

Healthy Pontiac, We Can!

Meeting Minutes

September 11, 2018

Members Present:

Sonia Acosta	Centro Multicultural La Familia
Jen Blum	Anytime Fitness
Jermaine Branner	Max Out Fitness
Lisa Bryant	Ferndale Parks and Recreation
Karen Chappell	Girl Scouts
Robert Dawson	All Saints Produce Market
Allyson Forest	Oakland University
Dyann Hayes	All Saints Episcopal Church Produce Market
Dondre Geter	Retro Fitness Pontiac
Jennifer Kirby	Oakland County Health Division
Cheryl LaFleur	CNS Healthcare
Thomas Lawrence	T.G.L. Enterprises
Sonia LeDuff-Malone	Pontiac Sun Time Bank
Ken Levy	Smash Kickboxing
Jennifer Lucarelli	Oakland University
Monica Martinez	Oakland Livingston Human Services Agency
James McQueen	Lighthouse at Oakland
Dan McIntyre	Oakland County Health Division
Sarah Mills	Gleaners
Lea Perkins	
Kathy Phipps	Geoplexus
Sarah Szczepanski	Anytime Fitness
Ashley Turner (for Megan Dennis)	Oakland Mediation Center
Virginia Uhley	OUWB School of Medicine
Rose Wedemeyer	OUWB School of Medicine
Benjamin Williams	United Way for Southeastern Michigan
Jake Williams	Gleaners Community Food Bank
Jessica Williams	Oakland County Health Division
Sherian Williams	Next Level Coaching & Mentoring
Kristen Wiltfang	OC Economic Development & Community Affairs
Debbie Wisser	Oakland Community Health Network
Trisha Zizumbo	Oakland County Health Division

Staff Present:

Signa Metivier	Oakland County Health Division
Samantha Montney	Oakland County Health Division

1. Introductions

The meeting of Healthy Pontiac, We Can! was called to order by J. Lucarelli at 1:11 p.m. on September 11, 2018 at The Resource & Crisis Center, 1200 N. Telegraph, 32E, Pontiac, 48341.

2. Summer Program Raffle Drawing

Winners for five Max Out Fitness gym memberships, two Retro Gym memberships, and two Smash Kickboxing memberships were drawn and winners announced on Facebook Live at 1:15 p.m.

3. Approval of Minutes

Motion moved by T. Zizumbo to approve the minutes of July 10, 2018 as written.

Seconded by A. Forrest.

Motion Carried Unanimously

4. Partnership Updates

A. Turner with the Oakland Mediation Center informed members they have a speed networking event on October 2nd.

S. Sepansky told members Anytime Fitness is starting group fitness classes with \$5 drop in. Class schedules were provided. She also informed partners Anytime Fitness has partnered with Max Out Fitness on a 5K for seniors.

B. Williams informed members the Healthy Kids Team with the United Way SE Michigan is transitioning from the “Meet Up to Eat” program to “Better with Breakfast” which will help schools create an alternative breakfast model to ensure children are able to start their day and function throughout the day properly. They will have an analysis of their impact on the City of Pontiac through “Meet Up to Eat Up” available around January. They are also continuing to work with the Pontiac Academy of Excellence on their in-school breakfast model and with their contacts at the Pontiac School District.

D. Wisser told members the National Recovery Month Celebration is Friday, September 21st at Oakland Community Health Network, 5505 Corporate Dr., Troy. The free event starts at 10 a.m. The NAMI Walk will be held at 10 a.m. on Saturday, September 22nd on Belle Isle. For more information or to register for the walk go to oaklandchn.org

D. Geter informed members Retro Fitness Pontiac is offering a \$10 discounted membership to all Oakland County employees. Employees must show their ID badge to get the discount. He said Retro Fitness is also interested in partnering with members on programs for the community.

S. Williams informed members Next Level Coaching & Mentoring is looking for volunteers.

C. LaFleur informed members CNS Healthcare is hosting a free flu clinic on September 26th in Waterford and September 27th in Novi.

J. Williams informed members Gleaners has open enrollment for “Cooking Matters for Parents” at the Oakland Livingston Human Services Agency (OLHSA) clinic. The class starts on October 10th, from 2 – 4 p.m. and runs six consecutive weeks.

K. Phipps informed members Geoplexus holds classes for people with mobility issues on Tuesday mornings at the Ruth Peterson Center and on Monday afternoons at the Bowen Center. There is also a free class on Friday mornings at the Salvation Army on Martin Luther King Jr. Blvd.

S. Acosta invited members to Centro Multicultural La Familia's free open house on September 20th, from 3-5 p.m. at the Riker Bldg. Please RSVP if you plan on attending. The Masquerade Gala fundraiser is on November 3rd at St. George's Cultural Center.

