



**Date:** 9-27-2011 **Recorder:** Chrystal Woller

**Members Present:** Erin Rugg, Eric Turner, Lea Benson, Sarah Smith, Greg Woller, Chrystal Woller, Tasha Beghtol, Anne Lamansky, David Patterson, Katrina Altenhofen

<b>Agenda Topic</b>	<b>Discussion</b>	<b>Decision/People Following Up</b>
<p>Introductions &amp; Agency Updates</p>	<p>Greg announced that the YMCA Torch Run will be held on October 14<sup>th</sup>. This event will be held at the Washington Golf Course and will prove to be a good run! There is a kids run as well. A very reasonable family rate is offered. A dry wick shirt will be free with every registrant. See attached poster and registration form. Feel free to hang posters within your businesses.</p> <p>Eric mentioned that October is National Physical Therapy Month. JET authors an annual newsletter and disseminated during October. Within the newsletter there will be JET PT updates, educational information as well as a contest question, "What is the only prescription that a Physical Therapist can prescribe for their patients?" (Hint: the answer is embedded in</p>	<p>For more information contact Greg: <a href="mailto:gregwoller.ymca@gmail.com">gregwoller.ymca@gmail.com</a></p> <p>For more information contact Erin Rugg at <a href="mailto:erinrugg@jetpt.net">erinrugg@jetpt.net</a></p>

their newsletter). The winner will be awarded a 1 year membership to a fitness center of their choice. Also JET will be having drawings each week in October for some GREAT prizes.

Lea Benson updated the group about MECCA services' education outreach effort on FAS (Fetal Alcohol Syndrome). They will be hosting a Town Hall meeting in April 2012 and visiting WIC clinics in Washington County to educate people related to this topic.

Sarah Smith stated that the Community newsletter is at the print shop and should be out soon. She thanked everyone for their article submissions. The newsletter will be distributed to students in the Washington County school systems.

Ann Lamansky with Health Solutions updated the group that she too has a newsletter that discusses promotions and educational information about her product: Shaklee.

Tasha Beghtol stated that there are not any updates on the ECI front at this time. The legislators are not in session. However, she did mention that the Dance Team will be conducting their fall fundraiser, raking lawns. The minimum fee for a lawn is 30.00. This has proven to be successful in the past, raising money

For more information on Shaklee, contact Ann Lamansky at [solutionsforhealthyives@gmail.com](mailto:solutionsforhealthyives@gmail.com)

For more information on the Dance Team fundraiser contact Tasha at [henwasheca@hotmail.com](mailto:henwasheca@hotmail.com)

for the dance team to buy uniforms and attend the state competition. The dance team is 100% self-funded. The raking will take place Halloween Weekend. Posters will be up upon approval by the school board.

David Patterson discussed many trails and corridor project that he and the trails council have been working on. The Kalona Safe Routes to School project/grant submission is due early-October and will be asking for approx 250,000 to cover the costs of signage, sidewalks and ADA compliant ramps. The Bunkerhill Trail project has an opportunity for expansion. There is also a grant that is being submitted to the Riverboat for a bike/walking corridor from Walmart to G36. Very exciting projects and will watch the news and email for updates. These projects would make Washington County more “bikeable” and “walkable”. Great work!

Katrina Altenhofen updated the group on the state’s Love our Kids grant that is available for communities to promote injury prevention activities. The grant is for 1 year and allows for up to 1500.00 to be awarded. Usually people use the money for the purchase of car seat for community programs, bike helmets, playground improvements, etc.

- Youth & Families/Worksite Wellness – I-WALK/Safe Routes to School project:**

To find more information on the grant go to the IDPH website at <http://www.idph.state.ia.us/ldphGBP/ldphGBP.aspx>

The obesity prevention task force meets the 1<sup>st</sup> Friday of every month at the Federation Back 5<sup>th</sup> floor conference room. (12:30-1:30 pm)

Obesity Prevention Task Force –

Kalona the ECICOG grant writer has completed the grant application and the I-WALK team now has the grant application in their hands. They are editing/revising the document. It is due October 3<sup>rd</sup>. The grant application total is \$231,182.

2. Student Led Garden project: We were not invited to submit a grant application to the Wellmark Foundation. We are now pursuing a Washington County Riverboat Foundation grant, for the 2 student led gardens ( one at Lincoln Elementary and one at Ainsworth Elementary) and for the Workplace Wellness initiative. The grant is due October 6<sup>th</sup>. We have also submitted a Letter of Interest to the Steele Foundation. The project timeline for Student Led Gardens has been adjusted and Fall 2011 activities include only collecting student BMIs. We are also researching curriculum at this time.

3. Workplace Wellness: Three Lunch 'N Learns have been scheduled. They are: October 25<sup>th</sup> at Wellman Parkside, November 1<sup>st</sup> at Kalona Chamber of Commerce, and November 10<sup>th</sup> at Iowa State University

Extension in Washington. The formal PowerPoint presentation is prepared and ready to go. Planning continues regarding the advertising and selecting the lunch meal.

