

	<h2 style="color: #008080;">Eastern Shore Healthy Communities</h2> <p style="color: #008080;">AN ACHIEVE COALITION</p> <p>Eastern Shore Community College Thursday August 14, 2014, 3:00 – 4:30 pm Workforce Development Building – Classroom 130</p> <h1 style="color: #008080;">MINUTES</h1>	
Item	Discussion	Outcome/Assignments
Welcome & Introductions	<p>Scott Chandler, Administrative Manager, Eastern Shore Health Department (ESHD) and Chair, ESHC, called the meeting to order at 3:00 pm. Twenty-one partners present included Ellen Archer and Joani Donohoe, ESHD; Emma Fillebrown, No Limits Eastern Shore; Jayne Flowers, Virginia Department of Health (VDH); Jean Joeckel, Eastern Shore Rural Health; Tara Johnson, ESHD; Patti Kiger, Eastern Virginia Medical School; Bob Mayes, Retired Officer, U.S. Health Service; Susan McAndrews, Riverside Shore Memorial Hospital; Josephine Mooney, Eastern Shore Resource Conservation and Development Council; Roberta Newman, Smart Beginnings Eastern Shore; Gina Roberts, VDH; Susan Simon, Accomack-Northampton Planning District Commission; Linda Thomas-Glover, Eastern Shore Community College; Vice Chair, ESHC; Delores Thompson, Good for You Naturally; Jackie Tull, Accomack 4-H; Alex Votteler, Foodbank of the Eastern Shore; Bobbie Walker, Virginia Tourism Commission; Joni White, VDH; and Florence Wright, WrightFilm Production.</p>	
Old Business		
Minutes	<p>Bob Mayes motioned approval of the minutes; Joni White offered a second to the motion. The minutes were approved as written.</p>	
POWER OF PARTNERSHIPS (POP) TALK:		
Smart Beginnings Eastern Shore	<p>Patti Kiger introduced a new meeting feature: Power of Partnerships (POP) Talks. POP Talks allow ESHC and other partnerships to uncover mutual visions and efforts to increase the power of our efforts through synergistic collaboration. ESHC's inaugural POP presenter was introduced: Roberta Newman, Consulting Coordinator of Smart Beginnings Eastern Shore. Ms. Newman is a career activist for children, youth, families and communities and currently guides a large Shore-wide effort to insure that young children growing up on the Eastern Shore will succeed in school, work, and life. Smart Beginnings has undergone extensive planning and has developed an organizational framework, public awareness, networking among early childhood service providers and families, and extensive data collection to develop a comprehensive strategic plan. Among strategic plan initiatives, ESHC and SBES share one: "Collaborate with The Planning Council to create and implement <i>Eastern Shore – Healthy Kids for Healthy Futures</i>, an Obesity Assessment and Prevention Program in early child care settings on the Eastern Shore."</p> <p>Ms. Newman's presentation was entitled "Powering the Potential of Eastern Shore Kids. How You Can Make a Positive Difference." She shared factors that contribute to school readiness and a school readiness equation. Among all factors affecting school success, a third happen at school and two-thirds happen at home. She shared The Sear Institute's "40 Developmental Assets for Early Childhood (ages 3 to 5)". External assets were categorized as follows: support, empowerment, boundaries and expectations, and constructive use of time;</p>	

