

OUTREACH COMMITTEE

Central Jersey Intergroup (CJI) - Overeaters Anonymous (OA)

August 3, 2025 - 7:30 pm (via Zoom)

NOTES:

- **Budget Report:**

- Update – Lucille updated all expenses reimbursed to date for this fiscal year
 - *Current balance is approximately \$700*

- **Health Fairs/Conventions/Events/Conferences:**

- Hope Sheds Light Walk – Saturday, 9/6/25 at Hirling Beach Ave., Seaside Heights, 8:00 AM until 12:30 PM event is no cost for non-profit organization (need volunteers) SJIG not participating.
 - *Collectively decided not to participate*
- NJ Psychological Assn. – Fall Conference on Friday, 10/17/25 in Livingston, NJ
 - *North Jersey will have 1 volunteer, need a volunteer from Central Jersey*
 - *More details to follow*

- **Literature:**

- No new literature needed at this time

- **Give Aways & Other Items:**

- PIPO (Public Information/Professional Outreach) Service Manual
 - *Lucille still reviewing this manual (120 pages)*
 - *Give Aways - Josephine to do an inventory of Give aways*

- **Medical Schools & Hospitals:**

- RWJ Medical School (Piscataway)
 - *Mikey set up an OA presentation on Tuesday, 9/2/25 at 10:00 AM (for 2 hours) for Physicians doing their residency in Psychiatry*
 - *Need 4 volunteers (preferably younger members – male & female). Mikey will manage*

- *Judy P (Mikey will ask), Frank (Mikey will ask), Babs (Joan will ask), need another male (TBC). Jim H??*
 - *There is a \$5 parking fee*
 - *Josephine to send OA pens to Mikey (20)*
 - *Literature needed: 20 of each*
 - *“For the professionals”, “Many symptoms”, “Where do I start”, 15 questions, 2017 study and OA cards.*
 - *Lucille to mail 20 OA cards to Mikey with CJI phone number*
- **Rehabs/Support:**
 - New Hope – monthly OA presentation to clients (Lucille)
 - CJI Outreach committed to 1st Tuesday of month at 1:15 pm (1 hour) 3 OA fellows
 - Volunteer schedule: August – Lucille + Marybeth + Joan; September – Lucille + Joan + Marybeth; October – Mikey + Marybeth + Kevin
 - *Discussed November and December volunteers*
 - *Marybeth and Mikey volunteered for November 4th and December 2nd*
- **Young People:**
 - Monmouth University –
 - Need to re-contact Counseling department again to schedule possible OA presentation to students via Zoom in Fall
 - *Josephine will send an email to Kimberly Hill*
 - Kean University –
 - Should follow up again to try and contact someone about how OA can support their students with eating disorders
 - *Lucille to call the Director of Counseling (John Grady). 908-737-4850 (main desk at wellness center)*
 - *First set up an information session with the staff/trainers.*

- NJ College Counseling Association –
 - *Keep trying to get through to someone who might provide us with a list of all Director of Counseling contacts (name, email address and phone number) in All of NJ (next Central NJ colleges & universities)*
 - *Paola to create list thru AI.*
 - *Director Office of Counseling (title)*
- **Newcomers:**
 - Meetings – ask newcomers how/where they heard about OA
 - CJI Phone (732-637-9420) - monthly report about calls/texts received
 - July: 2 calls received – one looking for meetings list and one no message or response
 - *Lucille discussed that the 3 CJI reps. (Alex, Sima, Lucille) who have access to the CJI phone need to notify each other when they have followed up on a call or text in order to eliminate duplication of effort.*
- **Advertising:**
 - NJ Transit – Outreach Committee was approached by South Jersey IG Chair about going in on plan to advertise on buses and trains throughout NJ but cost is about \$3,334 each
 - *Lucille explained the SJI Chair believes we can get reimbursed from Region 7 and/or World Service for this project as it is out of our budget.*
 - Joan reported on her advertising efforts:
 - *Diner Place Mats – Joan found possible option of small or larger ad at \$150-\$400 per month (contract for 6 months) and is waiting for a response from another vendor. Some go to multiple diners.*
 - *Joan sent posters to various houses of worship (she is taking a pause from sending posters to religious places for now)*
 - *Joan suggested distributing copies of the CJI newsletter once it is published (possibly instead of the ad for the Pine Barrens Tribune)*

- Mikey reported on his advertising efforts:
 - *Mikey put up posters at RWJ Wellness Center in New Brunswick on their bulletin boards. The facility has space for a 12 step programs if anyone would like to re-ignite an OA meeting there.*
- **Next Meeting:** Sunday, September 7, 2025 @ 7:30 pm