

Nutrition Advisory Committee of Dutchess County

Meeting Minutes – September 20, 2012

In Attendance: Christine Sergent, Shayna Russo, Nancy Cimbrello, Lacie Schmidt, Rebecca Lull (CCEDC), Krista Adams (ARCS), Ozie Williams (DoH), Amy Baum (Dutchess County Healthy Families), Jackie Bucelot-Mills (Kids R Kids Feeding), Kathy Bell (Astor), Kara Dean-Assael (Fareground), Susan Grove (PFP), Sarah Rogine (Catholic Charities), Diane Ruffin (Beulah Baptist Church), Rosina Tezgeldi (Hudson Health Plan).

Program Sharing

- CCEDC's Open House will be on 9/21 from 3:00-6:00. There will be workshops, activities in garden, cooking demo, food samples, and garden tours. Possibly some animals, too!
- DC Healthy Families has started a new Mom and Baby Playgroup for pregnant moms, infants, and toddlers. Every Wednesday at 1:00-2:30 they will meet. Kay Bishop will be doing an educational piece. Amy mentioned that the playgroup is doing very well.
- ARCS is need of referrals for individuals with AIDS/HIV Positive that can use nutrition education.
- St. Francis Home Care delivers groceries to seniors who are home bound. There is a fee associated with the service. If you know of any agencies that are doing something similar, please share so that we can assist in spreading the word.
- Hudson Health Plan will be at the Arlington Street Fair in Poughkeepsie on 9/22 from 12:00-6:00 and on 9/29 at the Hyde Park Town Wide Fall Festival from 1:00-5:00.
- On 9/30 is the Teen Party in the Park at Memorial Park in Beacon from 3:00-7:00.
- Harvest Festival Latin Style on September 23 from 3:00-8:00 at the Amenia Town Hall. There will be music, dancing, family games and fresh local food for sale. Admission is \$5 per adult.
- Catholic Charities passed around a flyer for attracting volunteers. Catholic Charities consist of Dutchess, Putnam, and Westchester.
- The 8th Annual Conference on Caregiving is November 2nd from 9:00-3:00 at Villa Borghese in Wappingers Falls. The event is free. Some of the topics include: mediation, respite care, home care services, legal issues, medicare and medicaid. Bob Miller is the guest speaker. *Flyer attached*
- CROPWALK for Hunger Dutchess County Interfaith Council will be on October 21. 25% of the money raised stays in Dutchess County. The walk begins and ends at Jewish Community Center. CCEDC is unable to participate in the fundraising but may have a volunteer able to discuss our programs and to hand out information.
- Food Day Festival is on October 21 from 12:00-4:00 at Church of Immaculate Conception in Amenia. The event is sponsored by Eastern

Dutchess Rural Health Network. There will be Farmers' Market, food preservation, Food Stamp and Nutrition info and much more. **Flyer Attached**

- Christine passed around a brochure from Rural Health Network of South Central New York. On October 16 and 17, Cultivating Common Ground: Farms, Food and Health will be held in Binghamton, NY.
- Spirit Beacon Day on September 30. There will be marching bands, fire trucks and local organizations.
- Lacie passed around a flyer for the RAPP Family at Poughkeepsie Farm Project on September 22. The event is free for relative caregivers and the youth. They will be touring the farm and participating in educational activities.
- Community Action and BOCES is offering GED Classes in Red Hook.
- DoH will be undertaking their Community Health Assessment. The assessment will be done over the phone. Cold calls will be made to ask residents about their health and what they think about their community.
- Jenny Hansell, from North East Community Center, relayed to Shayna that they have an interim transportation manager until January. By January the transportation system will hopefully cross over to CT.
- Nancy Cimbrello mentioned that they are trying to recruit volunteers to work one on one in their homes to teach basic financial education to people. The training is four 3 hours sessions. The sessions are planned to begin in late fall. She will be doing another Caseworker Training. Nancy will share flyer when ready.
- Hands on Hudson Valley is a great way to get volunteers on a short notice.
- Hudson River Health Care will be doing their Chronic Disease Management Program. The sessions last for 6 weeks at 2.5 hours per sessions. They are looking for either a captive audience or if your agency can host.
- Shayna passed around Healthy Choices NY, a provider outreach kit, from Hudson River Health Care.
- Ozzie mentioned the flyer that she has regarding the Halloween Candy Exchange. The flyer will give details as to where to go to drop the candy off and trade it for books or physical activities. **Flyer attached.**

Follow-up actions from last meeting

- Weight of the Nation Documentary: Ozzie, Liz Phillips and Shayna have met to discuss ways on how to share the documentary with other audiences. It was discussed to use NAC and Hudson Rural Health Network as the platform to show the documentary on obesity. The documentary is a 4 part series. "Unnatural Causes" is similar to the same format as this documentary. Weight of the Nation covers how we got here, economic cost, childhood obesity, school meals, and adult obesity. Case studies are within it. It is available online and you can download any curriculum. The 3 target specific audiences to show it to: schools, community, and agencies. Eastern Dutchess Rural Health Network is interested and planning on joining efforts. Christine would like to be a representative with them to provide support to that effort.