4. Start Somewhere Walk: At the Obesity Prevention Task Force meeting on Sept. 2<sup>nd</sup>, members of the task force expressed interest in participating in the Start Somewhere Walk and starting a third "subcommittee"- in addition to the Student-Led Gardens and Workplace Wellness. The third committee is the Start Somewhere Walk. The walk itself is October 7th. Walks are being organized throughout the county and include: Sunset Park from 11AM- 1 PM, Kalona Public Library at Noon, Wellman North Park at Noon, or inside at Parkside Activity Center at Noon, Halcyon House at Noon, and the Washington schools are walking on their grounds during their lunch hours. Hy-Vee and Fareway stores are supporting this initiative, as well as JET Physical Therapy, who has previously organized annual noon-hour walks over the past several years.

5. The city of Washington has 90 acres of green space that remains undeveloped on the north end of town. Selling this land has been discussed at recent city council meetings. Historically there has been a grassroots group that has been interested in supporting efforts to develop this land into a wellness park. Those efforts have been put on hold for the last year or two. The coalition discussed advocating for saving this land for future wellness park development and the benefits it could bring to the residents.

6. Erin shared a great experience she had at a meeting with the Mercy PHO. This is a large group of managers from various clinics around Southeast Iowa. This group consists of many different specialties and even includes larger entities such as Mercy Hospital and Steindler Orthopedic. One of the subjects brought up in my meeting was of Wellness and what people around the table were currently doing. The leader of the group mentioned the Blue Zones but had not heard about the "Start Somewhere Walk". I ran the group through the basics of the "Start Somewhere Walk"

Chrystal will draft a letter of support to retain the land and develop and implement a development plan for a wellness park. It will be sent to the coalition for comments and made available at public health for signature.

	<p>and how we had walks established in two different towns in the county and that all four schools in Washington would be participating as well. Also told them how to find a walk near them and how to pledge. We then discussed the Washington Coalition and its two task forces and how much they have already accomplished thus far. Finally, I outlined what the Healthy Living Link program was and how several entities throughout Washington County were involved and how we are seeing great results from our patients. The group was amazed at how proactive Washington County is and could not believe all the stuff we were doing. "Although we still have a long road ahead of us I think it is great to look back once in a while and reflect on how far we have come in such a short period of time. It really was a great feeling sharing what our County has to offer that many others do not".</p>	
<p>SAFE Solutions for Washington County Youth Sarah Smith and Chrystal Woller reporting</p>	<p>A drug drop was conducted in Kalona at the beginning of October. Volunteers from the coalition and a pharmacy student helped with the event. The group collected over 50</p>	

pounds of medication. The purpose of the event is to get prescription drugs that have expired or are no longer being used, out of the homes. This event does allow for narcotic medications to be disposed of. Law enforcement was on site. It was held at Bright Futures Chiropractic.

The SAFE coalition is currently revising their brochure and website with their expanded mission and vision to include teen pregnancy prevention, bullying prevention and suicide prevention. Once the website is completed, Sarah will send out the new link.

The SAFE coalition was 1 of 37 grassroots organizations across the United States that was awarded American Medical Association Grant. This money will be used to bring Rachel's Challenge (a national education event focusing on positive behaviors and treating others the way you would like to be treated) is coming back to Washington County. Last year we were able to Bring Rachel's Challenge to Mid Prairie and the Wash Jr. High. Because of schedule conflicts the high school did not receive the Rachel's Challenge presentation last year. An evening community event will also be conducted for all Washington county at Hamakua place 6:30-7:30 pm. Watch for posters and press coverage on this event.

All 3 school districts have adopted and implemented the OLWEUS bullying prevention program, Highland has developed posters and kicked-off this program this fall.

Preliminary discussions have occurred for the potential merger of WACAN (Child Abuse Prevention Council) and SAFE coalition. This has been done in other counties and may expand the grant programming opportunities locally for child abuse prevention.

Iowa Youth survey results for 2010 have been disseminated. Please look at trend data on IDPH website.

The Community Connections newsletter has been published. Thank you to everyone that submitted articles. Dissemination will take place this fall.

Further discussions will continue and a decision will be made before Feb of 2012.

Grant Updates -

A **Healthy Communities Grant** submitted to IDPH in the amount of \$75,000.00 was approved for Washington County for FY 2012, but declined due to removing this item from the state budget.

A **Riverboat Grant** will be submitted for the work of the obesity prevention taskforce the first week in October. A private foundation grant request has been submitted as well.

IDPH did receive a federal **Community Transformation Grant**. Washington County was one of 26 counties that plans to subcontract for this money. Details of the activities and the amounts are pending. It is known that this is a 5 year grant and may align nicely with obesity prevention strategies.

**Next Meeting date**  
January 23<sup>rd</sup>, 2011