

## **GREEN RIVER REGIONAL HEALTH COUNCIL**

December 8, 2009

### **M-I-N-U-T-E-S**

The Green River Regional Health Council met on Tuesday, December 8, 2009, at 9:00 a.m., at the Green River Area Development District (GRADD) office, in Owensboro, Kentucky. Council members in attendance were as follows:

#### COUNCIL MEMBERS PRESENT

Blaine Pieper  
Dr. Adam Brockman  
Dr. Laura Hancock-Jones  
Pam Moran  
Don Crask  
Valorie Tanner  
Katie Englert  
Brian Jones  
Vivian Craig  
Jody Flener  
Julie Wischer  
JAT Mountjoy  
Melissa Wolfe  
Christy Ramey  
Tammy Belt  
Stephanie Montgomery  
Jaime Rafferty  
Father Fid Levri  
Pam Hunter  
Sheila Barnard  
Ethel Rice  
David Ross

#### COUNCIL MEMBERS ABSENT

\*Philip Travis  
Marianne Smith-Edge  
\*Pat Hammock  
Steve Carter  
Pat Donahue  
Lisa Jones  
Margaret Scott  
Susan Langan  
Patricia Bailey  
Sandy Barbour  
Scott Miller  
Tim Mahone  
Joyce Crump  
Debbie Fillman  
Jean Julius  
Jill Barger  
Holly Simpson

\*Excused Absence

GUESTS AND STAFF PRESENT

Stephanie Lamar, Green River Regional Health Council Director, GRADD  
Teresa Roberts, Health Council Network Assistant, GRADD  
Lisa Flahardy, Support Services Technician, GRADD

I. CALL TO ORDER

Stephanie Lamar called the meeting to order and recognized the following people: Stephanie Montgomery, representing Lighthouse Counseling; Pamela Hunter new facilitator for Webster County; Ethel Rice new facilitator for Hancock County; David Ross, new member representing United Way; Holly Simpson, new member representing Hancock County Agency Substance Abuse Program (ASAP); and Sheila Barnard, new member representing Together We Care of Hancock County. Chairman Blaine Pieper then continued with the meeting.

II. CONSIDERATION OF MINUTES

Secretary Jaime Rafferty presented the October 13, 2009, minutes for approval.

A motion was made by Valorie Tanner and seconded by JAT Mountjoy to approve the corrected October 13, 2009, minutes of the Green River Regional Health Council meeting. A vote was taken and the motion carried.

III. COUNTY HEALTH COUNCIL REPORTS

A. Healthy Horizons – Daviess County

JAT Mountjoy reported the subcommittee will be meeting this Wednesday to discuss the obesity grant. The dental clinic is going well, and approximately 400 people have been served. The local facilitators may begin promoting the clinic in their counties on December 8, 2009, and the phone number is (270) 691-6205. The main target population is those on Medicaid and those without any dental insurance.

B. Hancock County

In the absence of Jill Barger, local chairman, Stephanie Lamar stated the council held a retreat in October and identified these four areas of concern: 1) obesity; 2) lack of physical activity; 3) alcohol, tobacco and other drugs; and 4) mental health. Action teams have been formed to begin developing action plans. They completed the Health Resource Directory and it was mailed to all households in Hancock County. Ethel Rice has been hired as the new local facilitator and she began on December 1, 2009. They partnered with the Green River District Health Department (GRDHD) and hosted

an H1N1 Town Hall Meeting; although attendance was low, good information was available.

C. Henderson County

Julie Wischer stated she has been networking with individuals who want to be involved in the local council. The UK Extension Office is going to be working with the council, as well as the county government. Ms. Wischer's goal is to have an organizational meeting in January with those who have expressed interest in this local council.

D. Ohio County

Jody Flener, local facilitator, reported at the last meeting the council decided to plan a retreat, but the date has not been confirmed. The council will be revisiting the current committees to make sure the focus is still there. They are expecting to learn today if they received the grant which was re-submitted. Together We Care is paying her way to the meeting in Frankfort concerning drug tosses. The council has added a new member which is a pharmacist from Rice Drug. Leadership Ohio County graduation is next week and the project for this group is to place exercise stations along the walking trail. Ms. Flener participated in a webinar on Play 360, which is the NFL Program that focuses on assimilating a core group of kids to commit to play 60 minutes a day. The cost for this program is minimal. Ms. Flener is interested in pursuing this program in Ohio County and will be meeting with the middle school PE teacher.

E. Union County

Tammy Belt, local facilitator, reported they held a retreat. Exercise, nutrition, smoking, and teenage pregnancy are the areas on which they will be focusing. They are in the process of forming subcommittees, and have adopted the Regional Councils' mission and vision statement. The council hosted an H1N1 meeting and had low attendance. Currently they are working on a grant with the local ASAP Board to hold smoking cessation classes. The Facebook page is up and running; they are also continuing with the weekly newspaper column and will be starting a newsletter in January. A new running club has formed and information about this club is on Facebook.

F. Webster County

Stephanie Lamar announced they hired Pamela Hunter as the new facilitator, and she began on December 1, 2009. They hosted an H1N1 meeting in cooperation with the GRDHD.

IV. OLD BUSINESS

A. Strategic Plan Update

Stephanie Lamar directed the council to the draft copy of the strategic plan and explained this was prepared by following the guidelines in the grant. Ms. Lamar reminded the council this is a draft; therefore, comments and suggestions are welcomed.

