

# Task Force Meeting Minutes

Date: January 15, 2016



*Participants present:* Abby Demler, Allie Dorszynski, Krystal Rafenstein, Lynn Stoeveken

1. **Introductions:** Abby Demler is new to the CHD staff as public health specialist
2. **Updates:**
  1. CHD has FREE cable gun locks available: please share the information!
  2. January is Radon Action month. CHD has FREE radon testing kits: please share the information!
  3. Allie always has shadowing/employment opportunities for college-aged students to work as part time technicians at Athletico. These work hours vary and are great for students considering working with patients, but have not yet completed school and are not licensed.
  4. WFH Cudahy Clinic has been working to develop and design the Cudahy Community Garden. The design and location (on the corner of Kingan and Ramsey) has been confirmed and the funding is in progress. This garden is hoping to incorporate education, physical activity, and provide food.
  5. Substance Abuse and Mental Health Task Force will be hosting an open forum in early March at Cudahy Health School. The tentative panel will include law enforcement, a parent, a behavioral health professional, Rise Together (An educational youth group), a pharmacist, and a social worker.
  6. Purple Project is now named Light and Unite. The campaign coincides with the *National Drug Facts* ([www.teens.drugabuse.gov/](http://www.teens.drugabuse.gov/)) and information will be shared on drug of the day "Drug of the day". Please find information attached to the email with the minutes.
  7. Cudahy is looking to work with Dementia Care Specialists to make Cudahy a dementia capable/friendly community. We are looking at locations to host Memory Cafes, which will bring together community members, caregivers, individuals with dementia, friends and family to raise awareness for dementia within our community and lower the stigma behind the disease. Please see the attached to the email sent with the minutes to view the flyer.
3. **Initiatives, Outreach, Events/Activities in 2016**
  1. The CHD and WIC partnership will continue to provide fresh produce during the months of June-October outside of City Hall.
  2. The CHD will host a booth at the Cudahy Farmer's Market monthly.
  3. Workplace wellness: Krystal is working with Blue Cross/Blue Shield to see if city employees can use their private insurance (BCBS) at the health department for immunizations and other health needs.
  4. Abby is reaching out to Kelly Senior Center to offer healthy eating and exercise education monthly.
  5. **Action Item:**
    - Abby to reach out to Kelly Senior Center
    - Krystal to continue communication with BCBS
4. **Cudahy Community Health Survey Discussion: Postponed**
5. **Do It For Life Newsletter topics review:**
  1. Based on the survey responses, the following additions will be included in the newsletter monthly: Recipe of the Month, Nutrition Tip, Exercise Tip, Upcoming Events.

2. The newsletter will be delivered electronically. The group decided this was a good idea and suggested distributing to Kelly Senior Center, Neighborhood Watch, Next Door Cudahy, and WFH Cudahy Clinic (set out in the lobby).
3. Topics were suggested for the 2016 calendar year to better plan and prepare for the monthly newsletter. Please review the chart below. Allie will be contributing in April, October, and December. Abby suggested Aaron Bixby write a section on self-defense and safety in August.
4. Recipe of the Month will be added to the newsletter and submitted by HCC members. Lynn will be contributing in March, June, and August.

<b>Do It For Life Newsletter Ideas</b>		
<b>Months</b>	<b>Topic</b>	<b>Name</b>
<b>January</b>	Happiness for Healthiness	Abby
<b>February</b>	Heart Health: Winter/Indoor Exercises	
<b>March</b>	Eye Health/Workplace Eye Wellness Awareness Month?	
<b>April</b>	Proper Shoes	Allie D
<b>May</b>	Preparing your Garden/Where are the Farmer's Markets?	
<b>June</b>	Sun Protection/Local Firework Schedule	
<b>July</b>	Time Management and Organization	
<b>August</b>	Self-Defense and Safety	Aaron B?
<b>September</b>	Stay-cation Ideas/Saving for the Holidays	
<b>October</b>	PT Month	Allie D
<b>November</b>	Sleep & Health	
<b>December</b>	Proper Shoveling Techniques	Allie D
<b>Recipe of the Month</b>		
<b>Months</b>	<b>Recipe</b>	<b>Name</b>
<b>January</b>	Greek Yogurt	Abby
<b>February</b>		
<b>March</b>	Sweet Potato Chili	Lynn
<b>April</b>		
<b>May</b>		
<b>June</b>	Pepper Nacho	Lynn
<b>July</b>		
<b>August</b>	Zucchini Pie	Lynn
<b>September</b>		
<b>October</b>		
<b>November</b>		
<b>December</b>		

- **Action Items:**
  - Abby will check with Katie to make sure we can distribute the newsletter throughout the community.
  - **ALL-** Send Abby the month and recipe you would like to contribute (**optional**)
  - Abby to follow-up with Aaron contributing in August.

**6. Review Task Force Goals and Revise**

1. Task force goals were reviewed and the following additions are tentative:
  - 2020 Objectives: Increase physical activities/events offered to the community
  - 2020 Objectives: Increase in access to healthy foods through promotion of the Cudahy Farmer’s Market and Community Garden.

**Next meeting will be at the Cudahy Health Department on February 19<sup>th</sup> at 9:00AM.**

**Summary of Action Plan**

Action Item	Status Update
Abby to reach out to Kelly Senior Center	In progress
Krystal to continue communication with BCBS	In progress
Abby will check with Katie to make sure we can distribute the newsletter throughout the community.	Complete
Abby to follow-up with Aaron contributing in August.	Complete
ALL- Send Abby the month and recipe you would like to contribute <b>(optional)</b>	In progress
Develop Monthly Newsletter	Abby, Ongoing
Community Fitness and Nutrition events to be submitted to City Hall; Kelly Sobieski.	All members of task force Ongoing
Review Mayor’s Fitness Challenge and what it involves	Abby Demler On HOLD
Invite All Abilities Playground Organizer to present at future meeting	Abby Demler On Hold
Explore city ordinance requiring calories to be indicated on restaurant menus	On hold
Task Force Goals to be revised to reflect new initiatives to present to task force at February meeting	Abby/Katie Lepak In progress