

Nutrition Advisory Committee of Dutchess County

Meeting Minutes – January 19, 2012

In Attendance: Christine Sergent, Shayna Russo, Nancy Cimbrello, Lacie Schmit & Helanna Bratman (CCEDC), Kathy Bell (Astor), Lorraine Scuccimarra (Child Care Council), Pat Brown (DoA), Ozie Williams (DoH), Susan Grove (PFP), Jacky Cooper (DSS), Al Muhlnickel (Pok City Schools Food Service Dept), Sarah Rogin & Elena (Catholic Charities), Rosina Tezgeldi & Nancy Marroquin (Hudson Health Plan), Nancy Case (Outpatient Nutrition St. Francis).

Program Sharing:

- March 3, 2012: Hudson River Fish Summit: Wallace Center, Hyde Park
www.hrfishsummit.eventbrite.com
- March 31, 2012: Anti-Bully Walkathon at the Walkway
<http://www.dutchessmediation.org/anti-bullying-walkathon>
- RAPP Program 2012 Coffee and Conversation schedule is attached
- “Discipline is Not a Dirty Word” information was shared and is attached
- Vegetable Gardening from a-z dates and times were shared and is attached
- Kathy shared that of 452 children at Astor 110 were at the 95th percentile or above on the BMI charts. Translating to 25% of their children is obese.
- Nancy Case shared that TLC pediatrics is trying to start a program within their facility to address childhood obesity. Details will come as the program develops.
- Hudson Health Plan Shared that their organization has a location within the Family Partnership Center and has been there for many years. Please share that with clients and orgs.
 - Hudson Health Plan also shared that there have been changes in the Prescription plan for Medicare/Medicaid managed care plans. Please visit their website at www.hudsonhealthplan.org for more information.
- Catholic Charities recently hired new staff to work with the NOEP and OTDA grants. They now have 3 staff servicing Dutchess County. They have the ability to travel to sites all over the county.

Follow-up actions from last meeting:

- 2012 schedule – no conflicts. Currently meeting are planned to be in rm 101
- Letter to Health Quest – Some feedback was given to “soften” the tone of the letter. Shayna has since revised and a PDF version is attached.
- NAC and Food Card Brochures: All were given copies and a few minor revisions were mentioned. Also mentioned was the idea to include agency phone numbers for other parts of the county such as the Beacon WIC and Eastern Dutchess contact. CS mentioned that if those agencies don’t have a representative we would need to make sure we get approval to mention their services before printing.
 - Quotes have been obtained and we will let folks know how many we plan on printing.

- Any other updates/changes must be given to SR by February 3, 2012
- Agency follow-ups since County Budget:
 - CCEDC's Food Nutrition and wellness programs remained the same as 2011. All staff will continue to forge ahead. Our Environment & Energy program was cut slightly and Ag/Hort and 4-H slight increase.
 - No changes of service were seen in the Division of Aging. Pat mentioned that they have 7 sites that is currently serving 10 communities.

New Business:

- 2012 Mission, bylaws, goals: Copies of the current CCEDC Governing Guidelines and bylaws were handed out as well as copies of NAC Bylaws. Within the CCEDC Guidelines NAC falls under the category known as Program Sub-committees.
 - Changes or adoptions suggested to the bylaws include:
 - Could there be an Article in our Bylaws that defines our methods of communication: i.e. who gets included in letterhead, how long to have name removed, what is "active" membership, what is reasonable response time before response is assumed.
 - Defining a Quorum: Group agreed that 5 agencies must be represented if a voting situation arises. Each agency only has one vote.
 - Defining active membership: An active agency must have representation and participation in at least half of the NAC meetings. (we have 11 a year, so 6 would be considered active)
 - Define response time for e-mails that deal with updates, approvals etc: Is 10 business days (2 weeks) enough time for folks?
- Recruiting new and different members: the group shared: Current members that are active, current members that is inactive and agency representation we would like to see on the committee.

