



Public Health
Sheboygan County
Division of Public Health

Sheboygan County Activity and Nutrition Coalition (SCAN) MEETING Minutes– January 19, 2016


DATE/TIME/PLACE	1.19.16 @ 8:05 a.m. – 9:35 a.m. Sheboygan County Health and Human Services Building Room 372	PRESENT	Amy Betke, Jean Pittner, Kevin Donnelly, Mary Paluchniak, Robin Leonhardt, Darcy Vollrath, MaryAdele Revoy, Diane Liebenthal, Meredith Duchaine, Elizabeth Stanczyk, Erica Gollhardt, Ryan Laswell, Libby Holte
PRESIDING	Amy Betke and Jean Pittner, Co-chairs		
RECORDER	Libby Holte	EXCUSED	Jeri Dreikosen, Kelly Boeldt, Kris Fritz, Nicole Hamilton, Vicky Schneider, Kerri Robertson, Sherri Samuels-Fuerst

Mission Statement: The Sheboygan County Activity and Nutrition Coalition (SCAN) mission is to reduce the incidence of obesity and improve the health of children, families, and communities through education and promotion of healthy food choices, nutrition and increased physical activity.


Committee Goals:


- To promote healthy lifestyles for all age groups.
- Serve as a community resource to increase community exposure/education for local events and via the HSC2020 Website.
- Promote and encourage increased participation in the Employee Health & Fitness Day.
- Work to attain *Sheboygan Well County* designation in conjunction with the Wellness Council of Wisconsin.

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INTRODUCTIONS (Amy)	<ul style="list-style-type: none"> • Introductions: Guest MaryAdele Revoy, MS HSC2020 Co-chair for the Heroin Subcommittee. Active community member in promotion and work with Addiction Recovery. She is the previous coordinator of the <i>Drug Free Community Grant</i>. Updated the committee on current initiatives including applying for a federal grant to expand peer to peer support utilizing peer specialists. The grant would include a recovery program for the jail, which would use the evidence based curriculum "THINK: Thinking for a Change" cognitive behavioral classes and "SMART Recovery" – a cognitive based peer-to-peer support group model. "Rock Bottom" prevention will be provided by peer specialists to prevent individuals from hitting the "rock bottom" point. Working on training more peer specialist in the community—partnering with MHA to get this done. She will be presenting at our 2016 Worksite Wellness Workshop re: How Employers can Support Employees with Addiction. This Saturday there is a brainstorming session on building a recovery community/organization in Sheboygan County at the 1907 Club with John Shinholser who started the McShin Foundation. <i>Families Anonymous</i> is starting at the 1907 club beginning Jan 26th at 7 pm - the aim is to help families of heroin/narcotic addicts. 	http://healthysheboygancounty.org/events/recovery-community-organization-brainstorming/
PAST MINUTES	<ul style="list-style-type: none"> • No Changes to the 10.27.15 Meeting Minutes 	Informational
Review of progress of Community Health Assessment (CHA)	<ul style="list-style-type: none"> • Leadership Council Report from the 11.23.15 meeting—the group discussed budget of HSC2020 and the process for approval. Currently Aurora will still use the foundation as the fiscal agent. • SCAN HSC 2020 Goals/Coalition: no new changes. 	Informational

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and Community Health Improvement Plan (CHIP) (Libby)	<ul style="list-style-type: none"> CHIP update: Erica Gollhardt from Golden Living discussed how she could contribute to this group, representing the area senior population. Keri Robertson, Assistance Supervisor of the Sheboygan Senior Activity Center/Health and Fitness Coordinator, was not able to make it today. She is also interested in taking a more active role. Darcy of the ADRC, and Kristine Kath from Terrace Place are also SCAN representatives working with the Senior Community. The Senior Center will have a Health Summit in March specific to Mental Health and one in June as well. May, 25th is the date of this year's Senior Health and Fitness Day. The group discussed how the needs of the senior population should also be included on the agenda for program updates. It was noted that all age groups can be incorporated into the nutrition and fitness goals within our CHIP. Nourish will continue efforts to include the senior population; nutrition education at low income apt.'s, and a few of the meal centers, have been well received. Ryan (Nourish) welcomed the idea to partner with additional groups; seniors may be able to help with gardening initiatives...i.e. helping to plant at Nourish/or onsite gardens at area senior facilities. Another potential partnership with the senior group would be with <i>Generations</i> in Plymouth. 	<p>It was brought up by the committee that for those members working with the senior population, may want consider a SCAN sub-group?</p> <p>SCAN will have a standing agenda item for those working with the senior population.</p>
HSC 2020 Website Update (Libby)	Send all updates to the HSC2020 email so that both editors can get that information: Hsc2020@sheboygancounty.com	Informational
HSC 2020 Press Articles (2016) (Libby)	Articles are filling up fast. Contact Libby if you are interested in writing an article for the press. Also—remember that if you are signing up for these articles, you are signing up for a professional responsibility so the articles need to be turned in on time, 500 words or less, your own writing and not plagiarized.	Informational
Well County Designation Update – Amy reported for Kelly	<div style="text-align: center;">  <p>Sheboygan County Pre Application Appro</p> </div> <p>On December 15th, 2015 the Wellness Council of WI approved the pre-application for the <i>Sheboygan Well County</i> project, citing the history and community partnerships of Healthy Sheboygan Co. 2020 as influential in the decision.</p> <p>Next steps in pursuing the Well County Designation include:</p> <ul style="list-style-type: none"> Recruiting additional companies to commit to the project. <ul style="list-style-type: none"> Currently we have 12 companies, who collectively employ 20% of the workforce verbally committed We need an additional 8 companies to commit to meet the minimum requirement The committee is finalizing a budget as well as a request for financial sponsorship to ensure committed funding to the project A marketing packet will be finalized including <ul style="list-style-type: none"> An overview of the project A "Leadership Letter of Support" A financial sponsorship request Committee members have designated targeted companies to recruit once the packet is complete 	<p>Informational.</p> <p>Subcommittee will continue to update Coalition at monthly meetings.</p>

