

PERFECT  
Harmony  
HEALTH



*Connect* the brain. *Compose* the mind. *Synchronize* the body.

# Prospective Board of Directors Information Packet

678-965-0993  
[www.PerfectHarmonyHealth.com](http://www.PerfectHarmonyHealth.com)

1001 Macy Drive  
Roswell, GA 30076

# Welcome

PHH Board of Directors thanks you for your interest in supporting innovative healthcare, community access, and resources for individuals with developmental delay, neurologic injury, and neurodegenerative disease. Serving on this board is an exceptional opportunity to foster the continued growth and development of a highly respected non-profit organization. While serving on the Board of Directors requires both commitment and energy, it is a rewarding and fulfilling opportunity to ensure that individuals living in Metro Atlanta and beyond are receiving high-quality care from a team dedicated to bridging the gap between the arts and healthcare.

Nominations for Perfect Harmony Health Board of Directors are received on an ongoing basis and are reviewed in the second quarter of each year by the current Board.

New members will be notified in the 3rd quarter, complete their onboarding course, and expected in attendance at the 4th quarter meeting.

Board members serve 2-year terms with up to 3 renewal options (consecutive or non-consecutive). Afterwards, board members join the Advisory Council.

The Board of Directors meets quarterly. Committees meet as needed.

Perfect Harmony Health has an annual operating budget of \$500,000 in FY24. Our fiscal year runs from January 1 - December 31. Our budget is supported by revenue-generating services and fundraising. Our fundraising budget is supported by 72% grants, 22% fundraising, and 6% from individual donors.

Contact Information: Hannah Rhinehart, Executive Director -  
hannah@perfectharmonyhealth.com or 678-965-0993 ext. 4

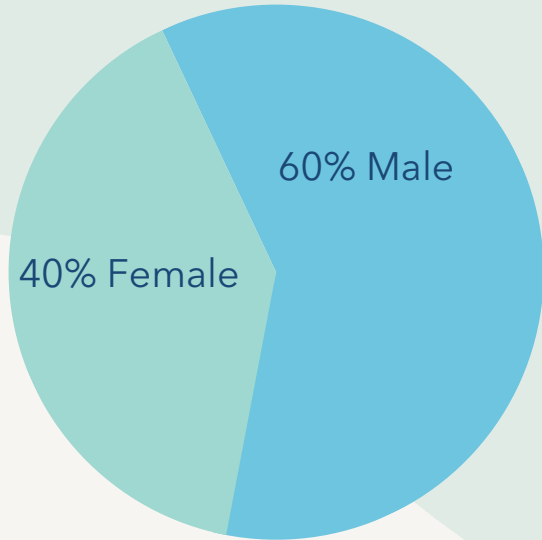


To view our 2023 Annual Impact Report, SCAN HERE:

