

Woman's Board of Rush University Medical Center

June 3, 2019

General Meeting

Rush University Medical Center

Attendees: Debra Beck, Wendy Benson, Marianne Berger, Sarah Bogan, Stevie Boggess, Judith Cook, Marletta Darnall, Kristen Davis, Sally Draper, Katie Frekko, Abby Funk, Colby Gaines, Sharon Hayes, Susie Healey, Marcia Hines, Kathleen Hull, Melissa Iserloth, Phyllis Josephson, Kristin Koepfgen, Anne Loucks, Cindy Mancillas, Mary Anne Martin, Susan Matejka, Ann McDermott, Mimi Mitchell, Cindy Nicolaides, Riley O'Neil, Erica Sandner, Gillian Stoettner, Suzy Thompson, Holly Wilson

I. Welcome **Cindy Nicolaides**

The meeting began at 10:36 a.m. Cindy welcomed everyone to the meeting.

II. Introduction of Martha Clare Morris, ScD **Melissa Iserloth**

Melissa introduced Dr. Morris who is a Professor in Department of Internal Medicine, Division of Digestive Diseases and Nutrition and, Director of Section of Nutrition and Nutritional Epidemiology and Assistant Provost of Community Research at Rush University Medical Center.

Dr. Morris' research focuses on dietary patterns and its effect on cognitive decline. Her early key findings were that the consumption of vegetables and berries protects brain function. This helped Dr. Morris develop a diet specialized in Alzheimer's disease and dementia prevention, the MIND Diet.

Dr. Morris discussed the history of diet study and provided an overview of the results. There was a significant slowing in the rate of cognitive decline by people who followed the MIND Diet. She also provided general recommendations from the diet. Dr. Morris discussed her current work with the Memory and Aging Project and the US Pointer Study and hopes to report back to our group on their findings.

III. Approval of April Minutes **Cindy Nicolaides**

Cindy asked for approval of the April minutes. The minutes were approved.

IV. Bylaws Revisions **Katie Frekko**

Cindy reminded everyone that bylaws changes were provided to members and copies are on the table.

Katie outlined the following revisions to Bylaws:

1. The name of the Contributor Committee will change to Annual Appeal Committee in the Bylaws and Policy and Procedures to more closely align with the committee's activities.
2. The Winnetka Auxiliary Cook Tour Chairs will now participate in voting on the principle project, as approved by vote of the Executive Committee in September 2018.
3. The Past President and Past Gift Shop Chair will join the Finance Committee membership for one year following the completion of their terms as they have historical knowledge that will contribute to the transition and consistency.

4. The Finance Committee has been working with the Rush Treasury Department to agree on an alternative procedure for an annual financial review rather than an annual financial audit. The Bylaws will reflect this option.
5. An inconsistency in the listing of Benefit Committees in the Bylaws and Policies and Procedures has been corrected to align the two documents.

Cindy reported that the Winnetka Auxiliary has revised its Bylaws to more closely align with their structure and our Woman's Board Bylaws. They were approved by the Winnetka Auxiliary and Executive board.

Cindy asked if there were any questions. Cindy called for a vote on the bylaws changes and the revisions were approved. Cindy thanked Katie and her committee, and Michelle Boardman for working with legal to get the changes completed on time.

V. Finance

Gillian Stoettner

Gillian reported that the Finance Committee held their appropriations meeting on April 30, 2018 at the Woman's Athletic Club. The Executive Board met on May 20, 2019 and voted to present the appropriations to the General Board.

The total recommended appropriations for 2019 is \$405,131.16, with \$49,000 coming from the Winnetka Auxiliary and Jr. Board.

Gillian asked if there were any questions. Gillian called for a vote and the appropriations were approved.

Cindy thanked Gillian and Finance Committee Members for their dedication and hard work.

VI. Winnetka Auxiliary and Jr. Board Report

Dena Pavlopoulos and Heather Pigott

Dena Pavlopoulos, Auxiliary Co-chair, reported that membership is at capacity and there is a waitlist. On behalf of the Auxiliary Board, Dena presented Cindy with a check for \$80,000.

Heather Pigott, Jr. Board Chair, reported the board had an extraordinary year. On behalf of their 103 members, Heather presented Cindy with a check for \$79,000. She credited the Jr. Board's success to collaboration with the Women's Board and the Winnetka Auxiliary. In particular their executive board appreciated learning about the appropriations process.

Cindy thanked the Auxiliary and Jr. Board for their hard work.

VII. Presentation of 2018 Principal Project Commitment

Cindy Nicolaides and Debra Beck

Cindy invited Rukiya Curvey Johnson, Director of the Rush Education and Career Hub (REACH) to the podium for the presentation. Cindy thanked Samantha Schwalm and Debra Beck for chairing the Fall Benefit in support of the principal project, REACH.

Debra thanked the women's board for their support in making the principal project gift possible. Debra presented Rukiya with our check for \$465,000. Rukiya accepted the check on behalf of REACH and thanked the group for their support.

Cindy announced that due to the efforts of the Winnetka Auxiliary and Jr. Boards, we exceeded our gift commitment of \$450,000.

VIII. Spring Luncheon 2019

Anne Loucks

Cindy thanked Anne Loucks and Gwen Solberg for their work on the Spring Luncheon.

Anne thanked the Spring Luncheon Committee and Jennifer, Sarah and Catherine for their work on the luncheon. Guests loved meeting President Mary Robertson, and her comments on human rights and climate change resonated with everyone. The Hilton did a good job, was easy to work with, and everyone seemed happy with the food and venue. Contributions, ticket sales and underwriting sponsorships all exceeded our goals and contributed to net income of over \$200,000.

Cindy thanked the group for their teamwork and is pleased with the support that continues to make this luncheon a successful fundraiser.

IX. Fall Benefit 2019 Update

Colby Gaines, Susie Healey and Buffy Maier

Susie reported that the Fall Benefit will be held on Friday, Sept 6 at 6:30 p.m. at Theater on the Lake, the theme is "Bright Futures". The benefit supports RCSIP's community service programs run by Rush students, providing social and health care needs to over 10,000 community members. Fall Benefit tickets are \$225 per person, and "virtual" tables of 10 will be \$2,000. The event features cocktails, a dinner buffet, live music and dancing. New York based Bob Hardwick Sound Sensation band is performing. Reservations can be made using the order form on your table.

Buffy thanked their committee and women's board members who have stepped up to underwrite the event.

Cindy thanked Colby, Buffy and Susie for their work on the event and everyone who has generously offered their assistance. The program book committee has sold many ads. There are other fun late night surprises.

X. Announcements

Cindy Nicolaides

- Lunch will be Served
- Dues Notices will be sent in July
- Reports Due - Chairmen due August 1st and Officers due Sept 1st
- June 5 - 10:00 a.m. Fall Benefit Meeting at Cindy Nicolaides' home, 122 Woodstock Ave. Kenilworth, IL 60043 (847) 691-8937
- June 27 - Woman's Board Summer Party hosted by Suzanne and Michael Nelson 135 Melrose Ave. Kenilworth, IL 60043 (847) 728-0902
- September 6 - Bright Futures Fall Benefit at Theater on the Lake
- September 10 - Principal Project General Board Meeting at Indian Hill Country Club
- September 25 - North Shore Cook's Tour
- Jennifer has returned from maternity leave
- Catherine Kenyon is moving, please stop in the office to wish her well

XI. Adjournment

Cindy Nicolaides

The meeting was adjourned at 11:38 a.m.

Respectfully Submitted,

Erica Sandner
Recording Secretary