

## Healthy Pontiac, We Can!

### Meeting Minutes

May 10, 2016

#### Members Present:

Sonia Acosta	Centro Multicultural La Familia
Janet Barley	Calvery Pontiac
Viviana Carnejo	CCSEM
Edith Carter	Pontiac Sun Time Bank
Robert Dawson	All Saints Produce Market
Jeff Fohey	Pontiac Regional Chamber / Pontiac Sun Time Bank
Allyson Forest	Oakland University
Nicole Frantz	Oakland University
Juanita Harper	Community Housing Network
Krystofer Hernandez	Oakland County Health Division
Lauren Herty	OLHSA
Glen Konopaskie	Pontiac Downtown Business Association
Floyd Kopietz	D for Detroit
Thomas Lawrence	T.G.L. Enterprises
Jonathan Laye	North Oakland YMCA
Sonia LeDuff-Malone	Pontiac Sun Time Bank
Monica Martinez	OLHSA
John Meyer	All Saints Church – Resale/Community Breakfast
Samantha Montney	Oakland County Health Division
Canequia Moulder	Oakland Primary Health Services
Steve Noland	Pontiac Regional Chamber / Pontiac Sun Time Bank
Norma Okonski	Oakland Hope
Elizabeth Pare	Oakland University
Fred Phillips	Friends of Clinton River Trail
Jarrett Sanders	Community Housing Network
Charlie Shelton	Metroparks
Mary Strobe	Oakland County Health Division
Virginia Uhley	OUWB School of Medicine
Voncile Vinson	Blue Cross Complete
Courtney Weathers	Oakland County Health Division
Kristen Wiltfang	OC Economic Development & Community Affairs
Kimberly Zinck	Foster Grandparents / Catholic Charities of SEMI
Trisha Zizumbo	Oakland County Health Division

#### Staff Present:

Shannon Brownlee	Oakland County Health Division
Signa Metivier	Oakland County Health Division

#### 1. Welcome / Introductions

The regular meeting of Healthy Pontiac, We Can! was called to order at 1:10 p.m. on May 10, 2016 at the Resource & Crisis Center, 1200 N. Telegraph, Bldg. 32E, Pontiac.

## **2. Approval of Minutes**

Motion moved by T. Zizumbo to approve the minutes of April 12, 2016 as written.

Seconded by E. Pare.

**Motion Carried Unanimously**

## **3. Agenda Additions**

None.

## **4. Partnership Updates**

G. Konopaskie told members the new downtown Pontiac park is unofficially open. There are six pieces of art and history located in the park and construction will continue as they raise money to put in the rest of the pieces and benches. The park is located just north of M-59 in downtown.

K. Zinck informed members they are currently looking for low-income seniors ages 55 and older to volunteer in the Pontiac Schools and surrounding areas. The program provides a stipend, free meal, and mileage reimbursement so there is no cost to the volunteer.

J. Harper informed members Unity Park Rentals is the newest Fresh Food Share site and everyone is welcome to order and pick up at their site.

C. Shelton told members Metroparks is doing a program called Summer Fun in Metroparks for families. They provide bussing for facilities to and from the Metroparks and the program is free.

T. Zizumbo informed members the Oakland County Youth Suicide Prevention Task Force is holding a forum on May 20<sup>th</sup>. Flyers are on the table and registration is required. HPWC! will host its 5<sup>th</sup> Anniversary Celebration on June 14<sup>th</sup>, more details to come. She also told members HPWC! can be found on Instagram @healthyontiac.

S. Brownlee informed members the HPWC! Newsletter goes out on May 24<sup>th</sup>. The last day to submit articles, pictures, and event updates is May 20<sup>th</sup>. Signed waivers must be submitted with photos.

K. Hernandez informed members he is doing the "Taste and Try" challenge at All Saints and Waldon Park Manor markets. Flyers are available.

E. Carter told members Pontiac Sun Time Bank is hosting a "Meet and Greet" and seed planting tonight from 6 – 8 p.m.

C. Moulder informed members that OPHS is moving June 10<sup>th</sup> to the lower floor of Lighthouse. They will have a dental suite, behavioral health suite, and medical suite. Opening day is June 13<sup>th</sup> and the grand opening is June 22<sup>nd</sup>.

