding onto the spreadsheet as people CC us on emails. The goal is to be able to keep track of our networks and make notes for potential synergies or partnerships.

## CHC-LRN (Evaluation & Learning) projects update:

* Evaluation Software - Valerie is working on updating the software and is not yet ready to show demo in September meeting.
* Evaluation Framework - Template was created using committee objectives. However, no further work is planned for the framework until organization's mission and goals are confirmed.
* Challenge Rounds - [same as CHC-WE update]

## CHC-ZZZ committee:

* Some conversations between Denet, Brian and Sina about sleep tracking

technology, pros and cons, privacy issues, and the pros/cons of hardware as

pertaining to sleep.

* Sina’s startup will soon be releasing a white paper on the status of sleep

quality in American business. We looked at the sleep quality of 5 US

corporations with an average of 23,000 employees and a market cap of $19

billion, and have found some remarkable things. Excited to share details

within a couple of weeks, most likely.

## CHC-MRC committee:

* We are shifting our official name to California Health MRC as we were notified by the California Secretary of State that the California Health Corps was not available
* Clarification and Update on CHMRC organization is to be presented 9/13/14.

# Appendix 4

**Process for becoming a CHMRC member - PROPOSAL for discussion**

Phase 1

1. Propose person to join a committee –nominated by a committee member or chair

2. Get biography and circulate to committee

3. Candidate is assigned a CHC Buddy by the committee

Phase 2

4. Participate as active member of any one of the CHC committee for 3-6 months

5. Committee members sees value in their involvement and indicate this to chair.

6. CHC Buddy, or Committee Chair nominates candidate to be a member of CHC -

Phase 3

7. Candidate’s bio is circulated 1 week before meeting to all members, by nominator

8. Nominee attends a meeting to be formally nominated, vote takes place at meeting.

9. Process is completed – if vote is yes, candidate becomes a member.

10. If vote is no, candidate can continue to be a member of the original committee

Note: the Main CHMRC committee will be likely eventually become a Board of Directors for the legal entity, so not every member will become a member of the Board of directors.