

## Nassau County Health Improvement Coalition (NCHIC) Minutes

August 25, 2014 – 1:00 pm at YFSS



Attendees: K. Albert, B. Austin, L. Birtles, J. Bowls, V. Caraway, K. Clemons (Chair/facilitator), J. Emmons, V. Falzoi, A. Metz, M. McAlpine, M. Oberkrom, M. Paschke, A. Powell, L. Powell, L. Rozier, E. Ngo- Seidel, A. Sobolewski (Secretary) J. Tyson, J. Ward.

1. Approval of April 2014 meeting minutes as amended. Introductions were then made.

2. Partnership for A Healthier Nassau/”CHIP” Coordinating Role in:

**Walk with Me** – Meg McAlpine announced that she recently (July) took on the role of community champion for the Walk With Me Program.

Dr. Seidel explained how NHIC has aligned with the Nassau County Health Improvement Plan (CHIP) with several initiatives with the most recent being the community driven “Walk With Me” program. Dr. Seidel notified the group that Dr. Prince has been regularly leading a walking group on the third Thursday of each month in Callahan.

Linda Powell recently promoted “Walk With Me” at the Peck Center Back To School Event, as well as the Council on Aging. Linda reported that seven tool-kits were handed out to interested community members during the month of August.

**Community Resource Guide (CRG)/Directory & Lending library** –Ashley Sobolewski reported that the CRG and Directory are updated as soon as updates are received, so please continue to send her updates. Visit DOH/Nassau’s website for links to the CRG/Directory, Lending library, NCHIC, and Walk With Me:

<http://www.floridahealth.gov/CHD/Nassau/healtheducation.htm>

Email Ashley.Sobolewski@flhealth.gov with CRG updates and/or if your organization is interested in utilizing the “Train the Trainer” Lending Library, which has free resources for an agency to host their own health education classes.

### **NCHIC subcommittees:**

**Policy (Dr. Seidel)** –Policy, systems, changes, and practices (all evidence-based) versus programs/services. Dr. Seidel discussed the power of policy and explained that there are many opportunities for people to get involved in this subcommittee. This group plans ways to create environments (i.e. parks and bike paths) where people can be more physically active and healthy. Dr. Seidel explained how many of these opportunities align with the Surgeon General’s Healthy Weight initiative. For more information on

how to get involved with this subcommittee, email Dr. Seidel at [Eugenia.Ngo-Seidel@flhealth.gov](mailto:Eugenia.Ngo-Seidel@flhealth.gov).

**Worksite wellness (K. Clemons)** – K. Clemons updated the group on planning for the upcoming Nassau County Small Business Worksite Wellness Breakfast on October 15<sup>th</sup> at the City of Fernandina Golf Club. This subcommittee is working with Regina Duncan at the Chamber of Commerce. Tickets for the breakfast are \$10/person. Vendor tables are \$20 (includes breakfast) for chamber members and \$100 (includes breakfast) for non-chamber members. Registration available on the Chamber website and there will be more information in the paper. This is an opportunity for Nassau businesses to come together and learn best practices and other information regarding relevant employee wellness topics. Free business coaching will be available to businesses who attend this event. Contact Kim Clemons at [ClemonsKi@nassau.k12.fl.us](mailto:ClemonsKi@nassau.k12.fl.us) if you are interested in getting involved.

**Positive messaging for “healthy lifestyles and wellness”**- Ashley reported that there are no members at this time, but this topic may be proposed again this upcoming year.

#### **Agency Updates:**

**American Cancer Society (Melanie Oberkrom)** – Relay for Life of Fernandina Beach/Yulee and Relay for Life of Nassau County West will be taking place this coming Spring 2015. Since Relay for Life is volunteer lead, Melanie announced that they are recruiting volunteers to help with the planning (i.e. to determine location, time, date, etc.). Melanie explained that Relay for Life used to be overnight, but now such details are planned according to each community. Registration is free. Melanie also shared her testimony about being a cancer survivor and explained the importance of cancer research. There are many resources and programs for cancer survivors including, Road to Recovery. For more information, contact Melanie at (904) 391-3643 or email [Melanie.Oberkrom@cancer.org](mailto:Melanie.Oberkrom@cancer.org).

**Barnabas (Virginia Caraway)** – Virginia shared her recent experiences as coordinator for *Cooking Matters*, which is a six week curriculum on healthy eating. Virginia reported that they had a volunteer chef and the cooking classes allowed hands-on participation for participants. Starting the first Monday in October, Virginia will host another series of classes that will focus on healthy cooking for those with diabetes. For more information regarding these upcoming classes, contact Virginia at 261-7000.

Virginia also announced that on Wednesdays, a food pantry is open from 10-12pm at the Yulee Methodist church. Personal identification is required. Call (904) 225-5381 for more information.

**Community Hospice of Northeast FL (Maureen Paschke)** – Maureen updated the group on the upcoming, free Veteran Caregiver workshop on September 12th. See flyer for more information.

Maureen also announced the recent (July) opening of the Warner Center for Caring, which is a short term care center for hospice patients. It has eight beds and is located in the Medical Building B building at Baptist Nassau. This is a serene place for families to come and visit loved ones in hospice.

**NACDAC (Kerrie Albert)** – Kerrie handed out flyer and announced the upcoming the “Natural High” 5k Run/Walk that NACDAC is sponsoring on October 4<sup>th</sup> at West Nassau High School in Callahan. See flyer for more information. Register at Active.com [Natural High Run/Walk] or you can pick up a registration form at West Nassau High School M-Thurs 8:30am-3:30pm.

**Micah’s Place (Lauren Birtles)** – Lauren announced that the outreach office at Micah’s Place has moved and is now located in the Family Support Services building in Lofton Square, Yulee. Offices are Monday through Friday from 8am-4pm. Walk-ins are welcome. Appointments are recommended, so please call (904) 321-8646. Services include legal assistance, counseling, victim’s compensation, weekly support groups (Tues 6-8pm), and some financial assistance/community referrals offered.

**Family Support Services (Lisa Rozier)** – Lisa announced upcoming events including the breakfast learning series, which takes place on the 4<sup>th</sup> Tuesday of each month at the Family Support Services building, 96016 Lofton Square Court (located in Winn Dixie Shopping Center). The next series takes place 8/26/214. Contact Lisa for more information at Lisa.rozier@fssnf.org or (904) 321-866. Lisa announced that the Council on Aging Transit Route now has a new Yulee stop at Family Support Services. Lisa reiterated that everyone is excited about the new location of Micah’s Place (located in the same building as Family Support Services). Ashley apologized for not including Family Support Services correct/recent updates in the agency updates that were handed out.

**Upcoming NCHIC meeting (Yulee Full Service School):**

October 27<sup>th</sup>, 2014 1pm

Respectfully Submitted by A. Sobolewski on 8/27/2014

Meeting hand-outs distributed:

- ✓ April Minutes
- ✓ American Cancer Society – Relay for Life Flyer (Melanie Oberkrom)
- ✓ Natural High (5K Run/Walk) Flyer – NACDAC (Kerri Albert)
- ✓ Veteran’s Caregiver Workshop Flyer – Community Hospice (Maureen Paschke)