



Eastern Shore Healthy Communities

AN ACHIEVE COALITION

Executive Committee and Work Group Chair Meeting

Thursday, January 10, 3:00 pm

Work Force Development Building Room 160

Eastern Shore Community College

MINUTES

| Item | Discussion | Action |
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| Welcome & Introductions | <p>Dr. Linda Thomas-Glover, Executive Committee Member and President of Eastern Shore Community College, called the meeting to order and welcomed everyone in attendance at 3:00 p.m. at Eastern Shore Community College in Room 160. The following members were in attendance: Scott Chandler, Administrative Director, Eastern Shore Health Department; Jean Joeckel, Health Educator, Eastern Shore Rural Health Services, Inc.; Patti Kiger, Instructor, Eastern Virginia Medical School; Kathy Lewis, Nurse Coordinator, Eastern Shore Health Department, Jim McGowan, Grants Coordinator, Eastern Shore Community College; Ann Ostrander, Healthy Options Restaurants Coordinator, Eastern Shore Health District; Melinda Phillips, Specialist for Administrative Services, Northampton County Public Schools; Jon Richardson, Environmental Health Manager, Eastern Shore Health District; Barbara Schwenk, Transportation Planner, Accomack-Northampton Counties Planning District Commission; Rob Testerman, Land Use Planner, Accomack County Planning Department; Joni White, Nurse Manager and Clinical Nurse Supervisor, Eastern Shore Health District.</p> | |
| Approval of the Minutes | <p>Minutes were approved by acclamation.</p> | |
| Old Business | | |
| Reports from Committee Chairs | <p>External Work</p> | |
| | <p>Fitness Challenge. Andre Elliott reported that Activate Eastern Shore will take place March 25 – May 25 this year and that volunteers are needed to help in recruitment of folks to the challenge and asked all Executive Committee members and Work Group Chairs to pass along to anyone who is interested. In response to questions, Andre said that he did follow-up with Chester Hall at Nandua High School. He also noted that the Eastern Shore Family YMCA hired a new health and wellness director, Katie O’Shea.</p> | <ol style="list-style-type: none"> 1. Recruit more volunteers for committee. 2. Recruit more businesses and schools to challenge each other. |
| | <p>Healthy Options Restaurants. Scott Chandler reported for Keith Privett and Ann Ostrander, saying the original grant we had last year allowed us to move forward, along with some ACHIEVE grant money that allowed us to get our printing accomplished. Scott showed the restaurant door decal, menu stickers and a children’s placemat with games and puzzles. He said that we have applied for and received notification that we will receive VDH funding (\$25,000) to do additional advertising, publicity and recruitment.</p> | <ol style="list-style-type: none"> 1. Partners should patronize Healthy Option restaurants and select Healthy Option menu items. |

