

Nassau County Health Improvement Coalition (NCHIC) Minutes  
January 26, 2015 – 1:00 pm at Yulee Full Service School



Attendees: Brad Austin, Kim Clemons, Virginia Caraway, Celestine Chandler, Kim Clemons, Chris Compton, Denise Cox, Gail Green, Tara Heselschwerdt, Heather Huffman, Lauren Jones, Meg McAlpine, Angie McClellan, S. McCloskey, Tonya Mungin, Dr. Seidel, Maureen Paschke, Andreu Powell, Mary Snyder, Ashley Sobolewski, Kate Spilsbury, Tiffany Thomas, Debbie Wormhoudt

Chair K. Clemons called the meeting to order and self-introductions were made. A. Powell motioned for approval of October 27, 2014 NCHIC meeting minutes. M. Paschke seconded the motion and minutes were unanimously approved.

Partnership for a Healthier Nassau/MAPP and CHIP Updates: Dr. Seidel passed out and reviewed CHIP Progress Report hand-out titled “Striving for Community Wellness Progress Report.” Dr. Seidel explained how this is based on four assessments from two and a half years ago. An invitation for the CHIP “kick off” meeting will be sent to NCHIC. Everyone is invited to participate, whether it is issues from previous years or new issues of interest. Kim Clemons encouraged everyone to volunteer for a MAPP Assessment that aligns with the CHIP.

Virginia Caraway stated that it is important for us to do as much suicide prevention work as we can to help the youth.

A. Powell discussed some of the training and education that has gone on in schools, including training of CARRT staff and the School Climate Transformation Grant that was awarded to the schools for behavioral health. This grant allowed the school district to hire two behaviorists and four social workers. Kim Clemons reiterated that these opportunities have brought more training and awareness on campus for the children.

Walk With Me (WWM) – M. McAlpine explained that WWM encourages the formation of walking groups and reminded the group that the Extension Office has supported two groups (one in Fernandina and one in Yulee) that walk on Monday and Wednesday at 8:30am. M. McAlpine will also be teaching an eight week series of nutrition classes that include a physical activity component. More WWM groups may start as part of the Cancer Control Collaboration grant through the state of Florida.

A. Sobolewski announced that one WWM starter kit (includes incentive items for first first walkers) was recently distributed to a local bank that is being coached for worksite wellness.

K. Clemons announced the upcoming worksite wellness breakfast on February 24<sup>th</sup> at the Yulee Full Service School. This event/combined quarterly meeting is sponsored with partnership of the Chamber of Commerce and the First Coast Worksite Wellness Council. Details regarding this event will be forwarded to NCHIC. K. Clemons announced that Melissa Phillips has been working as a health and wellness coach for the local Nassau County small businesses that were identified at the last worksite wellness breakfast. K. Clemons and M. Snyder announced that Melissa has been creating a community resource guide for worksite wellness.

A. McClellan mentioned that Facebook is a good way to advertise this event to the community. K. Spilsbury, Chair of Health Council of Chamber, mentioned that FL Blue is participating at this event.

Community Resource Guide (CRG) and Directory (2 page CRG) – A. Sobolewski announced that these were both updated in January 2015, and will soon be posted on the Community Health Education page of the Department of Health in Nassau County website: <http://nassau.floridahealth.gov/programs-and-services/wellness-programs/resource-guides/index.html>. The “train the trainer” Lending Library is still available to the public. These electronic materials are available for organizations and community groups to access and host their own health education classes.

FL Blue – Jacksonville River City Market Place –K. Spilsbury’s presentation included a summary of services available by Florida Blue at the Jacksonville River City Marketplace. See *Last Chance for Open Enrollment* hand-out. February 15<sup>th</sup> is the last day to sign up for insurance coverage for Health Care Reform. For further questions or information on scheduling a presentation, you can contact Kate Spilsbury at 1-904-394-2250. K. Spilsbury also announced that the chamber’s next healthcare council meeting takes place on January 27<sup>th</sup>.

K. Clemons highlighted the written updates that were distributed to the group.

Group decided on future meetings as follows: March 23<sup>rd</sup>, May 18<sup>th</sup>, and August 24<sup>th</sup>.

Hand-outs:

1. *Striving for Community Wellness Progress Report* (Partnership for a Healthier Nassau/CHIP)
2. *Are You A Caregiver? You are Not Alone!* (Community Hospice)
3. *Last Chance for Open Enrollment* (FL Blue)
4. *Jacksonville – River City Marketplace* (FL Blue)
5. *Get Fit, Make Friends, Have Fun* - Youth Fitness Class (YMCA)

NCHIC Minutes Submitted by A. Sobolewski on 2/12/2015  
Minutes Amended 3/25/15.