ACTIVE Members: Currently have representation at a majority of meetings held.

CCEDC (FCE and Green Teen Programs)
Child Care Council of Dutchess & Putnam
DC Department of Health
Beulah Baptist Church
Poughkeepsie City School
St Francis Hospital
Astor Service for Children and Families
DC Department of Social Services
DC Division of Aging Services
Catholic Charities
Hudson health Plan
Dutchess Outreach
Kids R Kids Feeding Program/Beacon Community Resident

NAC is a committee of Dutchess County community and organization representatives brought together with support from Cornell Cooperative Extension Dutchess County, Eat Smart New York!, Cornell University, NYS Department of Health Eat Well Play Hard, and the County of Dutchess

- **INACTIVE Members:** Receive minutes but don't have regular representation

Community Family Development
TLC Pediatrics
Hudson River HealthCare (Pok WIC)

- **"Wish list"** of New Members **and** who is willing to outreach:

Eastern Dutchess Rural Health network and/or agencies –	Shayna
AHORA	
Beacon Representation (Pastor Ed, New Vision, Beacon WIC) –	Helanna
Physician's office -	
Grace Smith House -	Lacie
Hudson River Housing	
DC Community Action Agency –	Pat Brown
Food Bank of the Hudson Valley and/or other Food Pantries	
Health Quest – Sarah Rogine	
7 th Day Adventist –	Diane Ruffin
Hudson River Health Care –	Susan Grove
Others: ?????	

Those reaching out asked for a summary of information relative to NAC and its mission. Shayna and Christine will create a "press packet" for folks to share with potential members.

- **Agenda for the year:** Committee members were asked to right down 1-2 thoughts ideas that they feel should be on the agenda for the year. SR will request information from those not able to be present. Results are below. (the Bold titles are the way in which Shayna grouped them)

Farmers Markets

- Promoting the Farmers Markets with Food Stamp Recipients
- Farmers Market – FMNP coupons, advertising to low-income eaters

Summer Food Service Programs

- (4x) Summer Feeding: logistics, expanding and educational programming
- Free lunch meals

Educational Updates and Resources for the Committee

- Information on innovative obesity Prevention Programs "Best Practices"
- Education for the group i.e. MyPlate
- CACFP – Changes and requirements

Outreach to target populations

- Food Pantry information – "inside information about reaching immigrant and senior populations."
- Outreach techniques and proven success stories

NAC Membership and Promotion

- Goals for participation in NAC: 1) Referrals to other agencies for services, such as food stamp enrollment, food pantries etc. 2) Networking
 - Getting local colleges involved in NAC/Youth representation
 - Have a nutrition conference focused on how this committee can be made known to the community to have a better impact.
 - Various agency presenters to speak to the congregation on topics specific to our population could be a 5 min presentation or workshop.
- Poughkeepsie Plenty Forum in February: NAC members will be participating in the Poughkeepsie Plenty Food Forum in-lieu of our February meeting. Susan shared the flyer with everyone. Shayna has e-mailed it.
 - The goal is to have “Convenient access to healthy foods for residents of the City of Poughkeepsie.”
 - It was shared that this would be a great place to “invite” someone to join NAC and have them participate in the Forum.
 - Please register on-line at WWW.pokcommunityfoodforum.eventbrite.com

To Do:

1. updates/changes for brochures must be given to SR by February 3, 2012
2. Review updated bylaws before our February meeting and give SR any updates/changes/comments by February 19th
3. Register for Poughkeepsie Plenty Food Forum
4. SR & CS will create a “promotional outreach tool” for those discussing with potential new members.
5. Outreach to our “Wish List” re NAC and Forum.

Next Meeting: February 16 (Pok Plenty Forum - details attached)

3rd Thursday of the month from 12:00-1:30 @ Family Partnership Center room 101

March 15

August 16

April 19

September 20

May 17

October 18

June 21

November 15

July 19

(No December meeting)