## **5. Partner Speed Dating**

J. Laye informed members the North Oakland YMCA is the northern most site for the Metropolitan Detroit YMCA's and is the oldest existing YMCA in the country. YMCA has memberships for the gym and pool but they are a community based organization first and foremost. North Oakland Family YMCA is a Fresh Food Share site and they are working with Gleaners to expand the program to all 10 metropolitan Detroit locations.

The North Oakland branch averages about 50 FFS boxes a month. J. Laye told members they receive money through membership fees and fundraising. The YMCA has a lot of programming to share with partners to help grow/enhance programs and stretch dollars. They are interested in connecting with other community based organizations and creating new partnerships.

F. Kapietz informed members he has been providing talks on vitamin D deficiency for close to 12 years. He provided a handout on preterm births and vitamin D and told members Pontiac has a pre-term birth rate of 20.6% that has been on the rise over the last six years. He said due to medical intervention during the same time infant mortality has gone down despite the rise in preterm births. He told members vitamin D reduces preeclampsia, gestational diabetes, and infections. He encouraged everyone to have their vitamin D levels checked and informed members he has copies of the University of South Carolina's medical protocol on vitamin D if they are interested.

## **6. Grant Updates**

**4 x 4:** S. Brownlee introduced new 4x4 staff person Courtney Weathers who will working on the grant. C. Weathers informed members PAL League dates will be finalized in June. They will also be starting walking clubs and pop-up exercise sites at the new downtown Pontiac park. Village of Oakland Woods is a confirmed walking club which will be open to Pontiac residents. S. Brownlee informed members they are working on a joint-use agreement with PAL and the Pontiac School District. Schools chosen by the district will be opened up inside and out for PAL activities under this joint-use agreement.

**REACH:** E. Pare informed members they are going back into the schools after the Smarter Lunchroom updates for follow-up data collection and will also be doing physical activity observances. They are piloting a taste-testing in June they will continue in the new school year.

E. Pare said they are continuing to look at alternative retail food outlets for Fresh Food Share. There are currently seven sites: YMCS, Unity Park, Oakland Woods, Walton Park Manor, Lighthouse, Pontiac Library, and McLaren Oakland.

They are continuing to do the Healthy Bites program at Sav-a-lot focusing on choosing "GO" foods. They received good feedback from the focus groups and will be looking at taking the program to markets suggested by the focus groups.

A toolkit is being developed to assist groups with becoming a pop-up market.

St. Joseph Hospital will be doing an assessment on their cafeteria.

K. Wiltfang provided a draft map for members to view of the non-motorized transportation plan which will be taken to city council in June. Oakland University students have started the sidewalk audit in Pontiac.

**SNAP-Ed:** K. Hernandez informed members they began "Cooking with Kids" in March at the Baldwin Center and Center for Success. In June they will begin the program at Durant High School and Pontiac Academy of Excellence's summer feeding sites.

To date, they have given out more than 450 samples and recipes at the markets. The sampling allows them to engage and provide education on healthy eating options to the clients.

## **7. Updated Dietary Guidelines Review**

Shannon Szeles, Royal Oak Beaumont Hospital Wellness Dietician provided information on the changes/updates to the Dietary Guidelines for Americans released in January 2016. The guidelines were originally release in 1980 and 1990 it became law that the guidelines will be reviewed/revised every five years. This is the eighth edition of the

guidelines which are evidence based and are released for health professionals not for the public.

**9. Adjournment:**

Motion moved by T. Zizumbo to adjourn the meeting, seconded by S. Brownlee.

**Motion Carried Unanimously**

Being no further business, S. Brownlee adjourned the meeting at 3:00 p.m. The next meeting is scheduled for 1 p.m. on July 12, 2016 at Resource & Crisis Center, 1200 N. Telegraph, Bldg. 32E, Pontiac.

Minutes submitted by: Signa Metivier

Approved by: Shannon Brownlee