Shayna said that it was mentioned yesterday at the EDRHN meeting about using a movie theater in Millerton and have the discussion there. If it was held there, what would the attendance be? Many folks agreed that it was too far (some would commute almost 1.5 hours). The Farm and Home Center is an option still and there was a suggestion to use the Dutchess Community College Theater.

It was agreed that it is not realistic for agencies to attend on weekends and that Millerton is too far away. We are back to the original idea about showing it in Millbrook. Since the film will first be shown to agencies, it will help in getting feedback on the showing and discussions around the film. The plan is to show and have discussion panel of the documentary to the community in the beginning of 2013.

Shayna mentioned that the November meeting might need to change due to scheduling conflicts for Shayna and Christine up at Cornell University.

New Business

- Summer Meals: goal was 57,000. Served a total of over 61,000 meals. SFSP got lots of publicity this year. There were 6 different articles in numerous newspapers, local politician, and 2 TVsegments. A total of 16 sites in POK, 8 in Beacon, and 2 in Northeast. Outreach Education was done for each area. Jackie mentioned that in Beacon alone 9,500 breakfasts, lunches and snacks were served. The program was run by volunteers and it tends to be faith based effort and brings the community together. All sites were new except for one. New Vision Food Pantry traveled every Thursday to different sites along with Catholic Charities. Every Wednesday Green Teen's Mobile Market was there. Common Ground Farm and Stony Kill had a chef come in and cooked using the local foods. There was a closing picnic, and volunteers filled out surveys regarding their experiences. Every site will serve next year plus supervisors are already lined up. Jackie's goal is to have enough sites so that every child can walk to get a meal.
 - Jenny Hansell's highlights: really enjoyed that they were able to use their local foods from their gardens. The grant funding allowed them to focus on the food and not worry about staffing etc. They are planning on doing it next year!
 - Al sent an email saying that POK served: 35,247 lunches, 15,345 breakfasts. A total of 50,292 meals.
 - On September 4, there was the final article in POK Journal regarding Summer Meals, in case you have not seen it.
- October: "Food Awareness" Month
 - Shayna was notified of staff change over at Hunger Solutions NY. Jessica Pino will be the communication liaison and possibly attending meetings.
 - With October being "Food Awareness" Month, how can we share with the community all the events happening in the area. Thoughts on ways that people can help will be on CCEDC's website; any leftover produce to donate, list of local farmers' markets, and any gleaning projects occurring. The purpose is to encourage and empower people about

the food issues. CCEDC is hoping to host one of the gleaning events. Please let us know of any activities happening with your organization or community so that we can help support.

- Susan Grove mentioned that the POK library is a great partner; and they have a community room to use for free. They are able to market programs very well.
- CIA is having a Sustainability Conference on 9/23. "The Sustainable Day CIA 2012 is a day full of diverse activities which will bring our community together to learn, participate and practice sustainable concepts and living." There will be a Community Roundtable for discussion afterwards. Link and information was forwarded previously.
- Hunger Action Network's Annual Meeting will be on 9/24 with at FPC. Janet Poppendieck is the guest speaker. She spends years of research and is a wonderful writer. Her latest book is called "*Free for All: Fixing School Food in America*". Link and information was forwarded previously.

Updates

- FSNEP: Finally renamed from Food Stamp to SNAP-Ed in NY. We can officially change our name to SNAP-ed. We should be informed by September 30 that our 2013 plan has been approved. It is level-funding.
- DCFA: updating surveys so that they can be done in the other counties that we are partnering with.
- Farmers' Markets: POK is doing great. It meets the needs for low-income families' access to fresh food. Meets its mission. But as far as customers and vendors, they are down. PFP is planning on having mobile market for next year.
- **We will keep you posted on the November meeting.**

Next Meeting: October 18, 2012

3rd Thursday of the month from 12:00-1:30 @ Family Partnership Center downstairs by the cafeteria

November ?? **(Possibly at Farm and Home Center in Millbrook with Eastern Dutchess Group for Weight of the Nation Discussion)**

(No December meeting)