

## **Richland FIT Steering Committee Meeting NOTES**

**September 29, 2015**

**Location** - Extension Office – East Hall

**Participants - Community** - Chris (Richland Hospital), Chelsea (Extension), Mark (Pine River Paddle & Tube), Mallory (Richland Medical), Ty (Richland Hospital), Danielle (Extension), Denise (Symon-s), Neil (Richland Medical) **Staff** -Danielle, Marianne, Kay, Sheri

- 1) Introductions
- 2) Partner Sharing
  - a. Farm to School – Jarred [new Superintendent not present] Danielle FIT – educator at school has quit so only procurement outreach person is on board at this time. Danielle will continue to help but Jarred is new and a bit overwhelmed. Coming from Mt Horeb, the Food Service was in charge and implemented the program
  - b. Nutrition Prescriptions/Food for Life – Mallory and Neil
    - i. Neil gave a tasting of soup from his garden – gazpacho – with discussion of the ingredients and education around those as an example of the FFL class. Will do two more classes before the grant ends next April, with Richland FIT. The Medical Center will take over from there. The hope is that they will be able to do this as part of a larger initiative of an obesity prevention center which will include individual classes. RMC will work with the hospital to help find ways to sustain this to add this to the overall impact. They will work to Danielle said that Brett still plans to do the videos. Neil and Christine are working to make sure that this project will continue.
  - c. EBT/Farmers Market Education – Sheri & Danielle (extension)– Change in management at Pine River has made for confusion – Danielle has been putting up lots of flyers - \$170 in tokens redeemed. Danielle has taken the lead on promotion – will need to discuss promotion. Did grocery bag flyers for all pantry bags –so flyers don’t work. Due to large turnover. So word-of-mouth important
  - d. Garden update – Danielle FIT going well – new equipment arrived and ready to be put in. Several folks have already stated that they want a plot for next year. Do not have water
    - i. Mallory gave an update about the Southwest Partners plan to put in a shelter with water and electric. This will make water accessible!
  - e. Meet Ups – Mark and Cindy
    - i. Mark -Not as many this summer due to staff transitions but did get a few in before the end of the summer. Interested in helping continue winter activities such as hikes along the Pine and kayaking. Overall river use has doubled and local use has increased but not as much as out of area. Believes that with continued grant that has been received, and that more locals will participate if the trails are marked and more accommodating for people.
    - ii. ?How to get more people involved? Discussion – Kay noted that some people might be afraid if they haven’t done it before. Gear a special

event toward beginners. Get some people who have more experience to do a trip with newer people. Mark noted that improved landings have really allowed more diverse people to participate – elders, people with bad backs/knee. Denise noted that canoes are dangerous on this river, so Mark mentioned that he discourages canoes, and does not rent canoes unless someone specifically insists on it. Denise and Chris also brought up the kayaking class offered by Symons. They will continue this twice a year so FIT could advertise this. Chris also mentioned creating testimonials to help people overcome fear of trying it. Mark also said we might do a video of how people are able to get on the river. Do a set of “River stories” – Get a story in Observer that could include testimonials – Ty’s mom who is almost 70 went on the Pine for the first time and loved it.

- iii. Bicycle meetups- Mallory gave a quick summary – varied greatly over the summer, Cindy did Saturdays and other folks did the other. Would change the route depending on the ability level of folks that appeared. Denise thought that working with groups through worksites (such as the courthouse group) might make it easier for consistent and more participation. Chris asked how advertised and discussion on how to get new people to become bikers rather than those already biking.
  - iv. Ty suggested “buddy challenge” by asking people to bring a new person to get involved and try biking or kayaking. Neil suggested that bike trips should start and end at Symons, then the whole family could participate and give people different options for activity. Could also arrange daycare for those who have kids. Chris wonders if there is a safety factor that could be improved, and Neil mentioned Walk to School happens only once or twice a year. Police department used to do a bike rodeo that gave out helmets but not well attended. Chris asked about bikeability and Sheri shared that some assessment had been done at the beginning, Marianne shared the status of the Safe Routes to School which did an assessment of middle school but no implementation has happened.
  - v. Richland FIT –check the status of the assessment and follow up with next steps – could share it on website and/or have
    - f. Social Media
- 3) Grants – Sheri
- a. Sheri shared several small and big opportunities coming up if the group is interested in applying for additional grant funding
- 4) Maternal Child Health Initiative – Marianne
- a. County has some money and wanted to connect with FIT initiative. Surveyed day care providers about their topics of interest. Marianne asked if those in the room with expertise (Ty, Danielle) would partner to provide education on those topics. Chelsea also offered that the extension would be able to help complete the CEU credits for attending. Danielle is concerned that the attendance may be very low.
- 5) Ty – hospital report – grocery store tours have been very well received but not well attended. Feel that they need to target to get people in. On WRCO monthly with a

health and wellness show. November is diabetes awareness so they have education in the lobby. Working with MetaStar to do quality improvement to train community volunteers to teach diabetes empowerment education curriculum. For example, churches or townships outside RC (Cazenovia) to get to the right people who do not already have access. Healthy Hospitals Forum attended by Cindy, Angela and Mary Jo. They are following up to include local food (Fifth Season out of Viroqua) on the menu.

- 6) Mental Health Component – Chelsea has been working on this component of the strategic plan that hasn't been worked on so far.
  - a. Wellness Conference attendees: Chelsea, Denise, Danielle, Ashley (clinical services). Could bring back to Dr. May and motivational interviewing group
  - b. Some resources in the community but need more, especially dealing with stress and having better coping strategies
- 7) Sustainability Planning – focus of next meeting
- 8) Community Events – hospital has event in later October, Symons is doing exercise during the Octoberfest parade, Ty is doing grocery tours, October 25 Southwest Partners is having a “friendraiser” with afternoon of activities and cookbook  
ENCOURAGED TO SEND THESE EVENTS TO FIT TO POST ON FACEBOOK PAGE
  - a. December 5<sup>th</sup> – ugly sweater fun run collaborating with Rotary Lights
- 9) Adjourn