

PO Minutes for ZOOM Meeting of May 1, 2023 @ 5pm

Attendees: Joy, Jan, Margaret, Carole, Sue, Christine, Deb, Susan, Debbie, Marian, and Cathy

Unable to attend: John, Linda, Nell

Opening: Serenity prayer led by Joy

Welcome to Sue (D2)!

Minutes: Cathy submitted the minutes from the April meeting; no changes.

Treatment Centers and Event Happenings

- Joy requests members share contact info with her of where they are doing outreach such as sending or dropping off literature to a facility.
- Margaret makes contact at Bridgeway Treatment Center (Women's center) x2 month and does a zoom meeting for families at Harris House every other month on the fourth Saturday. She also visited the SATOP center in St. Charles to deliver flyers.
Information was delivered to St. Joachim and Ann Care Services, which is a local food pantry and counseling center in St. Charles; waiting to hear back from these sites as to their needs.
- Sana Lake - Sue will reach out to Colton to check on their PO needs.
- Joy will be going to the "Providers" program in D28 (Franklin County) and plans to distribute flyers. Joy encourages all to sign up for the Day in Service on June 3rd!
- Joy facilitated the meeting of a group of members to discuss FB as well as technology needs/concerns. (Joy is the MO Area Public Outreach Coordinator.)
- Sue B will be attending a meeting in Jefferson County on May 17 which is a gathering of county persons/groups who have responsibilities within the county; she will share AI-Anon info there.
- Marian (D9/10) made approximately 100 informational flyers for the new combined groups of D9/10 and distributed them to the police department and other groups/places in the community. There are two FB groups in Florissant with a large following; she hopes to do more with getting the info. out, especially to these FB groups.
- Susan T offered her services in making phone calls and using her computer skills to help the group in any way. Please call her if you need assistance with outreach projects.

Budget:

- Balance: \$911.80
- Business cards – PO ordered 1000 cards; let Cathy know if you would like a bundle of 50.
- Outreach to D18 (IL) - group donation of \$25 for the health fair at the local elementary school

Digital:

- No report as John not present due to an emergency with his father. Cathy encouraged all to check out the new AIS website.

Old Business:

- Outreach to hospitals/ER's: Christine has volunteered to take the lead with this project as she has professional connections at many of the surrounding hospitals/ER's. Her contacts are in the Mercy/Cox

system and St. Louis hospitals as well as contacts at facilities in Washington MO and Sullivan MO. Thank-you Christine!

- Joy suggested using some of the free literature for outreach which can be found online such as the bookmark. Discussion by the group on using other Al-Anon literature such as: Are You Troubled By Someone's Drinking? and Did You Grow Up With a Problem Drinker?

SA article: Suggestion for sharing on outreach in D18 (IL) with the elementary school. Let Cathy know if you have an idea for the article.

New business:

- Business cards: Will be mailed out to the PO members if wanted.
- Outreach at Collinsville Middle School was a great success as 1000 elementary students attended the fair. This was the first fair post covid.
- Day of Service: will be on June 3rd. Cathy discussed placing literature on the tables for attendees to distribute as they wish.
 - Joy shared her ideas on the breakout session she will be hosting on PO. She will answer basic questions on how to do PO and plans to stress the need to have a PO coordinator for groups. Joy feels that perhaps others might be uncomfortable in doing PO and she would like to encourage members in their outreach efforts. Joy will share on the "links" that can help with PO.
- Suitcase Protocol: Joy shared on using the suitcase in outreach and also for groups to use free info online and print it out. Cathy explained how to order and pick up the suitcase for an event. Remember, payment for literature is the responsibility of the using group but if payment is an issue, contact PO and they might be able to help.

Other shares:

- Jan - shared regarding possibility of having Al-Anon info available at potlucks or other Al-Anon sponsored events. Suggestions were to use flyers and copies of the SA newsletter. No need to give a copy of entire SA newsletter but just a page or two and then encourage members to read the remainder of the newsletter online.
- Joy...There is a new Potosi AFG meeting and members are looking for support. Encourage others to attend by taking a road trip to this 7pm Monday night meeting! We need to support each other!
 - Turner Construction Company is to set up an PO outreach event at their construction site on May 5th.
 - Senior Fair at East Central Community College in Union, MO on May 16th. Joy has volunteer to help with this.
 - There was a recent PO event in Joplin MO which was an AA annual event with Al-Anon participation.
 - A group shared that one Al-Anon group donates a Forum subscription to the local library.
 - Joy wanted more info on FB and Instagram, so she organized a meeting on this. Joy plans on a district FB connecting to Franklin County.
- Christine - shared that questions came up at the recent Board meeting in relation to social media and WSO guidelines. Christine suggested that the PO group contact the AIS Board for more information.
Further discussion on this topic:
 - WSO has their own FB page and members may visit the WSO website for guidelines. Members need to be mindful of double headed management in using social media. Content from the WSO can be used on a FB page. D25 in Warren County has a FB page.

- It was noted that WSO has Instagram and Twitter accounts also.
- Suggestion made to check out the Wisconsin Al-Anon Facebook account as an example; simply google it to locate the site.
- An individual can put info on their own FB page from the WSO site, but members must be careful of sharing as anonymity needs to be protected.
- Joy invites anyone to contact her and she will add your name to the email list for these meetings on social media.
- Carol - questions if there is a script from WSO to use when using social media? At one time there was a script members could use for this purpose. Joy shared that WSO contracts out with another group to share Al-Anon PSA's to the public, but they do not contact private or college radio stations. Joy has a list of all radio stations and how often PSA's are used; she will share this with the group.
- Carol – plans are underway for a new Alateen group in Festus MO with a tentative start date of August 28, 2023. This new group will be contacting radio stations as well as newspapers in the area to share information about the new meeting. Cathy will share Mona's info with Carol as Mona (WSO office) might be a good resource for the new meeting. Joy suggested contacting the area delegate for info.
- Jan - Was the group able to connect with area social workers who work with the victims of crime? Cathy will follow up on this.

Closed with the Serenity prayer: Jan

Next meeting is June 5, 2023

Minutes by Cathy W.