

# Progressive Referral Group

## Thursday, January 13, 2022

### Deb's Corner Café

President: David Weber  
Vice President: Dave Young  
Treasurer: Jesse Hamilton  
Secretary: Cheryl Barber

**Members Present:** Greg Rose-American Eagle Mortgage, Brenda-APG Media, Scott-Cristy's Pizza, Kim-FAIRHOPE Hospice, Rich-Hall's Culligan Water, Dawn-Interim Health, Cheryl-Lancaster/Fairfield County Chamber, Dave-Minuteman Press, Je Amanda-MMA Insurance Personal Lines, David-National Telemed Solutions, Jesse-Ruff & Associates, Teresa-ServiceMaster, Colleen-Taylor Rental Party Plus, Julie -The Ridge at Lancaster, Bill-UrPCHelp, Jon-Wild Land Tree Care. Guests: Sara-Rise Realty, Mr. Dupler-Connexion West, Paul Kelly-Culligan, Lisa Purdy-Healthy Life Solutions, Jonathan Purdy-Purdy Handyman Services

**Treasurer's Report:** \$6253.84. Invoices have been sent. Please get your payments to Jesse.

**Referrals Given:** 7

**Talked to someone as a result of a referral:** 3

**Discussed PRGL with someone outside the group:** 5

#### **New Business:**

- Matt Nihiser with Calvary Biblical Counseling submitted their resignation from the group on January 12, 2022.
- Admin email addresses have been updated to current board members. If any past board member is still on the email list, please let David W. know so he can contact CJ, who does the hosting for the PRGL website and email for the executive committee.
- Meeting Minutes from the January 6<sup>th</sup> meeting will need to be approved when we have a quorum. No changes need made, so OK to approve.

#### **Old Business:**

- Recognition for Dee serving as Treasurer was discussed but tabled until a quorum is available for a vote.
- Invoicing for members who brings guests was discussed. Jesse is willing to invoice the member for payment. Discussion tabled until a quorum is available for a vote
- New member application for Sky Charge Solar as well as the one sent out by email on Tuesday. Since there is not a quorum to vote in person, David will send out an email for voting to accept their membership. Brenda made a motion to approve the applications, Kim seconded the motion. Email vote was sent to the group after the meeting. With a quorum of votes submitted, Sky Charge Solar and Connexion West have been approved as members of PRGL.
- David W and Dave Y met with CJ to discuss Focus Realty & Management's membership application. CJ explained that UPick2Rent, which is what his current PRGL membership is under, is the construction part of his company-Focus Realty and Management. His focus is on property management only, which is what he would represent as a member under Focus Realty and Management. New membership application will be emailed to CJ to resubmit to the group with a more clarified description of what he will represent as a member.
- Presentation of a plaque honoring former member, Bruce Purdy, for his commitment to the group, was presented to his wife Lisa Purdy and son Jonathan Purdy at today's meeting. (See photo attached)

#### **Acknowledgements:**

- Amanda thanked Kent
- David thanked Colleen for her service as President
- Cheryl thanked Kim
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#### **Announcements:**

- Congratulations to Dawn on her December 31<sup>st</sup> wedding.
- Please bring business cards for Ron R to use in our padfolios for new members and guest speakers
- Speaker for our January 20<sup>th</sup> meeting will be Jon Kochis-Director of Fairfield County Emergency Management and Homeland Security

**Speaker- Lisa Purdy- Healthy Life Solutions**

Lisa is the owner of Healthy Life Solutions, 232 W. Sixth Avenue, Lancaster, next to CA House Music. She is a Naturopathic Doctor and Master Herbalist and loves to teach people about herbs and supplements to help encourage people and families towards a healthy lifestyle. Current hours of operation are Tuesday, Wednesday, and Friday from 11:00 a.m. to 2:00 p.m. and hopes to extend her hours within the next few weeks.

Lisa discussed some vitamins and supplements that are popular for two of the things people are dealing with currently: Immune System Support and Anxiety Support.

For Immune Support, Lisa discussed Clinical Essentials Immune, a new product that has the nutrients your body needs to support a strong immune system and stay healthy- all in 1 tablet. She discussed Vitamin D-in a strawberry flavored liquid form, with 5,000 IUs per teaspoon. A recommended daily amount of D3 is 2,000-5,000 IU's. You should not take over 10,000 IUs per day.

She also discussed Lung Support, a one a day tablet, which helps with bronchial congestion and drainage. She also has a supplement for Lung and Bronchial as well. For those that have lost their taste and smell, she has Complete Taste and Smell.

For Anxiety Support, there's Anxio Calm, a fast-dissolving tablet, put under your tongue, and is made from a strain of Echinacea to help feel relief of anxiety.

Respectfully submitted by Cheryl Barber, Secretary of PRGL