

# Nutrition Advisory Committee of Dutchess County

Meeting Minutes – March 21, 2013

*In Attendance: Shayna Russo, Christine Sergent, Nancy Cimbrello, Lacie Schmidt, Megan Murray, Rebecca Lull (CCEDC), Jackie Bucelot-Mills (Kids R Kids Feeding), Susan Grove (PFP), Karen Pfeifer (Hudson Health Plan), Akilano Akiwumi-Assani (Fareground), Mary Marshall (Catholic Charities), Lorraine Scuccimarra (Child Care Council), Kathy Bell (Astor), Krista Adams (Hudson Valley Community Services, Inc.), Ulysee Huling III (WellCare), Janice Jallade (Community Action), Pat Brown (OFA), Al Muhlnickel (Pok Schools), Beth Poague (Common Ground Farm), Patti Wilkinson (Beth-el Fitness Ministry), Christina Florival (Beth-el Fitness Ministry), Dan Danieluc (Personal Trainer), Tiffanie Helwig (CFD)*

## Program Sharing

- Mary Marshall announced that they are newly designated by Gov. Cuomo as the Office of New Americans. They are 1 out of 27 sites around the state. This expands their legal services to new components offering ESL courses. The courses are offered 2 days a week while partnering with Dutchess Community College professional teachers on site. Mornings and evenings on Tuesdays and Thursdays. Workshops to bring in volunteers to work with students outside of the classroom to practice their social language skills. Web based program-US Learns-volunteers will lead them to sites to integrate their language in their ability to feel a part of our community. **Flyer attached.**
- Receive free assistance with your naturalization application on 3/23/13 at Catholic Charities. Clinic will have legal staff; clients can bring their paperwork, and then meet with a lawyer. One of 4 workshops being offered this year. Deferred action clinic this year as part of our grant. One component is an entrepreneurship with small business association leading non-citizens on how to start a new business. **Flyer attached.**
- Flyers for NOEP (The Nutrition Outreach and Education Program) were passed around. NOEP helps people with disabilities and their families apply for SNAP. Contact the office to set up an appointment. **Flyer attached.**
- Lacie mentioned 2 parenting workshops offered through our RAPP. DINADW (Discipline is not a Dirty Word) is a free parenting 2 session workshop for relative caregivers. There is a \$25 fee for parents and professionals. PASTA (Parenting a Second Time Around) has the same fee guidelines. The PASTA workshop is a 7 session series. **Flyers attached.**
- Christine mentioned the Ag Breakfast moved to 3/22/13 at Farm and Home Center in Millbrook due to incoming weather this week.
- HVCASH Coalition is providing free tax preparation. The appointments are done through 211.
- Christine had a successful meeting with reps from Hudson Valley Fresh. Hudson Valley Fresh is a non-profit that Christine helped to facilitate the creation about 10 years ago. It was designed for farmers to make a fair value for the commodity that they raise locally. The Hudson Valley Fresh milk that you see on the shelves is a profit

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organization. Hudson Valley Fresh is coming back to its original mission of continuing to develop new products and how farmers to make a fair dollar for their commodity.

- Kathy Bell reported that Astor was notified that their budget was cut as of March 1 by \$190,000. Unfortunately, buses will have to be eliminated starting 4/15. That means 452 children will most likely not always be there since transportation is hard for families. Will also be reducing one of their slots which mean serving fewer children. In November, they will have to reduce their budget by \$500,000. Kathy's biggest concern is that Astor provides breakfast and lunch to these children and if the children cannot make it to school, where will these children receive their food.
- Susan Grove shared that this is her last meeting as Executive Director of PFP. She will be changing roles to Director of Pok Plenty and Convener of Pok Plenty Food Coalition.
- Patti passed around flyer for an upcoming health and wellness fair, "Eating Well – Continuously" on 4/13 at Beth-El Church in Poughkeepsie. **Flyer attached.**
- Shayna mentioned Hudson River Health care is doing the Healthy Choices program. Ozzie is facilitating them. It is a free 6 week course regarding chronic diseases.
- Community Action is hosting employment and financial planning workshop on Wednesday, April 10, in Dover Plains. Contact Kara Miller.
- Mental Health America is hosting a walk called "Stomp out Stigma" on 5/12. Need to register. **Flyer attached.**
- Shayna shared an email earlier that you can still comment on the new regulations that are coming out on the Food Act. At the end of this month, you will no longer be able to comment. Any food sold in school must have certain qualifications.
- Mid-Course Report is out for Physical Activity Guidelines for Americans that it relates to youth. Their focus is more of a literature review. It focuses on schools, preschool, childcare centers, communities and homes in ways to improve physical activity. You can find the report at [www.health.gov/paguidelines](http://www.health.gov/paguidelines).
- May 18 is the annual AIDS walk. More info on website: [www.arcs.org](http://www.arcs.org).
- North Eastern bus transportation is still running to end of May. Will have to wait to see if funding is available to continue the buses.
- March 25 is Family Health Day hosted by Hudson River Health Care from 3-5 in Amenia.
- There are changes to low income health care. Please let immigrant families know that they need to recertify to be grandfathered in. It will no longer be called Family Health Plus.

