

Nutrition Advisory Committee of Dutchess County

Meeting Minutes – Thursday, March 17, 2011

In Attendance: Shayna Russo, Nancy Cimbrello, Lacie Schmidt, Rebecca Lull (CCEDC), Ozie Williams (DoH), Susan Grove (PFP), Angela Valez (Hudson Health Plan), Kathy Bell (Astor), Maryann Loiacono (DSS), Al Muhlnickel (Food Service Pok Schools), Diane Ruffin (Beulah Baptist Church)

Program Sharing and Announcements:

-Lacie passed around a flyer for *Parenting a Second Time Around* (PASTA) series that Nina Doyle will be conducting starting in April at Farm and Home Center in Millbrook. No charge to grandparents or other relatives raising children. She also mentioned a RAPP billboard which is located in Poughkeepsie (where Salt Point turns into Smith St.)

-Angela mentioned a case management program relative to childhood obesity. She also mentioned that Hudson Health Plan received the ok from Poughkeepsie Central School to have a bike rodeo in June. The bike rodeo will collaborate with other agencies and focus on bike safety.

-Diane mentioned the Health Fair on April 23 from 10:00am-1:00pm at Beulah Church. Beulah Church sponsored their first dental program last month, which went very well.

-Ozie will be conducting childhood obesity education to Dr. Clare's staff on April 28 at 6pm.

-Kathy mentioned a workshop for case managers on March 24 at the Rolling Greens Country Club 8:30-3:30. The workshop will focus on the numerous resources that are available in our community. Each presenter has 10-15 minutes to present what their organization can offer to the community.

-Shayna mentioned that the CAPE offices have relocated: 807 RT 52 Room 28, Fishkill, NY. Phone: 845-765-8301

-Shayna and Mallory attended the Eastern Dutchess Rural Health Network meeting. Shayna reported that the rural community is missing a lot of services. In their communication with them, they are not aware of summer feeding programs. Shayna was there to inform the committee about NAC and what we have been doing for the past 11 years and discuss Food Day and collaborative efforts to promote the event.

-June 15-World Elder Abuse Awareness Day: looking for sponsors and donors. It will be at Manor at Woodside. Please let Alice Mann know if you would like to participate.

-Grace Smith: April 10 at 11:30: Annual Spring Brunch Auction at Christo's in Poughkeepsie. Tickets are \$55 per person.

Follow-up actions from February Meeting:

- Member-info sheets: Shayna will be emailing (as requested by group) a 2003 version word document of the bio/template for each member to fill out. Please let Shayna know of any missing pieces. **Email Shayna the completed bio of yourself/organization and she will be putting together a NAC bio-book.**
- Any new members were asked to fill out a volunteer form. CCEDC keeps track of the hours that each member attends the meetings.
- A suggestion was made to update the goals. Shayna mentioned that since EWPH has ended; we do need to change program to guidelines so that it reads as Eat Well Play Hard Guidelines. **Our topics for this year are: Food Day, Community Food Assessment, Summer Feeding and Health and Fitness Day.** We will develop specific goals and objectives for each topic at the next meeting.
- NAC is a networking/sharing coalition. One of our goals is to continue being in the public's eye through marketing, with that being said we are going to add that as an ongoing goal of NAC.
- A question was raised if we have achieved any of our goals. Through our many events (Summer Feeding, Community Food Assessment and Physical Activity Surveys, etc) we have had an ongoing process of working on our goals. It was suggested to establish specific objectives along with our general on-going goals for our topics of the year.

New Business

- The Great Seed Giveaway: PFP has partnered with Hudson Valley Seed Library. PFP grows and cleans their seeds and the Library will package them. This year, PFP has numerous amounts of seeds to giveaway. Non Profit Organizations and individuals who can't afford seeds need to apply for them.
- Summer Feeding: There has been a constant increase in the summer feeding lunches in the city of Poughkeepsie. Some suggestions for outreach for summer feeding: flyers to local churches, interfaith council, contact United Way – (2-1-1), advertise at the bike rodeo, libraries. Al reported that he would like to have an activity every week during the summer at various locations. Suggestions were offered for many different types of activities and

where to get the volunteers to help. (Hands on Hudson Valley have over 500 active volunteers.) Any kind of youth organization might want to help out.

- Susan reported that PFP is partnering with Walkway over the Hudson. The food markets are on every Friday. On June 17, Health and Fitness Day will be from 3-7. Monica, a consultant for the Walkway, is organizing the event. There will be a \$25 participation fee. The event is geared towards more physical activity and an engaging event, and less handouts. Susan wanted to know if NAC possibly wanted a table.

Updates:

- Community Food Assessment: This past weekend there were 10 volunteers that were out asking for people to participate in the survey. Over the weekend, they received an additional 11 surveys. Susan was wondering if anybody knew of any groups that would like to volunteer. A suggestion was made possibly for NAC members to go out on a NAC Day. Volunteers need to go through one hour of training. The next big group of volunteers will be out 3/26 and 3/27. From the completed surveys they have found that Latinos are underrepresented and seniors are over represented. Goal is to finish by the end of the semester.
- Food Stamp Nutrition Education Program: no update from the letter that Christine sent out this week.
- Fish Advisory: Mallory was unable to attend today's meeting.

Follow-up/Agenda items for April Meeting:

- All NAC members will fill-out a bio sheet and e-mail back to Shayna
- Approve changes in goals with change to EWPH and addition of marketing promotion on NAC
- Specific measurable goals will be established for 2011 objectives.
- Food Day update/discussion

Next Meeting: April 21

Schedule for 2011:

May 19

June 16

July 21

August 18

September 15

October 20

November 17