K. Levy told members Smash Kickboxing's offers evening classes at 5:30 p.m. and 6:45 p.m. and they have an open gym and personalized training from 5 a.m. to 5 p.m. Trainers show clients how to use the equipment and how to incorporate self-defense, martial arts, boxing, and kickboxing into their workout programs.

K. Chapel told members Girl Scouts of Southeastern Michigan is always looking for female role models/mentors in the areas of science, technology, and engineering.

K. Wiltfang informed members the Trail, Water, Land Alliance's Fall Celebration is October 4th, 9 a.m. at Bay Court Park's Brady Lodge, 6970 Andersonville Rd., Independence Twp. The Heritage Conference 2018, "Sacred Spaces, Sacred Places" is on Monday, November 5th, 8:30 a.m. at All Saints Episcopal Church, 171 Pike St., Pontiac.

S. LeDuff-Malone told members OLHSA's "1st Annual Golf Fore Warmth" will be held on September 14th at Fountains Golf & Banquet, 6060 Maybee Rd., Clarkston.

T. Lawrence informed members he is looking for agencies, companies, businesses that he can showcase on his public access TV show if members are interested.

J. Branner informed members Max Out Fitness is partnering with Anytime Fitness and Mainstreet Pontiac for a run/walk 5K on September 29th to raise funds and awareness for senior fitness. J. Lucarelli told members there is also a one mile run/walk option and the fee is by donation only.

J. Lucarelli told members the Police Athletic League (PAL) just started their fall leagues and are in desperate need of coaches. If anyone is interested in a short-term commitment they are also looking for speakers to come talk with the kids. She also told members HPWC is helping the City of Pontiac update the Parks & Recreation Plan by hosting community engagement sessions over the last two months. She said they are trying to wrap up the sessions by September and summarize the information and incorporate it into the plan. There will be an opportunity for people to view the plan and provide feedback to make sure the plan fits the needs of the community.

J. Lucarelli informed members there is an OU Pontiac Initiative between the City of Pontiac and Oakland University to bring the two entities together including faculty, staff, and students to generate ideas that will contribute to the mutual growth of these organizations. She informed members there will be grants available as part of the initiative. R. Wedemeyer told members the grants will open September 14th and the amounts are from \$500 to \$5,000 and are for programs that are already existing. The scoring will be done by committee and they are looking for high impact programs that have already shown good results.

J. Lucarelli announced that due to the ending of the CDC REACH Grant Allyson Forest's last day will be September 14th. A. Forest informed members she accepted a position with Wayne State University's Medical School.

T. Zizumbo informed members she accepted a position with Oakland Community Health Network overseeing their training program and her last day with OCHD is October 4th.

5. Service Directory Presentation

S. Montney provided a presentation on OCHD's Energizing Connections for Healthier Oakland's (EHCO) online service directory showing members how to search and navigate the site. She informed members the information for the directory was provided by the ECHO work groups and was developed for use by the community. She told members the presentation is available to any community or organization that would like her or another ECHO member to come out and present.

6. HPWC! Logo Guidelines

J. Kirby informed members the county has been looking at logos that should be trademarked and the HPWC! logo is one of them. She told members that OCHD, as the facilitating agency of HPWC!, has developed a set of guidelines for use of the logo. A handout was provided for members with details on "use approval" for the logo and the official formats and colors to be used with the logo.

7. System Approaches to Healthy Communities

T. Zizumbo informed members as part of the 4x4 Grant, OCHD purchased "Systems Approaches for Healthy Communities" an evidence based training that is available to HPWC members and their agencies. The free training consists of five different self-paced online modules that focus on policy, systems, and environmental change. A certificate and continuing education credits are available to individuals who complete the course. A handout describing the modules and registration information was provided to members. Course training manuals were provided to members who registered at the meeting.

8. Strategic Planning

J. Lucarelli informed members that the HPWC Strategic Plan is an active plan so when a community or coalition member attends a meeting or looks up HPWC online they can identify the actions they can take as an individual or organization to support HPWC in achieving its goals and objectives. Members were asked to review the draft strategic plan at their tables and working together identify individual and organizational actions for the plan. Discussion ensued.

J. Lucarelli informed members she would create a handout of all the actions suggested by members for discussion at the next meeting.

Members discussed wording and changes to the general objectives of the plan including combining some objectives.

8. Adjournment

Being no further business, J. Lucarelli adjourned the meeting at 2:45 p.m. The next meeting, which is the holiday potluck, is scheduled for 1 p.m. on November 13, 2018 at All Saints Episcopal Church, Pontiac, 48341.

Minutes submitted by: Signa Metivier

Approved by: Samantha Montney