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	<ul style="list-style-type: none"> ○ A CEO breakfast is being planned for first quarter of 2016. <ul style="list-style-type: none"> ▪ The committee will invite the Executive Director, Jessica Raddemann from the wellness Council of WI as the main presenter ▪ We will also ask Jean Beinemann to endorse the initiative on behalf of Healthy Sheboygan 2020 ▪ Finally, we have recruited a large employer to call upon his peers to join him in the effort. ● Submission of the Final Strategic Plan no later than July 31, 2016 <ul style="list-style-type: none"> ○ The committee must submit a final strategic plan which: <ul style="list-style-type: none"> ▪ Identifies the participating companies and includes "Leadership Letters of Support" from each of the companies who are currently verbally committed. We are asking them to "sign on the dotted line" in support of the initiative. These letters are submitted with the final strategic plan ▪ The Plan will also include an updated timeline, budget and further clarify the roles of leadership, committee members and paid staff. 	
Update Evergreen/Jaycee Quarry Trail Map (Phillip Mercier UW Medical Student project) (Jean)	Phill reported via email that the 1.5.16 Sheboygan Park Board meeting was canceled. They are hoping to have some rough drafts of the trails available for their next meeting. The next trail organizer meeting is scheduled for 1.25.16. Rough drafts, when approved, will go to the GIS individuals to finalize the maps. His goal is to have the project done by the time he graduates in May!!	Informational
Local Food System Project. (Jean/Mary/Amy/Meredith/Ryan)	Ryan reported that the Local Food Summit was this past week, including informative presentations on how restaurants could better incorporate local food sources. The WI Local Food Network presented <i>Access to Fresh, Nutritious Food for All</i> in October (10.29.16) —David Lee from <i>Feeding WI</i> presented on <i>Collaborating to Develop and Support a community Food System</i> . Lakeshore Local Food System members are looking at 3 areas: food education, access and economy. Will be exploring various options to promote access to local produce including via a mobile food pantry/ farmers market. Greg Zahn, from Circle Union Farm and active in Local Food System projects, is working on establishing Sheboygan County as part of the NE WI Local Food Hub. He will be presenting information on this model at our March SCAN coalition meeting.	Next Lakeshore Local Food meeting will be 2.16.16 at Jakes Café 2:30-4:00 p.m.
Sheboygan Area School District update (Meredith)	Working with teachers to promote MyPlate curriculum currently in the Kindergarten and 5 th grade classrooms. Volunteers are currently used to provide this program, however more volunteers are needed as Meredith continues to receive requests to expand the program. Ryan has a possible contact for this program. <i>Harvest of the Month</i> newsletters continue, and are also available on the HSC2020 website.	Interested volunteers can contact Meredith for information. Ryan will contact a RD, community volunteer that may be interested in helping out with this program.
Nourish Updates (Ryan)	Elizabeth Stanczyk is interning at Nourish during January; Welcome! Nourish is offering its <i>Farm to Table</i> tours again this summer/fall. The tours would include 4-6 volunteers each (or 8-12 persons split into two groups). The volunteer group would meet the tour guide on the farm, harvest the items, and then work with a chef at one of the homeless shelters in Sheboygan to prepare and	SCAN will look to offer 2 dates that members could sign up for, if desired.

