



**Public Health**  
Prevent. Promote. Protect.

## SHEBOYGAN COUNTY ACTIVITY AND NUTRITION COALITION MEETING MINUTES

<b>DATE:</b>	Wednesday, February 19, 2014	<b>AT:</b>	Room 106, Health and Human Services
<b>PRESIDING:</b>	Jean Pittner	<b>PRESENT:</b>	Jean Pittner, Amy Betke, Sherri Samuels-Fuerst, Kevin Donnelly, Mary Paluchniak, Kris Fritz, Brooke Artabasy, Wendy Meyer, and Darcy Vollrath.
<b>RECORDER:</b>	Amy Betke	<b>EXCUSED:</b>	Jeri Dreikosen, Diane Liebenthal, Vicky Schneider, Carolyn Verhage, and Patty Fallon.
<b>NEXT MEETING</b>	March 25, 2014, at 8:00AM - 9:30AM, in Room 106 – Health and Human Services Building.	<b>GUESTS:</b>	None.

**Mission Statement** - "To prevent obesity and improve the health of children, families, and communities through education and promotion of better nutrition and increased physical activity."

ITEM	DISCUSSION/CONCLUSION/RECOMMENDATIONS	ACTIONS
1. Introduction of Members	<ul style="list-style-type: none"> <li>Darcy Vollrath from the ADRC is the Outreach and Meal Site Manager for those 60 and older. She will replace Dale Deterding. Brenda Zastrow was invited to the committee by Patty Fallon. She is the Program Coordinator for Homes for Independent Living (HIL) and will be added to the contact list for the SCAN Committee.</li> <li>Membership is asked to think about new members to assure vitality in the future.</li> </ul>	Informational
2. Review Meeting Minutes from November 13, 2013  HSC 2020 Website/SCAN Committee	<p>The question was raised if other provider's links could be posted on the website so that users could click to follow activities that are offered throughout the community. Potential providers would include Aurora, Prevea, YMCA, Sports Core, and the Sheboygan County Recreation Department.</p> <ul style="list-style-type: none"> <li>Discussion took place about the 2020 website and we posed the questions:               <ul style="list-style-type: none"> <li>What is the goal of the 2020 website?</li> <li>Who is the consumer?</li> <li>What drives the community to the website?</li> <li>Who is the administrator of the website?</li> <li>How many hits does the website get?</li> <li>Is the website user friendly?</li> </ul> </li> <li>The ADRC currently is using Facebook</li> <li>Should the HSC 2020 website be more about what the public needs, not about specific committees, and letting the public know more about events.</li> </ul>	Informational Jean and Amy will bring up these Questions at the HSC 2020 Feb Steering Committee meeting.

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<p>2. Review Admitting Minutes from November 13, 2013 (continued)</p>	<p>Discussion about the need to span generations to get the message out, including Facebook and Twitter to meet all needs.</p> <p><u>Previous doodle scan of membership:</u> Tuesdays and Wednesdays were the best days for meetings based on a survey of the membership. Other suggestions were made in the surveys that we will add those to next month's agenda. We would like to encourage members to take time over the next month to brainstorm on what ideas you have for the committee: goals and directions for the committee.</p> <p><u>CHIP/CHA:</u> In the year 2014, a community health assessment will be done. For the first time, it will be done by local entities working together for the good of the community, including Aurora, Prevea, and the InHealth Clinic to name a few. This is in the planning phase now and is a very exciting thing for the coming year. As a result of this, the Community Health Improvement Plan will be developed.</p> <p><u>Meeting Dates for 2014:</u> They will be:</p> <table data-bbox="653 829 1339 927"> <tr> <td>Tuesday, March 25<sup>th</sup></td> <td>Wednesday, August 13<sup>th</sup></td> </tr> <tr> <td>Wednesday, April 30<sup>th</sup></td> <td>Tuesday, September 30<sup>th</sup></td> </tr> <tr> <td>Tuesday, May 20<sup>th</sup></td> <td>Wednesday, October 29<sup>th</sup></td> </tr> </table>	Tuesday, March 25 <sup>th</sup>	Wednesday, August 13 <sup>th</sup>	Wednesday, April 30 <sup>th</sup>	Tuesday, September 30 <sup>th</sup>	Tuesday, May 20 <sup>th</sup>	Wednesday, October 29 <sup>th</sup>	<p>Will put that on the agenda for next month's meeting for the committee.</p> <p>The CHA/CHIP will help to drive SCAN goals, objectives, and activities.</p>
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<p>3. Wisconsin Worksite Wellness: Spring Program Update</p>	<p>Subcommittee members include: Kelly Boeldt, Kevin Donnelly, Dawn Kind, Amy Betke, Jean Pittner, and Jeri Dreikosen. Our event is slated for late spring, tentatively the end of April. This will be a breakfast meeting from approximately 7:45AM to 11:30AM, and UW-Sheboygan is thought to be a centrally located site. The name of the event is proposed to be Essential Components for Your Wellness Program. The primary speaker will be Jessica Raddemann, the Executive Director of the Wellness Council of Wisconsin (WELCOA), with break-out sessions to follow. Jean and Amy are developing a short survey to send out to area businesses via the Sheboygan County Chamber Office to get some preliminary feedback. The group had good discussion about important components for this program. We discussed having round tables of businesses who have been champions in worksite wellness to discuss what they have done at their businesses that have been successful, things that they have implemented and are tried-and-true, wellness on a budget, and how to get free resources. Another idea would be to have panelists speak about what are their top ten activities on a budget. Panelists or facilitators could be winners of prior years' Employee Health and Fitness Day. The importance of allowing time for networking is a priority.</p>							

