


HEALTHY JACKSON COUNTY
IMPROVING NUTRITION WORKGROUP

MINUTES

April 10, 2019

10:00-11:30am

The Community Foundation of Jackson County

WELCOME!		Discussion/Actions
<p>Joanah Wischmeier, Corporate Health & Community Outreach Coordinator, Schneck Medical Center</p>	<p>Welcome! THANK YOU! Thank you for your continued support and serving on the “Improving Nutrition” workgroup of Healthy Jackson County.</p> <p>Joanah will be leaving Schneck Medical Center for a new opportunity. Susan Zabor will be the interim, key contact until Joanah’s replacement is in place.</p>	<p>Members Present:</p> <ul style="list-style-type: none"> • Molly Marshall – Purdue Extension • Susan Zabor-SMC • Joanah Wischmeier-SMC • John Doriot-SMC • Ginger Schneck – Girls Inc. • Angie Arthur – Medora Schools <p>Absent:</p> <ul style="list-style-type: none"> • Shannon Hunsucker - Medora Schools • Melanie O’Neal – MHA/ARC
RECAP OF HEALTHY JACKSON COUNTY EFFORTS - 2019		
<p>-Joanah, Corporate Health & Community Outreach Coordinator, Schneck Medical Center</p>	<p>Continue workgroup efforts with focus on the current Mission & Vision of HJC</p> <p><u>Vision:</u> To create a sustainable culture of health and wellness throughout Jackson County evidenced by improved health outcomes data.</p> <p><u>Mission:</u> Collaboratively, create and promote a healthy environment to empower our Jackson County community to achieve improved health outcomes. We will do this through: Policies, Education, System and Environmental Changes.</p>	
	<p>Recap of Collective Impact / Our Role in <i>Improving Nutrition</i></p> <div style="text-align: center;">  </div> <p>An opportunity to learn more about Collective Impact is available through the Indiana Rural Health Association (IRHA). Please copy and paste the link below for additional details regarding this 2-day conference. <i>Please note: Anyone can register for the event whether they are IRHA members or not. Once registered, those who are not members will become members for one year beginning July 1, 2019 through June 30, 2020.</i></p> <p>https://www.indianaruralhealth.org/annual-conference</p>	

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HEALTHY HAPPENINGS		Discussion/Actions
<p>-Joanah, Corporate Health & Community Outreach Coordinator, Schneck Medical Center</p>	<p>Introductions to take place: <i>Name:</i> <i>Name of Organization Representing:</i> <i>Healthy Happening Announcement(s):</i></p> <p>Please share current efforts through your specific organization/personal volunteer work that are in relation to improving nutrition in our community through promotion, engagement, community events, etc...</p>	<p>Full coalition meeting at SMC on May 1 from 11:30 – 1:00. Each workgroup will give an update on their group’s work, and who has been active in the workgroup.</p> <p>Sharing of individual information and Healthy Happenings (John to report items with * to full coalition):</p> <p>John Doriot:</p> <ul style="list-style-type: none"> • *Second chance breakfast at Seymour High School is going well. (Breakfast offered later in the morning. Kids can use breakfast/ lunch account.) • *Fueling station (at high school) is in process. (*Ask if any business is willing to give donation.) • *Girls Inc. – SMC dietician led cooking demonstrations (Ginger to provide # of girls who participated in last session). • *Organize a Food Drive as a HJC project (HJC would distribute). Spring/summer could be a good time to have it. Molly/Purdue Extension will have interns that could help. Reach out to HJC partners to be collection sites. Will coordinate details with recipient organizations. <p>Ginger Schneck:</p> <ul style="list-style-type: none"> • Offering healthy snacks in concession stand. • Gardening Project – Marcia Monroe planted winter wheat and hopes to organize a field trip to a local farmer

