

**Lenawee Health Network
Healthy Nutrition and Physical Activity
Meeting Minutes – June 9th, 2015**

Attendees: Kay Ross, Martha Hall, Tom MacNaughton, Rachel Doyle, Dave Maxwell, Frank Nagle, Martha York,
Anne Barton called the meeting to order at 9:05 a.m. and asked for introductions.

Minutes- April 14th, 2016 reviewed

Strategic Plan Objectives:

- **Anne Barton announces to the LHN group that her last day working at ProMedica is July 6th.**
 - o A transition plan is in place and will be discussed further at the June 27th LHN Leadership meeting.

- **Dave Maxwell: Connecting Lenawee Non-Motorized Plan**
 - o Implementation of enhanced striping and signage along the Kiwanis Trail has been challenging. Dave has attended several meetings to discuss the Connecting Lenawee Task Force plan to improve signage and striping along non-motorized trails in Lenawee County with City and County officials.

- **Childhood Obesity Grant**
 - o Submitted an application for a grant through Aetna. 1200 other applicants applied as well. We were not awarded the grant.
 - o Now the grant is being submitted through the Childhood Obesity Fund.

- **Healthy Lenawee 2020 Grant Update:**
 - o Nutrition component has engaged 10 locations thus far in year two and has received 7 commitments. 4 of the commitments to participate will be in the third year of the grant.
 - The Taste of Health Videos are now on YouTube. Can be found by searching Taste of Health in the YouTube search bar.
 - o Trails and Treats event is scheduled for June 12th from 4 PM – 7 PM
 - Walking event along the Kiwanis trail to Trestle Park to bring awareness to food pantries/resources and programs available to Lenawee County residents.
 - Vendors will set up tables with healthy snacks and resources for the public.
 - FireKeepers Casino Chef will be providing a kale apple recipe and samples
 - o Interested in identifying positions that work as Community Health Workers in Lenawee County.
 - Kay Ross has some thoughts on this. Frank and Kay will discuss further.
 - o Diabetes Prevention Program classes are starting next week. The next classes will not start until October.

- **Other Participant Activity:**
 - o One Lenawee is leading a strategic vision for Lenawee County. They are compiling a list of local organizations who want to participate.
 - Effort to get alignment between organizations in strategic planning
 - Fits well with Project Lazarus
 - o ProMedica Diabetes Educators will be hosting community event on November 5th called “Keep Calm.. Get Success”. Flyers are currently being made.
 - Education surrounding prevention and management of diabetes with a cooking demo and samples available for participants.
 - o Region 2 Area Agency on Aging- Martha York
 - Diabetes Path Program is a 6 week workshop for people with long term health conditions. Workshops are led by trained facilitators who assist participants in making action plans to manage symptoms and to exercise safely to improve health.

- Matter of Balance is a workshop designed to manage falls and to increase activity levels.
- A schedule of upcoming workshops was distributed and if you would like more information you can call 1-800-335-7881 or 517-592-1974

Emerging Issues:

- Dave Maxwell shares that the Connecting Lenawee Task Force will be applying for a National Park Service grant which will assist in the clean-up of trails, River Raisin and highways.
 - This will help to make the river much more navigable by cleaning debris (downed trees) and by install two river access points (one at Riverside Park and one at Island Park).
 - Most counties have a River Rescue Team. Lenawee County does not. The Connecting Lenawee Task Force has interest in forming a River Rescue Team in Lenawee.
 - This involves volunteers getting into the water to clean debris and to maintain the waterways as needed.
 - A “test” clean-up is being scheduled to see how much can be cleaned in one day. The Date of this clean-up is to be determined.
- A ProMedica YouTube video was played for those who had time to stay and watch it. The video was played for the group to bring awareness to the various aspects of mental health.
 - Unmasking Mental Health- <https://www.youtube.com/watch?v=bn4WXVNYwEU>

Meeting was **adjourned at 10:00 am.**

Next meeting is a Full LHN meeting July 14th, 2016 at 8:00 AM in the Merillat Center

Next Solution Team Meeting August 11, 2016 at 9:00 AM in the Merillat Center.

Next LHN Leadership Meeting June 27th, 2016 at 2:30 PM in Administrative Conference Room #1, 4th Floor of Bixby Hospital.

Respectfully Submitted,

**Frank Nagle
Project Coordinator
ProMedica Bixby Hospital**