B. Nominating Committee Report

Jaime Rafferty presented the following people for officers: Philip Travis as Vice-Chairman; Jaime Rafferty as Secretary, and will recommend to the GRADD Board that Blaine Pieper continue as Chairman.

A motion was made by Don Crask and seconded by Pam Moran to accept the recommendations of the nominating committee. A vote was taken and the motion carried.

C. Report Card Review Team

In the absence of Debbie Fillman, Vivian Craig explained the committee has met and also communicated by email as well. Dr. Ron Wrona has been contacted to assist the council with the report card, and his fee is being negotiated. Using Survey Monkey, the committee received input on what should be included on the report card. According to the survey, the top issues are: obesity; smoking; lack of physical activity; diabetes; cancer; and cardiovascular disease. Some changes to be made in the report card are as follows: to use a larger font, make it more county-specific, and the information be more evidence-based. The top three issues which need to be addressed are: obesity; alcohol; tobacco and other drugs; and physical activity. The goal is to have a report card out in the spring.

D. Billboard Campaign

Brian Jones reported this committee has met and a verbal commitment has been made with Lamar Billboards to purchase 21 billboards at a cost of \$10,000. The campaign will be completed in three phases beginning in February 2010. With Phase I and Phase II, each county will have the same billboard. Phase III will have a billboard specific for each county. Mr. Jones directed the council to the handouts of the drafts of the billboards. The committee would like to meet immediately following the council meeting today. The timeline for the billboards will depend on the scheduling of other billboards and this is still in discussion. The goal is a minimal of one month per billboard.

A motion was made by JAT Mountjoy and seconded by Pam Moran to accept the proposal of the billboard pricing. A vote was taken and the motion carried.

E. Regional Event Committee

Christy Ramey explained this committee has met and discussed several possibilities. They are focusing on a wellness campaign which involves the entire family. There will be a score card and it will be a Health Academy. This will involve working with the Research and Engagement for Advancing Community Health program (REACH) from the University of Kentucky. They hope to have things finalized and ready to report back to the council in February 2010. The plans are to begin the program in the fall of 2010 and this campaign will run for one year.

F. Web Page

Teresa Roberts stated the goal was to present the web page at this meeting. Since GRADD is reworking its web page, the process has been slowed down. The page will include the vision and mission statement, bylaws, membership list, the report card, and a link to the e-newsletter. Ms. Roberts will also be creating county-specific web pages for the region. The goal is to have the main page completed and ready to present in February for approval.

V. NEW BUSINESS

A. Sustaining Members

Chairman Pieper announced there are three new sustaining members:  
1) Holly Simpson with Hancock ASAP; 2) David Ross with United Way; and 3) Sheila Barnard with Together We Care.

A motion was made by Julie Wischer and seconded by Jody Flener to accept the new sustaining members. A vote was taken and the motion carried.

B. Resignations

Chairman Pieper informed the council that Natalie Henning and Clara Dorris have resigned.

C. February Go Red Month

Don Crask stated that February 5, 2010, is National Wear Red Day. This is a way to recognize heart disease in women. Mr. Crask directed the council to the family tree handout. This handout is useful in helping to determine one's risk for heart disease. Last year the council sponsored Go Red for Women Lunch and Learns in the following counties: Hancock County with 66 in attendance; Ohio County with 100 in attendance; Webster County with 30 in attendance; and Union County with 58 in attendance. OMHS held a Red Hat Tea Party for Women with 80 in attendance. The local facilitators will be contacted to help with organizing these events this year. Stephanie Lamar stated the total cost last year was \$1,500 and this was possible due to partnerships in some of the counties.

A motion was made by Don Crask and seconded by Vivian Craig to continue with the Go Red for Women program. A vote was taken and the motion carried.

Mr. Crask also took a moment to speak about the Green River Falls Prevention Coalition. This coalition works with seniors concerning fall prevention. The Fall Prevention Coalition applied for and received a grant from the OMHS Community Benefit Program in the amount of \$12,470. They will be using the grant to establish a senior exercise network in the seven counties and sponsor exercise training in all the counties as well. This past year they held two balance classes, one in Webster County and one in Union County. There will be a symposium to find out how to better educate seniors about fall prevention. Mr. Crask opened the floor for questions and discussion.

D. March Go Blue Month

Jaime Rafferty explained March will be Go Blue month for Colorectal Cancer. March 5, 2010, will be National Go Blue Day. The following are three key facts about colorectal cancer: 1) all Kentuckians age 50 and over should get regular colon checks; 2) early colon cancer may have no symptoms; 3) nine out of ten colon cancers may be cured or prevented with regular checks. They are targeting those with insurance and are encouraging people to know what their insurance will cover. Help is needed from the Health Council to distribute the materials out into the communities. The informational materials can be downloaded from [www.kentuckycancerprogram.org](http://www.kentuckycancerprogram.org) or from Ms. Rafferty's office. The floor was open for discussion.

A motion was made by Christy Ramey and seconded by Father Fid Levri to support Go Blue Month. A vote was taken and the motion carried.

VI. ANNOUNCEMENTS

Stephanie Lamar announced the Health Resources and Services Administration (HRSA) came for the performance site review in September. Ms. Lamar is currently working on the progress report which is due next week to HRSA. Chairman Pieper remarked he is impressed with the amount of work that is being done and also sees the amount of work yet to be done.

VII. ADJOURNMENT

There being no further business the meeting was adjourned.

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