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	eat the meal with the residents. Nourish provides these opportunities most Tuesday's June - end of August 1:00 – 7:00 p.m.	
Chairperson for Employee Health & Fitness Day (Sherri)	Still looking at someone to manage this event: <ul style="list-style-type: none"> T-Shirts for 2016 event: requested color combination ideas. Discussion followed and the consensus was to check with the printer for ideas for current popular color schemes. 	Sherri to follow up with printer.
NEW BUSINESS		
2016 Worksite Wellness Workshop Update (Jean and Amy)	<p>The 4th annual employee wellness workshop is set to take place on Thursday April 28th 2016 from 7:30 am-12 pm at UW Sheboygan. The topics will include: Resiliency in the Workplace, Workplace Environment and Wellness, Legal Updates for Wellness Programs; How Employers can Support Employees with Addiction, What Does it Mean to be One of Americas Healthiest Companies and Steps to Achieving WELCOA's Well Workplace Award. Copies of the <i>Save the Date...</i> were distributed to members.</p>  <p>Save the Date 2016.docx</p>	<i>Save the Date</i> information will be sent out to previous attendee's and SCAN members (attached) to distribute as able.
Added: Mary Adele re: Drug Testing in the Workplace.	MaryAdele brought up that work on drug testing policies for employees and how the Heroin subcommittee would like to start their <i>workplace pillar</i> by looking at local company's policies re: drug use/drug testing. She encouraged the committee members to send any policies her way for input. <i>Sheboygan Well County</i> may be able to further promote this information once the Well County initiative is up and running.	Informational.
Food Drive Toolkit & DYB Farmers' Mkt program (Mary/Jean/Amy)	<p>The group discussed the potential of building a food drive toolkit, similar to one that Brown County has put together. This toolkit would be available for the community's use, to promote healthier donations for food drives/pantries, include locations of area pantries and how to donate/get involved in other ways. Mary reported that Brown County has given permission for us to use the tool adapted for our County, as long as credit is given to Brown County as the authors.</p> <p>WIC— Overall State use of Farmers Market vouchers was down this year. Hoping to increase those rates. WIC developed a survey to determine what can be done to increase use of Farmers Market benefits. Looking into gathering information re: the implementation of the <i>Double Your Bucks</i> program here in Sheboygan. Mary P was looking at the Green Bay model to see how that could fit here. We would need to have someone/a non-profit here to do the administrative pieces. Could consider offering this program one day a month. Looking to sit down in the future and explore ideas of how we could move forward with this.</p> <p>Nourish is looking to potentially partner with farmers market growers to help educate the community re: use of produce for sale at the market. This would include training a vendor already selling at the market, to also demonstrate use/prep of items sold at the market. This would be of benefit to the community to improve understanding of what it is they are buying and how to use those items.</p>	<p>Informational.</p> <p>Jean, Amy and Mary will meet to explore possibilities.</p> <p>Ryan to keep coalition informed on status.</p>
Miller in Training 2016 (Kevin/Mary/ Kris)	Ideas/Needs/Goals for 2016— Brooke will no longer be on the committee due to a position change within Aurora. Kevin and Mary are going to be meeting next week to go over lessons learned from 2015, and discuss possible new ideas for	Report on progress at next meeting.

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	this upcoming year.	
2015 SCAN Accomplishments (Jean/Amy)	 <p>2015 SCAN Accomplishments.doc</p> <p>Jean and Amy presented a summary of some of the great programs or projects that members of the SCAN coalition initiated &/or accomplished in 2015! Kudos!</p>	<p>Informational</p> <p>Let Amy or Jean know if anything was missed.</p>
Roundtable	<p>Meredith—SASD is working with Lake Orchard Farm; they will be trying to partner with them to grow items that aren't usually locally accessible during winter.</p> <p>Erica—Health summit in March will focus on Mental Health. Partnering with Azura memory care to do a virtual dementia tour in March. Senior health and fitness day will be held the last Wednesday in May.</p> <p>Kevin—Shoreline Striders running group is now "up and running". Next meeting scheduled for 1.26.16 at YMCA 6:30-7:30pm. They generally run Saturday mornings along the lakeshore; run up to 6 miles at a moderate pace.</p> <p>Mary—UW GB Dietetic interns will be at Festival Foods for a grocery tour (Healthy Shopping Tips); date pending.</p> <p>Darcy— reported that they are always looking for speakers for their Senior programing. If anyone is interested, they should contact Darcy at the ADRC.</p> <p>MaryAdele—Interested in finding nutrition information/resources for people who are detoxing and how to manage their associated symptoms and nutrition needs. Jean suggested working with the Dietitian at Aurora's Mental Health/Substance Abuse unit.</p>	<p>More information to follow; will post on website when available.</p> <p>Mary will get the Festival tour flyer to SCAN to post information on website, and send to committee members when available</p> <p>Contact Darcy if you are interested in speaking.</p> <p>Informational.</p>
NEXT MEETING	February 16, 2016 Room 372 8:05 a.m. Minutes Recorder = Erica Gollhardt	