

**Healthy Henry County Communities
Monthly Board Meeting
October 4th, 2011**

The regular monthly meeting of the Healthy Henry County Communities Board of Directors was held on Tuesday, October 4th, 2011 in the HEC.

Jane Lauer called the meeting to order at 1:03 PM

Board members present: Bob Cardoni, Karen Bates Chabal, Paul Dennison, Sharon Ford, Dave Helman, Ed Kropa, Jane Lauer, Jennifer Lehman, Beryl Shahan, Julie Wagner, Kent White, Stephanie Zinkle

Board members absent: Deb Batey, Linda Boshart, Anita Hampton, Sarah Kaufman, Todd Meyer, Lisa Oetken, Dan Spray, Chris Sywassink

Staff present: Linda Albright, Kelly Carr

Guests present: Nicole Mann, Jessi Rich, Theresa Rose, Steph Tahtinen

Motion stated: To approve the amended agenda.

Moved: Bob Cardoni **Seconded:** Sharon Ford

Motion carried

Motion stated: To approve the September Minutes.

Moved: Kent White **Seconded:** Paul Dennison

Motion carried

School to Career budget request: Jane Lauer reported that the School to Career Consortium will be hosting an event on October 17th for 8th graders at Iowa Wesleyan College. New London, WACO and Mt. Pleasant schools are all participating with a total of about 255 kids. Kiley Miller will be the keynote speaker followed by 16 breakout sessions. The only costs for the event are the facility rental and lunch. Lauer requested that the board increase the budget for School to Career by \$1000.

Motion stated: To increase the budget for School to Career by \$1000.

Moved: Kent White **Seconded:** Paul Dennison

Motion carried

Treasurer's report:

Stephanie Zinkle reported cash on hand August 31, 2011 of \$68,488.98 with \$35,201.66 in the CD. Kelly Carr reported that she pulled the CD out per the board's instructions and deposited it into the savings account which earned a higher interest rate than a money market account.

Motion stated: To approve the August financials.

Moved: Julie Wagner **Seconded:** Kent White

Motion carried.

Executive Committee report: Kent White reported that the committee had discussed Kiley Miller's request for assistance in performing a survey regarding day care needs and possibilities. Miller has spoken to the Southeast Iowa Regional Planning Commission and they will be conducting the survey for him.

The committee also discussed the closing of the New Iowan Center and members who were at a meeting with Victor Oyervides and his supervisor learned that only centers in Eastern Iowa were closing. There will be a person from the Ottumwa office coming down one day every two weeks, but it's unsure how much

time she will be able to spend in the office. The Executive Committee determined that too much money will be involved in maintaining services unless businesses step up and therefore elected not to get involved at this time.

New board member discussion and nominating committee appointment: Carr reported that Diane Magnani, Victor Oyervides, Beryl Shahan, Tessa Yakle and Stephanie Zinkle are all resigning from the board with Shahan being the only one to stay through the end of her term. On the Executive Committee Lauer has reached her term limit and must take at least one year off, Shahan's term ends this year and Zinkle has one more year left so someone will need to finish that term. Carr asked for an interim treasurer until the end of the year elections. Paul Dennison suggested Ed Kropa and he agreed to serve as interim treasurer.

Carr asked members to start brainstorming names of potential board members and to e-mail her those names within the week. She also asked for volunteers to serve on the nominating committee. The bylaws state that the nominating committee shall consist of three board members who not currently holding office. Sarah Kaufman had already volunteered, Dave Helman and Jennifer Lehman also volunteered for the committee.

Community Partnerships for Protecting Children (CPPC) program update: Carr announced that Jessi Rich is the new CPPC Coordinator. Rich talked about the kick-off for Circles of Support, which was formerly called FUTURES and has been on summer hiatus. Circles of Support is part of the Beyond Welfare movement, which is based on the idea that community is for everyone. They will start meeting once a month at the First Baptist Church community room. There is a meal before the meeting and childcare is provided during the meeting. The kick-off meeting will be October 13th and will continue every second Thursday of the month.

Senior Forum update: Linda Albright reported that Jane Schadle from IDPH, who was going to facilitate the senior forum, has been reassigned and is no longer able to facilitate. For that reason, and the fact that time and resources will be tied up with two new opportunities, Albright reported that the senior forum will be cancelled for now.

IDPH Community Transformation grant: Albright announced that IDPH did receive a wellness-based CDC grant and that Henry County is one of 26 counties selected to receive the funding. The estimated amount is \$50,000 a year for five years. She hopes to receive a revised contract and final grant amount the first week of November. Once it is determined how many wellness hours will be included in that, she will be able to fill Tessa's position.

Blue Zones update: Albright outlined the Blue Zones concept covered in a book by Dan Buettner. As part of the Healthiest State Initiative, a group of organizations is working to bring the Blue Zones concept to 10 communities in Iowa. Based on a webinar, Albright and Carr believe there is no direct funding, but rather technical assistance and consulting. The communities picked will be cities with one city council, one school district, etc. instead of counties. There is a Road Show in Cedar Rapids on October 12th and good representation from your community was strongly encouraged if you want to be considered. Albright reported that there has been a preliminary meeting and they are meeting again on Friday to determine interest.

Carr reported that the application focuses heavily on community support and commitments and that there needs to be a high level of passion. Albright stated that if selected, one full time position will be paid for, but the community has to staff three half time positions. Questions were raised about what communities get at the end of the blue zones implementation and how to create the passion in the community. Carr stated that only three or four communities are selected at first, but that the Blue Zones team will provide the

tools for other communities to make the changes themselves. She also stated that the details have been slowly released so it has been difficult to get the whole picture and promote the concept locally.

The importance of attending the road show was discussed with Carr suggesting that attendees do not all have to be city or business leaders, but having some of them is key to show that Mt. Pleasant will have city and business support. She also stated that citizen support is essential and there will need to be a large effort to encourage citizens to pledge their support online.

Dave Helman raised questions wanting to know if this will just be another assessment telling us what we already know or will it in fact make us more eligible for funding and will they help us find grants to pay for changes. Members agreed and it was determined to invite all to attend Friday's meeting at 1:15pm in the Administrative Conference Room after the Start Somewhere walk to talk as a community and gauge the level of interest and commitment.

Coordinator Report: Carr reported that the Start Somewhere walk is Friday between 12 and 1 starting at the shelter house in Saunders Park. Walkers are encouraged to sign up online and participation is tracked by county, but Carr will sign people up the day of the walk if they haven't already done so. Other businesses and communities are encouraged to coordinate their own walk and post it online.

The Pumpkin Patch event is Saturday, October 15th from 4-6pm at the south end of the campground at Old Threshers. The Boy Scouts are helping this year putting together a haunted tent and have been doing a great job. New this year also will be a Healthy Communities station and a free will donation collection. Carr reported she still needs volunteers for the event.

The next 8-week wellness challenge kicks off Monday, October 17th. This one is NFL – Nutrition, Fitness, Lifestyle – and the first two weeks focus on eating more whole grains. Carr reported she is working with different businesses in the community to provide resources to help participants eat more whole grains. The rest of the challenge focuses on getting more exercise and getting more sleep.

Announcements: None

The meeting was adjourned at 2:08 PM.

Minutes by Kelly Carr, approved by Beryl Shahan, Board Secretary.