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<https://www.jodaviesscountywellnesscoalition.com/>

September 18, 2018 at 4:15 PM
Jo Daviess County Health Department Conference Room

MEETING MINUTES

PRESENT: Bill Bingham, Elizabeth Townsend, Diane Reinhold, Char Kennedy, Lorraine McIntyre, Samantha Sanders

ABSENT: Juanita Bielenberg, Dave Decker, Sharon Gillip, Rirett Mackenzie, Hendrica Regez, Mary Soat

MINUTES RECORDED BY: Samantha Sanders

CALL TO ORDER: The meeting was called to order at 4:15pm.

APPROVAL OF MINUTES: Approval of May 15, 2018 meeting minutes had to be tabled due to lack of members in attendance.

BUSINESS:

1. DISCUSSION ON COLLABORATION WITH UNIVERSITY OF ILLINOIS EXTENSION OFFICE:

Samantha explained that Elizabeth had met with Diane Reinhold to discuss bringing a variety of classes to the county that relate with the mission and vision of the Wellness Coalition. Elizabeth stated that Diane had reached out to her about partnering to be able to offer classes in Jo Daviess County. Diane had provided Elizabeth with a link to view all the classes the extension office is able to provide. Samantha and Elizabeth met to look over and discuss these classes and picked ones that follows the Wellness Coalition mission, vision, and values. The classes will mainly be focused on food and healthy eating. Char questioned Diane raising concern that these types of classes had been offered by the extension office and were not well attended. Diane said that the coalition and health department would promote the classes. Elizabeth said that the wellness coalition website would be utilized along with the Facebook page to promote these classes. Lorraine questioned if the wellness coalition would advertise in the Galena Gazette, but Elizabeth explained the website should be used more so than the newspapers. The Wellness Coalition members were previously given business cards to hand out to promote the website.



2. **DISCUSSION ON COLLABORATION WITH LIFESCAPE:** Elizabeth explained to the members that around the same time Diane reached out to her that Lifescape reached out willing to train someone to teach classes in Jo Daviess County. Elizabeth said that all the other surrounding counties in the region had partnered with Lifescape for the last three years, but this would have been around the time that there was an interim administrator, which may be why Jo Daviess County did not. Samantha has been trained to be able to teach the workshop, A Matter of Balance. Samantha explained that A Matter of Balance is a workshop that is designed to manage falls and increase activity levels in adults 60 and older. Elizabeth pointed out that falls are the number one called for EMS services, which Bill agreed to. Samantha said the workshop could be either eight weeks, meeting once a week for 2 hours or 4 weeks meeting twice a week for 2 hours each. She added that she went to week 7 of the course last week in Carroll County at the senior center to observe and there was a waiting list for another class. Each workshop would be between 8 and 12 people. The question was posed where these classes would be held, Samantha explained that the health department could not hold them because part of the workshop in doing exercise that the individuals need stable chairs without wheels. Elizabeth said the classes would be throughout the county. Samantha said that many of these workshops have taken place at assisted living facilities. The Matter of Balance class would be free to attend and Lifescape provides all the materials and even snacks. Elizabeth said that fall prevention is a need of the county and that the classes would be supporting the health department's IPLAN (Illinois Project for Local Assessment of Needs). Elizabeth stated the Obesity Prevention Coalition was created in response to the IPLAN, which was later changed to the Wellness Coalition.
3. **CALENDAR OF EVENTS FOR 2019:** Elizabeth explained that there has been concern of the direction that the Wellness Coalition is taking and it was decided that there needs to be more structure with the coalition. She stated last year there was supposed to be a calendar set up to follow for 2018, but that it did not happen. A calendar would be set up for 2019 so planning, preparation, and commitment can occur. Elizabeth said earlier in the year there was miscommunication and lack of planning around Earth Day, which she did not want that to happen again. With the calendar each coalition member will know what events the coalition will be participating in for the next year and not scrambling to prepare an activity in a few weeks.



4. **UPDATE ON JO DAVIESS COUNTY WELLNESS COALITION WEBSITE:** Samantha stated she continues to update and add events to the website as she finds them. She said since she took over the website in July there were 174 page visits in July, 65 in August and 32 in September so far. The calendar of events will be uploaded to the website.
5. **MEMBER COMMENTS/CONCERNS:** Bill stated the coalition used to write articles, send them to the health department to approve and send to Galena Gazette, which was good for a few years. Elizabeth said that there had been really great articles written, but there had been an issue of no references and the information needed to be evidence-based. Char brought up National Food Week, which is coming up October 22nd through the 27th and gave members a list of events she has done in the past with food week. Elizabeth and Samantha asked for more clarification on this and Char explained what is done during food week which consisted of a city mayoral proclamation, informing grocers, events at schools/ARC/library, restaurants offering local specials highlighting certain foods, involvement with farmers market, food pantry and articles in the Galena Gazette. She stated that she did not want to continue doing food week alone, she said last year she had support from coalition members and met with Hendrica last week. There was concern that there is not enough time to plan because it is around a month away. Elizabeth and Samantha said that next year with food week on the calendar there would be much more planning time to make the event a success.
6. **NEXT MEETING:** November 20th, 2018 at 4:15pm

ADJOURN: 5:21PM