<p>4. Employee Health and Fitness Day</p>	<p>Slated for Wednesday, May 21<sup>st</sup> this year. Sherry Samuels-Fuerst is willing to coordinate the event again this year! We will use the Worksite Wellness Workshop to kick off Employee Health and Fitness Day.</p> <p>Discussion took place about the t-shirt. The group decided on dark heather grey with bright colors as accents.</p> <p>The group thought we should again offer \$50 Chamber Cash to two companies as a drawing for returning their evaluations in at the end of Employee Health and Fitness Day.</p> <ul style="list-style-type: none"> <li>• Pictures from the event would benefit the HSC 2020 website.</li> </ul>	<p>Sherry will be writing an article for the Sheboygan Press for the HSC 2020 with publishing date of May 7<sup>th</sup>.</p> <p>Sherry will contact Mountain Screenery in Oostburg for some samples and then these will be sent out to the membership for their input.</p> <p>Jean and Amy will take the request to the HSC 2020 Steering Committee to request Chamber Cash.</p>
<p>5. Aurora Kids Shape Program - Brooke</p>	<p>This is an eight-week program that focuses on healthy living and nutrition. It is for children ages 6 to 12 who are in the 85<sup>th</sup> percentile BMI or higher. Aurora offers scholarships for children and the program can be as low as \$79 per participant. Aurora did receive five referrals from WIC and two of these children are currently in the program. As part of this eight-week program, the family receives a free membership to the YMCA. Another Kids Shape Program will be kicking off in the fall, with scholarships available.</p>	<p>Informational</p> <p>Jean P. will let WIC program know about full scholarships which are available for Fall program.</p>
<p>6. SCAN Tri-Fold Display</p>	<p>Jean Pittner had the tri-fold available to be viewed and pointed out new resources which includes the Sheboygan County Bike Map available through the Sheboygan County Nonmotorized Transportation Program. These handouts are available from Emily Vetting and can be requested in 50 – 100 increments for free. Jean also shared another document called "14 Healthy Tips for 2014" from <a href="http://www.eatright.org">www.eatright.org</a>, the Academy of Nutrition and Dietetics. This will be included with the meeting minutes. The My Plate magnet was passed around and these are available for printing cost (~ 30¢ each), via Sheboygan County Public Health.</p> <ul style="list-style-type: none"> <li>• Aurora contact, Pamela Krueger, has excellent educational boards for loan on health education topics.</li> </ul>	<p>Notify Jean P. to reserve the tri-fold for your facility and/or programs.</p>
<p>7. Round Table</p>	<ul style="list-style-type: none"> <li>• Mary Paluchniak shared the upcoming community event, "Community Conversation about Mental Health" the Connection between Mental Health and Drug Abuse. There will be a professional facilitator leading parts of the program. This initially grew out of a concern from the area shelters that people have mental health and drug abuse problems with difficulties in guiding them to resources in the community.</li> <li>• Sherry Samuels-Fuerst spoke about pursuing a Well City identification for Sheboygan. The cities of Manitowoc and Fond du Lac are Well Cities. Should this be a goal for our committee to look at the benchmarks of how to become a Well City? What is the process for this?</li> </ul>	<p>Informational</p> <p>Jean P. has information on this and will share at the next meeting.</p>