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| | <p>Leadership Institute. Linda Glover reported that at our December meeting we had just submitted a grant to the National Center for Leadership and now we have received notification that our application was successful. The first week of March Dr. Glover, Aileen Joeckel, Scott Chandler and Patti Kiger will go to Atlanta for training, and during the year they will attend lots of required webinars. In addition the team must complete a community service project. They have chosen to assist with the Wellness Policies Work Group and also to develop a Leadership Institute.</p> | <ol style="list-style-type: none"> 1. Group will travel to Atlanta for training. |
| | <p>Livable Communities. Barb Schwenk and Rob Testerman reported that Rob wrote a letter to the four towns in which the walking trails were either developed or mapped. Joe Zager said that he was at a meeting in Onley and they were still talking about the Livability/Walkability Workshops. Patti Kiger related her conversation with Jeanne Anthony and David Brooks of the AARP. Sarah Bowman suggested ESHC contact AARP to see if a partnership can develop over our Livable Communities focus. AARP also has a Livable Communities focus and Jeanne Anthony is the staff member responsible. David Brooks is the Virginia AARP representative. David said that several AARP chapters exist on the Shore and he would like to explore partnership with ESHC.</p> | <ol style="list-style-type: none"> 1. Follow-up on letter to award signage grant money. 2. Follow-up with AARP for partnership. |
| | <p>School Audits. Patti Kiger reported that Accomack County, Northampton County and Broadwater Academy are all participating. Accomack has begun the process; Northampton has already completed their audit; and Broadwater is just beginning. The Northampton process has resulted in a student/staff/administration committee which is making plans to create a healthier campus. A policy already existed so the committee is working to implement the plan and to augment it to make it broader.</p> | <ol style="list-style-type: none"> 1. All schools will continue project. |
| | <p>Wellness Policies. Joni White reported on the Tobacco Use Control Project (funded by VDH) which aims to go out to companies and give them tools. Also, the Health Department is developing wellness programs. Eastern Shore Rural Health is also doing an employee wellness program. Each of the centers are presenting on different topics (stress, healthy holidays, weight loss, etc.). Linda Glover reported that the Community College is working with a new vendor for healthier vending machine choices and water.</p> | |
| | <p>Community - Academic Partnership. Patti Kiger reported that the group is developing a new conference for the winter to address Livable Communities, overweight/obesity, social determinants of health and health disparities. The purpose of these conferences, and smaller "opportunity meetings" is to recruit work group membership and community input into a research project. She said that the Tobacco Use Control Project is using the "Unnatural Causes" film series – and since that is a match with the CAP work group mission, that the two groups will merge interests and offer the "Place Matters" episode of the Unnatural Causes film series sometime in February or March.</p> | <ol style="list-style-type: none"> 1. Plan community conference on Place Matters. |
| | <p>Internal Work</p> | |
| | <p>Nominations Committee. No report.</p> | <ol style="list-style-type: none"> 1. Committee is accepting nominations for Executive Committee. Contact Linda |

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| | | Glover/Patti Kiger |
| | Strategic Planning. Patti Kiger said that the June 2013 Executive Committee Retreat (open to all partners) will focus on developing a new ESHC strategic plan. In preparation for that retreat, Executive Committee Members, Work Group Members and Partners will be asked to participate in a number of surveys and interviews. The first such survey will come from the Y-USA and will be for Executive Committee Members and Work Group Chairs. Patti will send out via email. The group will discuss results probably at the March meeting. | 1. Send Executive Committee survey by email. |
| | Web Site. Patti Kiger showed the group the new web site, still under construction. The Web Site can be found at http://www.eshealthycommunities.org . | 1. Provide feedback to Patti Kiger on website. |
| New Business | | |
| Healthy Youth Day | Melinda Phillips said that Northampton County is ready to celebrate Healthy Youth Day, a General Assembly-sponsored event to draw attention to healthy eating and movement among youth. Elementary school students will be involved in physical activity events during the day at school. The High School culinary arts students will serve yogurt parfaits to all students during lunchtime. Members of the County Board of Supervisors, School Board and ESHC Board will be in attendance to observe. As a result of participating, Northampton Public Schools will receive \$500 for athletic equipment and parfait ingredients. | |
| Library Foundation Meeting | Andre Elliott announced that the Library Foundation will hold a series of public input meetings, one will be 7 pm, Monday, in Accomack; Tuesday in Cape Charles, Wednesday, Nassawadox, and Thursday in Chincoteague at all the libraries. | |
| Rabies Shots | Joni White announced that the Health Department will be offering low-cost rabies shots (\$5) on Saturday, January 26. | |
| Land Trust Mini-Conference | Patti Kiger announced that the Virginia Eastern Shore Land Trust will hold a mini-conference at Eastern Shore Community College on Saturday, Feb. 2, from 9 am to noon. The focus will be to develop a local food system that will contribute to local sustainability and to the local economy. | |
| Adjournment | Linda Glover adjourned the meeting at 4:30 pm. The next meeting will be held on Thursday, February 14, from 3:00 pm – 4:30 pm at Eastern Shore Community College Work Force Development Building Room 160. | |