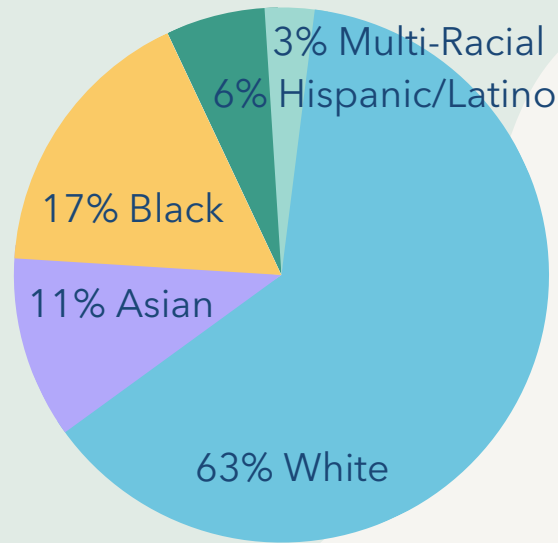
# WHO WE SERVED

## CLIENT DEMOGRAPHICS 2023

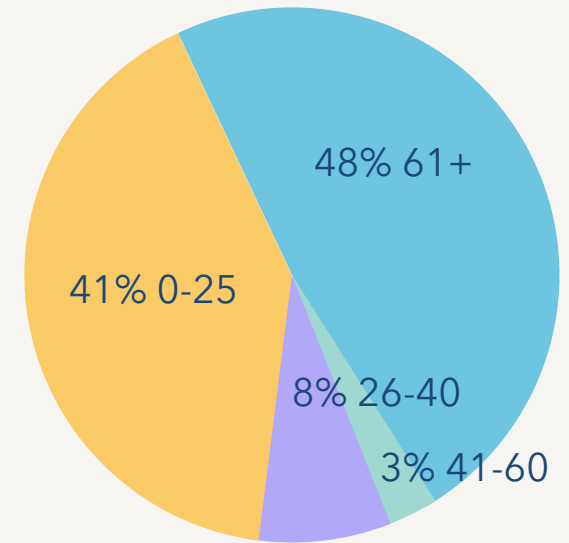
\*clients are self-identified, not all chose to respond



**GENDER**



**RACE**

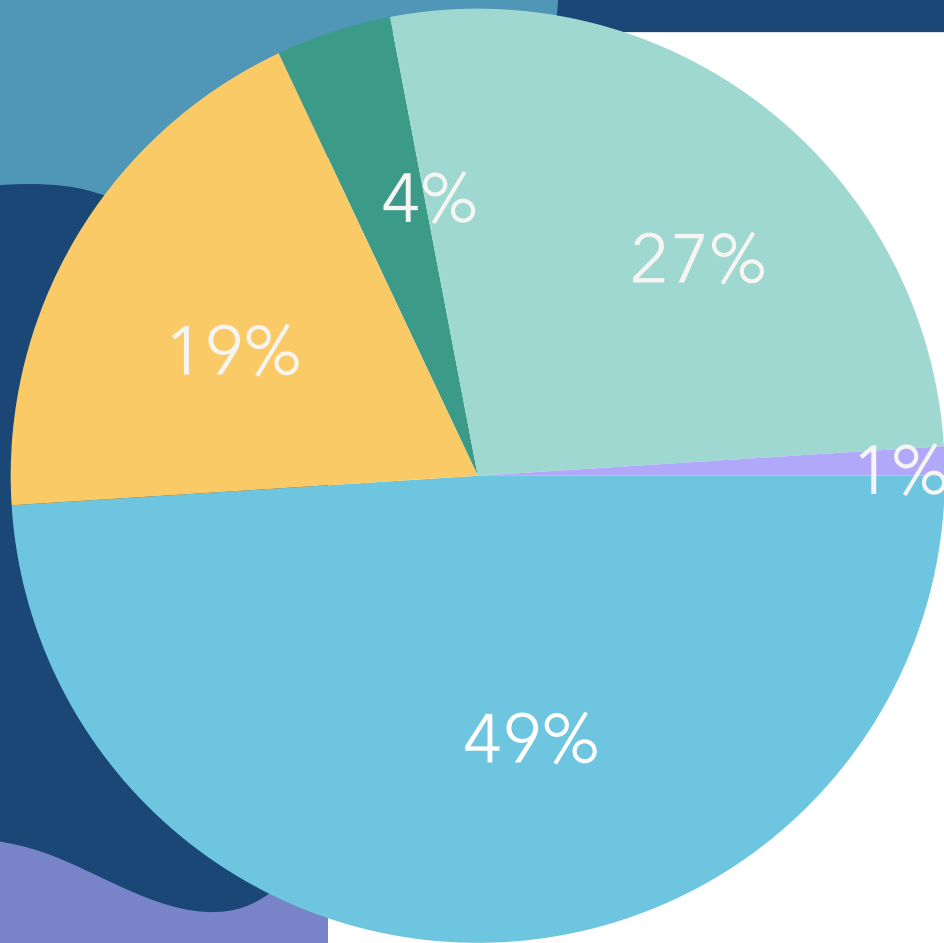


**AGE**

We currently serve 634 individual client units. With each individual comes parents, caregivers, siblings, and communities!

# PERFECT HARMONY HEALTH

## INDIVIDUALS IMPACTED IN 2023



**REDUCED COST SERVICES**  
Many of our clients are billed a 'prompt-pay' rate. Fundraising allows us to reduce the cost of services for these individuals to alleviate the financial burden on families.

**WRITE-OFFS**  
We also bill our bill insurance. Fundraising allows us to scholarship up to half the insurance companies' cost when those are not fully covered.