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		<p>to see how it's harvested. Plans to offer garden project again this summer.</p> <ul style="list-style-type: none">• Cooking classes with SMC dietician.• Pound / yoga classes with Becky Schepman. <p>Angie Arthur:</p> <ul style="list-style-type: none">• Fruits/veggies and water at family events (no desserts).• Summer school will plant a garden. Offer students different types of fresh fruits/vegetables every day. <p>Molly Marshall:</p> <ul style="list-style-type: none">• *Spoke with Medora horticulture class including food insecurity, labels. They plan to plant a school garden. 4-H curriculum available for older kids to introduce younger kids to fruits / vegetables.• *Purdue Extension continues to provide nutrition classes to various groups.• Holding a dorm room cuisine class at the library.• Training with day care providers in Crothersville.• Poverty simulation on June 20 with several community partners. Will simulate crisis situations that people in poverty deal with every day. <p>Susan Zabor:</p> <ul style="list-style-type: none">• *Crockpot healthy meal class was held in March at Anchor House with the pantry population; coordinated with Purdue Extension.
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		<p>Joanah Wischmeier:</p> <ul style="list-style-type: none"> *Health Matters Program at DSI – Joanah/Melanie working with Bethany (SMC Strive dietician) to hold cooking demonstrations. 																				
WORKGROUP GOALS - 2019		Discussion/Actions																				
<p>-Joanah, Corporate Health & Community Outreach Coordinator, Schneck Medical Center</p>	<p>What specific goals do we want to set for Improving Nutrition in 2019?</p> <ul style="list-style-type: none"> What projects should we work on? <ul style="list-style-type: none"> Develop toolkit (include portion control, local resources, shopping guide, nutrition guide; find key contacts to help push out the toolkit). Food drive What audience(s) are we primarily targeting? <ul style="list-style-type: none"> Jackson Co. general population Audience will shift with project What resources do we currently have in place to utilize? <ul style="list-style-type: none"> Purdue Extension SMC HJC workgroup Health Department School food service personnel 	<p>Workgroup standard agenda items:</p> <ul style="list-style-type: none"> Healthy Happenings Upcoming Healthy Events Potential Projects/Ideas <p>Determine toolkit contents – send suggestions to Molly. Will review suggestions at next meeting. Susan will put request in for SMC Marketing to build folder to place materials. Will need to determine sites for toolkit dissemination and also how to get out electronically.</p>																				
WORKGROUP MEETING SCHEDULE - 2019																						
<p>-Joanah, Corporate Health & Community Outreach Coordinator, Schneck Medical Center</p>	<p>Improving Nutrition Workgroup:</p> <hr/> <p>Purpose: To work collaboratively and make an impact together that improves nutrition throughout Jackson County.</p> <p>2019 WORKGROUP MEETING SCHEDULE</p> <hr/> <p>IMPROVING NUTRITION (10-11:30am)</p> <table border="1"> <tr> <td>January</td> <td>9</td> <td>Wednesday</td> <td>10-11:30am</td> <td>Community Foundation of Jackson County</td> </tr> <tr> <td>April</td> <td>10</td> <td>Wednesday</td> <td>10-11:30am</td> <td>Community Foundation of Jackson County</td> </tr> <tr> <td>July</td> <td>10</td> <td>Wednesday</td> <td>10-11:30am</td> <td>Community Foundation of Jackson County</td> </tr> <tr> <td>October</td> <td>9</td> <td>Wednesday</td> <td>10-11:30am</td> <td>Community Foundation of Jackson County</td> </tr> </table>		January	9	Wednesday	10-11:30am	Community Foundation of Jackson County	April	10	Wednesday	10-11:30am	Community Foundation of Jackson County	July	10	Wednesday	10-11:30am	Community Foundation of Jackson County	October	9	Wednesday	10-11:30am	Community Foundation of Jackson County
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HEALTHY JACKSON COUNTY MEETING SCHEDULE - 2019				
-Joanah, Corporate Health & Community Outreach Coordinator, Schneck Medical Center	Purpose: To reconvene biannually to recap/celebrate successes and accomplishments and to discuss current and future opportunities and discuss action plan.			
	2019 HJC MEETING SCHEDULE			
	May	1	Wednesday	11:30am-1pm
November	6	Wednesday	11:30am-1pm	Schneck Medical Center
NETWORKING/NEW MEMBER POSSIBILITIES				
Healthy Jackson County – New Member Discussion	Do you have anyone in mind that would be a great fit for Healthy Jackson County? Would the individual enjoy making an impact and changing the culture of health in our community? If so, please let me know and I will reach out to them!			
NEXT MEETING – July 10, 2019 FROM 10-11:30 AM @ COMMUNITY FOUNDATION OF JACKSON COUNTY				
ADJOURNMENT – Meeting was adjourned at 11:28 AM				

Next steps:

- Workgroup members to send Molly resources to include in toolkit.
- Molly will bring toolkit resources to the July 10 meeting for review. Determine physical dissemination points for those documents, and how to push out those links.
- John – Send members the ‘Healthy Happenings’ bullet points to share at May 1 full coalition meeting.
- Ginger – Provide John the # of girls who participated in SMC cooking classes.
- Susan – Send members the toolkit links for Blackford and Delaware counties.
- Susan – Ask SMC Marketing to design a folder for toolkit contents.
- Molly/Angie – Check to see if portion control is embedded in school nutrition/health classes.
- Joanah – Send full coalition the Collective Impact information with May 1 invitation. *Complete*

