



## Lake County General Health District

### Meeting Minutes

<b>Subject</b>	ACHIEVE Wellness CHART	<b>Date</b>	3/13/2014
<b>Facilitator</b>	Katelyn Coan	<b>Time</b>	1:30 p.m.
<b>Location</b>	Lake County Central YMCA	<b>Scribe</b>	Katelyn Coan
<b>Attendees</b>	<p>Kathy Milo (LCGHD)  Beth Horvath (Lake County YMCA)  Lisa Miller (OSU Extension)  Lee Homyock (City of Painesville)  Dick Bennett (Lake County YMCA)  Teri O'Leary (Morris Chiropractic)  Sharon Minjares (Lake Health)  Dave Gilmer (Lake County Development Council)  Ginny Brennan (Lake County Free Clinic)  Gary Robinson (Lake Health)  Dan Troy (Commissioners)  Cameron Zwagerman (Spirit Media)  Traci Salkiewicz (Lake County Engineers)  Dave Radachy (Planning &amp; Commission)  Dick Kotapish (Lake County GIS)  Katelyn Coan (LCGHD)</p>		

Key Points Discussed		
No.	Topic	Highlights
1.	ACHIEVE Wellness Community Recognition Application	As of March 14 <sup>th</sup> , no communities have applied for recognition. Follow-up phone calls will be made to the individuals that had previously received notification of this opportunity.
2.	County Health Rankings & Roadmaps Community Coaching Program	ACHIEVE Wellness Lake County was chosen as one of 15 national coalitions to pilot this program. We were chosen due to the successful ACHIEVE partnership that already exists. The program is 9 months long. The team has a conference call the 3 <sup>rd</sup> Monday of the month. In between each call, the team gets together for a meeting to complete assigned tasks given by our Community Coach (Karen Odegaard). The idea of the pilot program is to move communities from the Rankings (data) to the Roadmaps (action). The 2013 Rankings will be released on March 26, 2014.
3.	Women's Health Week	LCGHD is writing for a grant through ODH to secure \$500 to host an event in honor of Women's Health Week (May 11 – May 17). The actual event can be hosted one week prior up until the end of May. Hosting a Zumbathon to include blood pressure & cholesterol screenings, an opportunity to speak with a Registered Dietitian, a relaxation station, and a Let's Talk (encourages women to talk about their health) activity. Confirmed partners include LCGHD, YMCA, and Lake Health.

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4.	Central Lake County Lakefront Connectivity Plan	9 partners applied for and received \$75,000 to complete a study. The partnership consists of LCGHD (fiscal agent), Planning & Commission, Laketran, Lake Metroparks, Grand River, Fairport Harbor, City of Painesville, Painesville Township, and City of Mentor. The project purpose is the partnership's common vision of enhancing the transportation/recreation network within Central Lake County, with an emphasis on better access and improved linkages between shared coastal destination sites, and existing roadway and trail way segments that are already in place.
5.	Sub-Committee Updates	<p><i>Aging:</i> Once the weather breaks, the Mentor Senior Center will host a Chronic Disease Management class. This will serve as a pilot for a much larger program series, if funded, through the AstraZeneca Chronic Disease grant. If funded, the Chronic Disease Self-Management (CDSM) Program will entail CDSM classes, cardiovascular screenings, physical activity, nutrition education, and relaxation.</p> <p><i>Behavioral Health:</i> The current focus in this group is employee wellness. As a result of Katelyn speaking at the ADAMHS Directors' Council, a few agencies have reached out to see what they can do for their employees/employee wellness. Katelyn follows up with these individuals to attempt to put employee wellness program together.</p> <p><i>Community:</i> The Fruit &amp; Vegetable Prescription Program (F&amp;VRx) will be implemented again this year. Lake County Free Clinic and Cleveland Clinic Willoughby Hills Pediatric dept. will be participating. Cheryl Cairns will be presenting the program at their all staff meeting in April to receive more input from medical professionals.</p> <p>Much of this year's FNP will remain the same. Classes will be held at JFS, Mentor Senior Center and hopefully, Mentor Beach Park. We are still waiting for confirmation from MBP. ACHIEVE will be purchasing 400 vouchers (\$2,000) vouchers for 2014 in addition to the 217 Painesville has secured from 2013. We'll have a total of 617 vouchers for 2014 FNP.</p> <p>All of the Rx for Health passes were distributed. Last I spoke with Sharon from Lake Metroparks, only 4 passes had been redeemed. Ginny from the LCFC shared that transportation posed as an issue.</p> <p>Health in the Harbor will take place on Saturday, June 7<sup>th</sup>. The JUST RUN Lake County 5K will happen in the morning with physical activity stations to follow; the YMCA will be responsible for land activities and the Metroparks will be responsible for beach &amp; water activities and crafts in the pavilion. Cameron Zwagerman from Spirit Media has agreed to MC/DJ the race and Health in the Harbor.</p> <p><i>School:</i> The Health District/ACHIEVE has been invited to sit on Perry Local School's Wellness Committee. The group has a chance to comment on their School Wellness Policy and make recommendations to the Board. This will be done at the May sub-committee meeting.</p> <p>A Registered Dietitian from Cuyahoga County will be speaking to the sub-committee in regards to her work with the Smarter Lunchroom Movement to see if it is something we should look into for Lake County schools.</p> <p><i>Worksite:</i> Many Employee Wellness Toolkits already exist; if we created a new one, we'd be reinventing the wheel which we do not want to do. At the last meeting, the group discussed a worksite wellness campaign that would raise awareness of the benefits of wellness at work, healthy employees, etc. We discussed what ACHIEVE is and the services, guidance, etc. that would be available to interested worksites.</p>

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6.	Member Updates	<b>City of Painesville:</b> Lee Homyock shared that the City of Painesville will be hosting a color run in downtown Painesville that will be run by a non-profit group. The 5K will be on Sunday, October 19 <sup>th</sup> . The City of Painesville has been generous to split their proceeds with ACHIEVE.

Action Plan			
No.	Action Item(s)	Owner	Target Date
1.	Update CHIP to reflect sub-committee and CHART's goals and objectives.	K. Barbis	Ongoing
2.	Follow-up correspondence with municipalities that were notified about the ACHIEVE Community Application.	K. Barbis	April 2014

*Next Meeting:* Thursday, June 12<sup>th</sup> at 1:30 p.m. at the LCGHD