**LOW/NO COST PROGRAMS**  
Almost half of the people we serve participate in one of our low/no cost group programs funded by grants and family foundations.

**COMMUNITY PARTNERS**  
We partner with several non-profits in our community. Fundraising allows us to maintain reduced rates for organizations that share similar missions.

**SCHOLARSHIPS**  
Because of fundraising, we are able to offer out-right yearly scholarships and emergency funding to families in need. (Application opens yearly in October)

\*percentages are based on reports from our EMR software. Group numbers are estimated and not exact. To support our clients, we bill multiple sources throughout the year and can skew results.

# Board Responsibilities

- Serve as a public ambassador for PHH's mission, programs, and services. This includes:
  - Attending or volunteering for large fundraising events such as Amp it Up
  - Experiencing smaller PHH events such as Roswell Players,
  - Representing PHH at community events
  - Highlighting PHH stories on social media (Instagram, Facebook, LinkedIn).
- Agree to a two-year board term with the option of renewal for three terms.
- Regularly attend and prepare for quarterly Board meetings (March, June, September, and December) and important related meetings.
  - As a quorum is needed for board decisions, timely notice of an inability to attend is expected/appreciated.
- Pledge to a quarterly philanthropic commitment and fundraise on behalf of the organization.
  - In applying for grants we have found that giving organizations want to see financial quarterly participation from our board at 100%. It is not the amount as much as the participation although we hope you will show you passion and commitment with financial resources.
  - Host events on behalf of the organization.
  - Use your social capital to introduce donors, sponsors, and further Perfect Harmony's sphere of influence
- Volunteer to take on and participate actively in Board and other PHH work. This may include committees for projects and fundraisers, volunteering to help staff events, or bringing new contacts to our cause.
- Participate in the creation of a strategic plan and conduct annual review of the strategic plan.
- Participate in annual self-evaluation of board service.
- Observe NMT sessions at PHH to be better able to speak to our mission and successes.
- Mine your personal and professional networks to help us recruit volunteers, sponsors and donors.



Grant Gunnigle  
Treasurer



Michelle Cardillo  
Board Chair



Sue Swanson  
Secretary



Bill Baron  
Board Member



Joseph Carroll  
Board Member



Parissa Khosravi  
Community Advocate



Leslie Bowers  
Board Member



# WHO ARE WE?

*We believe that just because healthcare is innovative doesn't mean it should be a luxury.*

Our mission is to treat the whole person in harmony by providing low/no-cost innovative Neurologic Music Therapy (NMT)<sup>®</sup> programs and services.



## Connect the brain.

When it comes to neurologic injuries and diseases, the types and variations are as diverse as the people experiencing them. Historically, the focus is on expectation. At Perfect Harmony Health, we focus on building neurologic foundations for future success!



## Compose the mind.

Your state of mind is the baseline for cognition. Everything builds on this emotional baseline, like social skills and physical skills. At the peak of the pyramid is executive function. We use music to process and regulate emotion.



## Synchronize the body.

Our self-worth is often tied to our ability to do complete everyday tasks independently, and often people assume your physical limitations mean you have low intelligence. Motor challenges like these often start in the brain. Rhythmic entrainment is foundational for learning functional motor patterns.

# perfect *harmony* health...



## **reative Intent**

Our number one focus is passionately pursuing the most current research and innovations in diagnoses and in neurologic music therapy®.



## **ccessibility**

Our purpose is to provide a new mode of access to the brain and body with music. We want clients to achieve transfer of skills to maximize access to life and provide continuity from their inside world to their outside world.



## **espect**

Our practice is committed to presuming competence in all of our clients and treating them with dignity and respect.



## **mpathy**

Our goal is to make genuine and authentic relationships with our families and clients so that they know they matter here and can be the truest version of themselves.



## **ervice**

We seek to create and support a family-centered community by being advocates in all ways and by having resources that support the individual, family unit, and their neighbors.