**Follow-up actions from last meeting:**

- United Way Grant: CCEDC did apply for \$24,000 with the goals of NAC in mind. If we receive funding will help provide lunch for this meeting, incorporate Summer Food Program, and Weight of the Nation presentations. Also applied for 2 financial literacy grants. One is for adults who are a little bit over poverty. We continue receiving calls for individuals who want financial assistance.

The other grant is financial literacy for adults in transition and for youth.

- County funding: They were supposed to release the numbers last Friday but we got word that they were not ready and we are hoping to hear tomorrow. There are 32 proposals and not everyone will be rewarded.

### **New Business:**

- Scheduling the priorities & specific measurable goals
  - SFSP Programs: it was agreed upon that 10% increase in meals served will be the goal.
    - Share our Strength (the \$7,000 grant that we had last year) requested a conference call with Shayna and Jackie to learn how they succeed last year with the summer meal programs.
    - We applied for a grant through the United Way to supply education at the summer feeding sites.
    - The challenge is to make it for the whole family.
    - In Beacon, the Green Teens have been involved in the past which has been a huge success.
    - May-June is the timeframe to make it a priority on the agenda to be discussed.
  - Educational Resources:
    - WOTN (Weight of the Nation) has been shown 3 times-Millerton (with the producer of the documentary attending the panel discussion), Millbrook, and City of Poughkeepsie.
    - Other suggestions of where the documentary can be shown: local colleges (alumni and sorority), different churches (interfaith), high schools, Chamber of Commerce, political individuals.
    - Shayna will put out an email asking if you are able to co-facilitate any of the WOTN presentation. Anybody willing to facilitate can meet with Shayna beforehand to discuss how to go about leading the presentations.
    - Need to set a goal of how many the committee would like to achieve in the year.
  - Food Access:
    - Pok Plenty will have a website that users will be able to generate content and continue ideas to get inspired. Mobile working group is in the planning stage to get the moving market operating next year.
    - Common Ground still has their mobile market operating.
    - Please let NAC members know what resources you need.
    - July-October is the timeframe to make it a priority on the agenda to be discussed.
  - NAC Outreach:
    - Food Day (in October): will discuss in August of what we can do. A lot of it will depend on funding.

- Amenia has successfully operated this event in the past. It has been very successful with food demonstrations with donated food, educational resources, zumba lessons.

**Updates:**

- SNAP-Ed: We are adapting to group lessons. Any agency that is willing to let us use space, please let us know. A certain portion of the City of Poughkeepsie is census tract waived. Anybody that lives in or the space that we are using that is in the census tract, they qualify automatically for the program.
- Farmers Markets: will have a new list at next meeting.

**Next Meeting: April 18, 2013 @ Family Partnership Center**

**\*\*\*Due to funding cuts, lunch will NOT be provided.\*\*\***

*3<sup>rd</sup> Thursday of the month from 12:00-1:30 @ Family Partnership Center, 29 N. Hamilton, 12601*

May 16, 2013  
June 20, 2013  
July 18, 2013  
August 15, 2013

September 19, 2013  
October 17, 2013  
November 21, 2013  
(No December meeting)

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