	<p>internal asset categories were: commitment to learning, positive values, social competencies and positive identity.</p> <p>Smart Beginnings Eastern Shore was originally established as Eastern Shore Early Childhood Coalition and is now a partner of Virginia Early Childhood Foundation. They want to be a connection for people serving children and they want to engage business, civic and other groups in the important work of creating environments supportive of children of early childhood age. Roberta Newman challenged each of us to find a way to contribute to this very worthy effort.</p>	
Old Business		
Work Group Updates	<p>Academic Community-Partnership. Bob Mayes reported that several community forums have been held and input received will be developed into a white paper for distribution to those involved and ESHC partners.</p> <p>BMI Data Collection. Patti also reported that funding had been reduced for this project in 2014, but we will continue to work with Accomack and Northampton County Public Schools.</p> <p>Community Gardens. Ellen Archer reported the Food Bank has harvested around 3,000 pounds of vegetables to feed the hungry. The Cooperative Extension gardens got off to a slow start due to technical difficulties related to signing the grant contract. They did a tasting and educational program for the summer, but they will be doing a fall garden with their chosen population on Tangier Island. No Limits reports that all the beds have been raised which has provided a wonderful opportunity for their clients who are adult survivors of brain injury. They have used the produce in making lunches for clients, and they have also given some of the produce for use at Onancock's Market Street Grill.</p> <p>Early Childhood Obesity Prevention. Patti reported in Ipec Taffe's absence that she is trying to recruit an EVMS Masters of Public Health student to assist with this project in the fall.</p> <p>Fitness Challenge. The 2014 Fitness Challenge will be held September 15 – November 21. The Challenge goal is to have 1,000 individuals enroll online and log at least 30 minutes of exercise, three times per week. As an incentive, those who meet the challenge weekly will be eligible for prizes determined by a random drawing. Prizes will also be offered to those who meet the challenge for the entire 10 weeks. A large Fitness Challenge work group is focused on: 1) enrolling people within their institution, in at least one other organization, and at least two or three family members or friends; 2) soliciting prizes from local businesses; 3) promoting the Fitness Challenge within their organization, the organization they recruited; 4) collecting stories of individuals and teams as they prepare for the challenge and during the challenge. Enrollment will be online and a link will be available on the ESHC website.</p> <p>Healthy Restaurants. Joani Donahoe reported that the initiative is in its third year, now has 16 participating restaurants. She passed out the new placemats that ESHD has had printed through a grant from VDH, that will be offered to Healthy Options restaurants. It is a good tool for visitors and residents alike. Radio and newspaper ads are also running to support the program. All partners are encouraged to enjoy a Healthy Options meal at a participating restaurant.</p> <p>Smart Bites. Joani Donahoe said we have completed the first year with participation by Northampton County Public Schools and Broadwater Academy. We hope to recruit Accomack County Public Schools in the Fall.</p> <p>Leadership Institute. Planning continues for a fall launch of this program.</p> <p>Livable Communities. Sue Simon said that ANPDC is working on an update of the 2014 Bike Plan and they welcome input. The plan has long and short-term goals. They have held a couple of workshops to get input. Phase III of the bike and hike trail goes to Townsend Road. ANPDC is also trying to get a Safe Routes to School grant. In addition, she announced that the Town of Onancock will possibly be putting in a new water treatment system to coincide with the new hospital's arrival. It is possible to convince the Onancock Town Council to put in a shared use bike/walk path. ANPDC is also working on a Sidewalk Gap Study for VDOT.</p>	<p>Partners encouraged to get ready to enroll in the Fitness Challenge beginning September 15.</p> <p>Partners encouraged to enjoy a Healthy Options meal at one of our partner restaurants.</p> <p>Partners encouraged to provide input to Bike Plan and Sidewalk Gap Analysis. Contact Sue</p>

	<p>They have plotted out 13 towns where there are gaps in sidewalks. VDOT wants to know where there are gaps or dangerous places on the sidewalk. She said that with Virginia's new "Complete Streets" Law, VDOT now must put in sidewalks whenever they renovate. The Transportation Committee meets every other month and the next meeting will be August 27. A place on the agenda exists for public participation and Paul Berge usually represents ESHC on that agenda.</p> <p>Worksite & Faith Community Wellness Policies. Jean Joeckel announced that she is working with the Eastern Shore Center for Independent Living; and A& N Electric to help them develop nutrition, physical fitness and tobacco-free policies. Joni White reported that the Tobacco Use Control Project just completed training for a "Store Alert" and she is going to the schools next. She also recognized Gina Roberts and Jayne Flowers from the Virginia Department of Health in Richmond and thanked them for their support.</p>	Simon at ANPDC.
Closing		
Adjournment	Scott Chandler adjourned the meeting at 5:00 pm, announcing that the next meeting would take place on Thursday, September 11, at Eastern Shore Community College, WFD 130.	