

**Progressive Referral Group
In-Person Meeting
Thursday, October 29, 2020**

President: Erin Ellis
Vice President: Jeff Metzger
Treasurer: Dee Conrad
Secretary: Cheryl Barber

PLEASE NOTE!!!!

For those not joining us for the In-Person meetings, you can join us virtually using the link below:
www.bluejeans.com/7404077043

Members Present: Ron T, Kent, Jenn H, Matt, Denise, Scott, Erin, Kim S, Dee, Tina and guest Kim, Cheryl, Dave Y, Jeff, David W, Sara, Teresa, Colleen, CJ, Bill, Cenell

Treasurer's Report: \$13090.98

Referrals Given: 19

Talked to someone as a result of a referral: 9

Discussed PRGL with someone outside the group: 5

Acknowledgements:

- Cheryl thanked Fairhope Hospice, Buckeye Automotive Family, Bremen Bank, WLOH, Buckeye Bed Bug Protection and Donald Law Office for exhibiting at the Cruise Thru Trade Show. She also thanked Dave Y for all his help getting banners for the annual award winners.
- David W thanked AJ for all his help
- Denise thanked Fairhope Hospice
- Dee thanked Cenell and N8 Chiropractic
- Kim S thanked PRGL for her get well card

New Business:

No New Business to report

Old Business:

No Old Business to report

Announcements:

- Tina Phillips has accepted a new job position in Florida. Kim McCann will be representing the Lancaster Camp Grounds until Tina's position has been filled.
- Items were requested for gift bags for Seniors in Fairfield and Perry Counties. Example of items needed: toiletries, candy, snacks, etc. Contact Kim Shook for info on donations for the 200 bags in Fairfield County and Brenda or David W for info on the 200 bags going out in Perry County
- Reminder, if Fairfield County goes to a red level, there will be no in-person meetings. Meetings will be held virtually.

Speaker: Matt Nihiser-Calvary Biblical Counseling

Calvary Biblical Counseling is church based counseling that is offered at no charge to the community. Usually a 12-14week program with one of the 5 counselors on staff and offers support outlets after the sessions end.

Some of the counseling offered include: Grief, Marriage, Family, Anxiety, Depression, Cognitive.

Matt shared with us the top reason for breakdowns in relationships is Communication!
He then shared 4 ingredients that sweeten communication in a relationship:

1. Speak the truth
2. Keep a short list of offenses
3. Attack the problem not the person
4. Act or React

STAY SAFE & HEALTHY EVERYONE!

Respectfully submitted by Cheryl Barber, Secretary of PRGL