# What is **NEUROLOGIC MUSIC THERAPY®**?

Simply put, it is the use of **MUSIC** to stimulate the **BRAIN**

## **WHO CAN BENEFIT?**

NICU

Developmental Delay

Autism Spectrum Disorder

Down Syndrome

Cerebral Palsy

Stroke

Traumatic Brain Injury

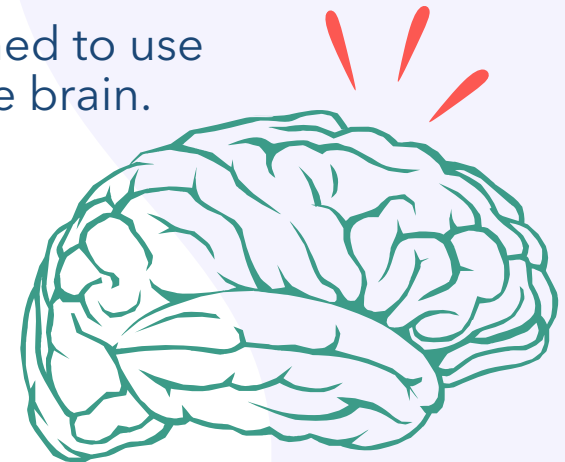
Parkinson's Disease

Alzheimer's Disease

Dementia

& more!

Board-certified Neurologic Music Therapists (NMT)® are trained to use special techniques to purposefully activate each portion of the brain.



To learn more about Neurologic Music Therapy,  
visit [www.nmtacademy.co](http://www.nmtacademy.co)

# BOARD OF DIRECTORS

## Application

**Name:** \_\_\_\_\_  
First MI Last Preferred Name

**Home Address:** \_\_\_\_\_ **Birthdate:** \_\_\_\_\_ **Shirt size:** \_\_\_\_\_

**Cell Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

Please list your current organizational affiliations and your role(s):

**Employer:** \_\_\_\_\_ **Role/Title:** \_\_\_\_\_

**Organization:** \_\_\_\_\_ **Role/Title:** \_\_\_\_\_

Briefly describe why you are interested in joining the Perfect Harmony Board: \_\_\_\_\_

---

---

---

---

---

How do you feel Perfect Harmony would benefit from your involvement on the Board? \_\_\_\_\_

---

---

---

---

---

# APPLICATION *Continued*

Please list any past boards or committees that you have served on (civic, community, political, professional, recreational, religious, social).

**Organization:** \_\_\_\_\_ **Role/Title:** \_\_\_\_\_ **Dates of Service:** \_\_\_\_\_

**Organization:** \_\_\_\_\_ **Role/Title:** \_\_\_\_\_ **Dates of Service:** \_\_\_\_\_

Skills, experience, and interest:

- |   |  |  |  |
|---|--|--|--|
| <input type="checkbox"/> Finance/Accounting   | <input type="checkbox"/> Policy Development    | <input type="checkbox"/> Outreach/Advocacy | <input type="checkbox"/> Strategic Planning      |
| <input type="checkbox"/> Personnel, HR        | <input type="checkbox"/> Program Evaluation    | <input type="checkbox"/> Marketing         | <input type="checkbox"/> Business Development    |
| <input type="checkbox"/> Administration       | <input type="checkbox"/> PR/Communications     | <input type="checkbox"/> Grant Writing     | <input type="checkbox"/> Legal                   |
| <input type="checkbox"/> Nonprofit Experience | <input type="checkbox"/> Education/Instruction | <input type="checkbox"/> Fundraising       | <input type="checkbox"/> Leadership Development  |
| <input type="checkbox"/> Community Service    | <input type="checkbox"/> Special Events        | <input type="checkbox"/> Technology (IT)   | <input type="checkbox"/> Social Justice/Equality |

Demographics (optional, however, several foundations require this information from grantees):

**Gender:** \_\_\_\_\_ **Race/Ethnicity:** \_\_\_\_\_ **Religious Affiliation:** \_\_\_\_\_

I understand the role and responsibilities required to serve on the Perfect Harmony Health Board of Directors and would like to be considered for a Board Position.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_





# THANK YOU

for choosing PHH!

By joining our family, you are joining a community. We work together to create harmony between all through a universal language: music.

As Stevie Wonder says, 'Music is a world within itself with a language we all understand.'

Sincerely,

perfect *harmony* health

*Connect* the brain. *Compose* the mind. *Synchronize* the body.

Learn more and connect with us!

