



PC Wellness Coalition
January 9, 2015 – PCPH Conference Room
11:00-12:30PM

Present: Stephanie Olson, Sue Thompson, Leah Winjum, Kirsten Fagerlund, Tara Miller, Brigette Burzette-DeLeon, Dean Vikan, Bethany Brandvold, Megan Janssen, Michael Hedlund, Chris Bates, Leah Reitmeier, Tammy Conn, Tim Denney

Call to Order: Dean Vikan called the meeting to order at 11:02 a.m. (Dean sat in as Chair for this meeting in the absence of PCWC Chairperson Shannon Stassen)

Approval of Agenda: Sue Thompson motioned to approve the January agenda, seconded by Bethany Brandvold, motion carried.

Approval of Minutes: Tim Denney motioned to approve December minutes, seconded by Brigette Burzette-DeLeon, motion carried.

OLD BUSINESS

- In order to maximize meeting time, it was decided to limit time to “report” old business items. Coalition members were asked to refer to the back of the agenda for reports on old business items. No questions/discussion arose from the review of these items.

ACTION ITEMS

- **Polk County Connections – “Asks & Tasks”**
 - **Tammy Conn** – Announced February Fitness Fever Events each Sunday in February. Asked member to help distribute flyers and encouraged others to promote events throughout workplaces and community.
 - **Dean Vikan** – Shared with members about Fosston’s FIT City Challenge starting early February. Survey monkey developed with assistance of PCPH is set to tally exercise and level of activity for those who participate. Rewards are in-kind items – i.e. Fosston Bucks and 1 month to Anytime Fitness.
 - **Brigette Burzette DeLeon** – Promoted pre-school screenings mid-January for 3-4 yr. olds in Crookston. Contact Washington School to set-up or if questions.
 - **Tammy Conn** – Lactation Rooms in Polk County businesses continue – encouraged members to spread the word.
- **Substance Abuse Prevention**
 - **Coalition Survey Results- See Results** – below are a couple of key points
 - 34 of 47 responded – 72% response rate – WAY TO GO PCWC!
 - 59% of those responding wanted to continue as a member – attending 75% of meetings
 - No member responding selected to work on workgroup focused on specific geographic area. This information will be helpful when working on the future structure of the PCWC. Focus will be on workgroups related to topic areas (i.e. nutrition, prevention, breastfeeding etc.).
 - Half of the respondents chose to keep meeting time on 2nd Friday of the Month from 11:00-12:30 p.m. The other half did not show a consensus around another common day/time. In conclusion, the coalition discussed that it would be best to stick to the same time/day of the month.
 - **Substance Abuse Prevention Subcommittee Members:** Leah Winjum, Sue Thompson, Greg Widseth, Dean Vikan. Asked for other interested members – no other members present expressed interest.
 - **RBST Training:** Sue to conduct RBST on January 10, 2015 in McIntosh
 - **SHO EGF City Council:** January 26, 2015, Sue and Leah extended invite to other PCWC members to show support of SHO.
 - *Bethany Brandvold made a motion to draft a letter of support from PCWC to present to EGF City Council. Brigette Burzette-DeLeon seconded the motion. Motion carried.*

- **Facilitated Discussion-** February 23, 2015 from 1:00-2:30 p.m. – 11 members have already replied. Suggested new location to be Northwest Mental Health Center – Tim Denney will check on this. All members are encouraged to attend to discuss the recent One-on-One interviews conducted in Polk County to address youth and young adult alcohol use and binge drinking.
 - Kirsten Fagerlund suggested opening this up to other community members. Sue and Leah will look into this possibility.
- **Kelly Felton Returns** – Possibility for Kelly Felton to return to help address PCWC structure concerns. TBD.
- **Chronic Disease Prevention (SHIP & Breast Feeding Coalition)**
 - **Breastfeeding:** In the process of doing strategic planning for 2015 – setting goals, timelines etc.
 - **Polk County Fair Tobacco Free:** It was proposed at the December 2014 meeting to draft a letter to Polk County Fair Board thanking them for providing and supporting the tobacco free zone this past summer and to request a FULL Tobacco Free Polk County Fair for next summer. The draft was presented. It was discussed that a possible barrier may be that there are members of the Polk County Fair Board who currently smoke. Draft approved by members, will be OK'd by PCPH director and then brought back to PCWC for signature in February.
 - **Mini-grant application to Polk County schools:** Kirsten and Bethany are distributing mini-grants to each SHIP participating school in Polk, Norman and Mahanomen counties. These grants are focused on nutrition strategies as all schools are currently working with PEP grant on PA.
 - **Minnesota Food Charter:** Bethany Brandvold provided information that explains the charter as a roadmap to healthy, affordable and safe foods. The Minnesota Food Charter is also available at mnfoodcharter.com.
 - **Worksite Wellness Workshop:** Bethany Brandvold and Kirsten Fagerlund announced an upcoming working workshop to be held in late February/early March (TBA). The focus will be on creating wellness at work through environmental change and policies. They are welcoming Polk County, Norman, and Mahanomen organizations and workplaces. Areas of topic will be: Policy implementation, specifically in the areas of nutrition, physical activity, breastfeeding, and tobacco use. More information to come....
- **General Interest**
 - **PCWC Structure Subcommittee:** Shannon Stassen, Colleen MacRae, Dean Vikan, Kirsten Fagerlund, Sue Thompson, and Leah Winjum will be meeting in January/February to address PCWC structure.
 - **Newsletter Interest**
 - Discussion on frequency. Decided to leave this decision open at this time.
 - Discussion to seek interested coalition member with talents in this area to take a leadership role.
- **Other**
 - Kirsten Fagerlund opened it to PCWC to share grant opportunities that may be beneficial to the work of the coalition.
 - Sue Thompson - Shared opportunity for \$ for youth and family activities from Camp Shalom Foundation – United Lutheran Church.
 - Discussed the need to change locations for future PCWC meetings as limited space at PCPH.
 - *Leah Winjum made the motion to move to Northwest Mental Health Center for PCWC meetings starting in February. Tara Miller seconded the motion. Motion was carried.*
 - Tim Denney will check with Northwest Mental Health Center regarding dates available. May have conflicts on June, Sept. and December for this year- 2015.
 - Leah Reitmeier discussed Towards Zero Death (TZD) updates. Impaired Driving Campaign in December. Point of Impact Parental Handbook.....

Tim Denney made a motion to adjourn meeting. Chris Bates seconded the motion. Motion was carried.

Meeting Adjourned at 12:20pm

Next Meeting: Friday, February 13, 2015 @

Northwest Mental Health Center (hopefully) from 11:00-12:30 p.m.