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**Tuesday, November 24, 2015 at 4:30 p.m.**

**Jo Daviess County Health Department Conference Room**

**MEETING MINUTES**

**Present:** Jan Barker, Lori Stangl, Nancy Kopperud, Char Kennedy, Diane Reinhold, Hendrica Regez and Bill Bingham

Minutes recorded by Susan Schultz

**Absent:** Gayle Doersam, Dave Decker, Sharon Gillip, Marty Soat, Julie Bryan and Elizabeth Kane

**Approval of the July 28, 2015 Minutes** – Lori asked all members present to read over the minutes. Bill Bingham made the motion to approve the minutes with Diane Reinhold seconding. All members present in favor.

**Approval of the September 22, 2015 Minutes** – Lori asked all members present to read over the minutes. Jan Barker made the motion to approve the minutes with Diane Reinhold seconding. All members present in favor.

**Unfinished Business:**

Article assignments – Diane will write December's article for the newspaper. Send all articles to Lori first before it goes into the newspaper.

Any presentations given that you represent the JDCHD OPC or market the JDCHD OPC, send Lori a written summary.

National Food Day Update – Char shared with the JDCHD OPC information about the Mayor declaring October 19 – 24 Fresh Food Week. Walmart & Tammy's Piggly Wiggly sponsored a Fresh Food Pledge. Justin Penoyer gave a lecture at the library addressing the basics of a healthy dietary lifestyle. Students at the middle and high schools participated in the Apple Crunch. Walmart and Piggly Wiggly donated the apples. ARC preschoolers had a week of fresh food lessons ending with the creation of an edible fruit face. Restaurants participating in the Green Meal had a National Food Day flyer posted in their window.

**New Business:**

2015 – 2016 school year BMI collection request for October – Bill informed the Coalition that East Dubuque and Warren have completed the BMI collection; Stockton has completed K-4<sup>th</sup> grade.

Presentation from Nancy Kopperud on potential services she could offer as an Integrative Healthcare provider – Nancy informed the Coalition on the different services she provides. She also did a visual exercise with OPC members. She talked about the experience of self- care by changing the way you think about yourself.

Articles for January, February and March 2016 – Hendrica will write January; Bill – February and Jan – March.

Review and update logic model for 2016 – Lori asked the members to look over the logic model and email her any updates.

Dates for 2016 meetings – The following dates for next year's OPC meetings are as follows: January 26, March 22, May 24, July 26, September 27 and November 22 – all at 4:30 pm.

**Reports:**

Number of visits to the JDCHD OPC website – Lori reports over 300 visits to the website.

Report of MMC + Me – Marty was not in attendance to report.

Report of BMI data presentations to the schools – Galena, Stockton and Scales Mound did not receive presentations. Sharon reported to East Dubuque, Jan reported to Apple River and Warren and Julie reported to River Ridge.

Diane Reinhold motioned to adjourn the meeting at 5:09pm, seconded by Jan Barker. All in favor, motion passed.