

OUTREACH COMMITTEE

Central Jersey Intergroup (CJI) - Overeaters Anonymous (OA)
September 6, 2026 - 7:30 pm (via Zoom)

NOTES:

- **Opening:** Serenity Prayer
- **Attendance:** Lucille, Josephine, Mikey, Joan, Marybeth – Tony and Kevin arrived later
- **Budget Report:**
 - We have a balance of \$435.40 (waiting for pending \$300 reimbursement from NJI & SJI for 1/3 of NJ Psychological Assn. convention)
 - Will vote at 10/4 meeting whether to spend the money we have left prior to 10/31/26 as there is no rollover in the new budget year as of 11/1/26
- **Health Fairs/Conventions/Events/Conferences:** Upcoming events (2026 & 2027)
 - NJ Psychological Association - Fall Convention, October 15–17, 2026 (Thursday/Friday/Saturday), Asbury Hotel in Asbury Park
 - Only exhibiting Friday, October 16th (full day 8:30 am to 4:30 pm) – received non-profit rate of \$450 including 2 people
 - Should be receiving \$300 (\$150 each from NJI and SJI) towards the registration fee for this event
 - Lucille has found a new volunteer (her sister Chris) since the person who originally volunteered from NJI could not make it
 - Obesity Week – Washington, DC Region 7/World Service 11/14-11/17/26
 - CJI contributed additional \$500 approved not from Outreach budget
 - Josephine and Lucille continue to support this event but will not attend
 - New Jersey Prevention Network (NJPN) – annual conference (5/13-5/14 2027 AC) next year
 - New Jersey Association of Mental Health & Addiction Agencies (NJAMHAA) conference – maybe in 2027 if we get early lower price table fee next year
 - National Association of Social Workers (NASW) – Atlantic City, New Jersey (2027) next year
 - Region 7 provided 50% reimbursement for this event to CJI and it will be forwarded to Josephine to split with 3 other intergroups that participated
 - New Jersey Integrated Mental Health (NJIMH) – Asbury Park, NJ (2027) next year
- **Additional Outreach:**
 - Josephine suggested we look into the AAPA (American Academy of Physician Associates) and the NJSSPA (New Jersey State Society of Physician Assistants)
 - Lucille will research and provide information on both organizations possible events at next meeting
- **Literature:**
 - No new literature is needed at this time
- **Give Aways & Other Items:**
 - Give Aways – will discuss possible purchase of more phone holders at next meeting (\$1.45 each + tax + shipping)
- **Medical Schools & Hospitals:**
 - Mikey contacted 16 psychiatric doctor residents about an OA presentation but the date has been pushed back to March, 2027
 - He will provide the exact date and other details at our next meeting on 10/4
- **Rehabs/Support:**
 - New Hope (rehab)– monthly OA presentation to clients (Lucille) CJI Outreach committed to 1st Tuesday of each month at 1:15 pm (1 hour) 3 OA members
 - Please remember OA members who provide service at New Hope do not have to be a member of the Outreach Committee so please ask at your meetings for volunteers
 - September 1 = Lucille, Marybeth, Joan (last time – moving to PA)
 - October 6 = Lucille, Marybeth, Mikey (?)
 - November 3 = Lucille, Marybeth, Kevin

- **Young Adults:**
 - YA Committee (World Service) – Lucille is a member of Branding & Perspective subcommittee and they are looking for feedback from individuals in OA ages 18-30
 - Lucille asked if you know anyone in OA who is 18-30 and would be willing to provide feedback about OA please have them contact her
 - Student Events – approach students about OA at colleges/universities by attending Student events –
 - Joan said she could help Lucille with contacting the list of Central NJ colleges & universities Student Affairs dept. once she gets settled in her new PA place
 - Mikey stated he would contact his daughter who now works at Princeton to see if she could refer him to someone about OA being involved in a Student Affairs event
 - Kean University – Josephine appreciated the reminder and will contact them about their Fall event with the Health Center (Kean Day)
- **Newcomers:**
 - Meetings – remember to ask newcomers how/where they heard about OA
 - CJI Phone (732-637-9420) - monthly report about calls/texts received
 - August – no calls (Lucille commented summer is usually a slow time for OA)
- **Advertising:**
 - Joan advised both the Pine Barrens Tribune ad for Sept, Oct, Nov, and the Coffee News ad for June/July are all paid for and done
 - Joan suggested we purchase the New Plan of Eating pamphlet (\$3.50 each) and place them in doctors' offices (with approval) – will discuss at next meeting
 - Church Bulletins – it was suggested this is a good place to advertise OA since it is free and it seems to be effective as Joan has received several calls from it
 - Placemat Ads - Lucille contacted Adkraft Media Group about placemat ads for all diners in Monmouth County but feel January/February/March would be better time
 - All Seasons Diner (Eatontown) = \$495.00 for 3 months or All Seasons Diner (Freehold) = \$595.00 for 4 months (120,000 placements reprinted at no cost if needed)
 - Total annual advertising budget \$400 – will discuss at next meeting if this amount should this be increased for 2027
- **Outreach Recruitment:**
 - CJI Newsletter – Marybeth to follow up with Robin in September about deadline as we need to draft an article for the Outreach section of the next newsletter.
- **Next Meeting:** Sunday, October 4, 2026 @ 7:30 pm