

Douglas Special Action Group Minutes  
9 June 2003  
First Presbyterian Church  
760 10<sup>th</sup> Street  
Douglas, AZ

Introduction:

Jenny Hunter began the meeting by passing around the sign-in sheet and giving copies of the agenda and minutes from the last SAG meeting in March 2003. Everyone introduced himself or herself (Name & Organization). Jenny then asked everyone to take a moment and look over the minutes from the meeting in March to see if anything was missing or was misrepresented. One mistake was brought up on page two of the minutes, the third paragraph from the bottom, Elsa Obregon's name was misspelled "Else". A note of the mistake was made and Rosie Stewart will make the appropriate change.

The subcommittee met prior to the SAG meeting. Jenny asked for an update.

Physical Activity and Nutrition (Vending Machine) Subcommittee:

Maria Lourdes Fernandez began by thanking Rhea Morales and Elsa for the PTSO presentation they gave at Sarah Marley as well as Evelyn Markee and Blanca Robles for the PTSO presentation they gave at Ray Borane. Rhea stated that the PTSO presentations provided parents with information on physical activity and healthier eating habits. The goal of the SAG was to do three presentations at Sarah Marley, Ray Borane, and Douglas High School before the end of the school year. The group was unable to present at Douglas High School, but plan to in the fall. A PowerPoint presentation was created and transparencies were made, which were actually used for the presentations. The presentation at Sarah Marley was given in Spanish. A questionnaire was distributed at the end of the presentation given at Sarah Marley to collect feedback from the parents. A total of 81 parents were present and of those 47 filled out a questionnaire. Rhea stated that the principal of Sarah Marley took the results of the survey directly to the cafeteria staff and also planned on taking the results to the Superintendent. This questionnaire was not utilized for the presentation given at Ray Borane.

Elsa added that Rhea took materials, which she received from the National Diabetes Clearinghouse and the National Diabetes website, to hand out at the presentation given at Sarah Marley. Rhea stated that the parents took all of the materials that she had taken with her. Lourdes added that parents want to know more and want to do more for their children. They are very eager to learn about physical activity and nutrition.

Lourdes ended by stating that the group plans on doing PTSO presentations at other schools, including alternative schools (Cas and Omega, each with 400 students) not from the district as well as a private school (Loreto) during the Fall. She stated that they still have 11 more schools to go (seven schools from the district, three alternative schools, and one private school). Jill Guernsey de Zapien mentioned that a good way to make a difference in schools is to have the support of parents when we want to make changes. In doing these presentations, we are raising

the consciousness of parents regarding the issues of physical activity and nutrition within schools. Lourdes added that it is a good time for us to be doing what we are doing.

Yolanda Caruso stated that the school district is making changes by increasing Physical Education (PE) to three times per week. There is also a PE teacher per elementary school now, and health education is taught for half an hour twice per week. The radio program "Talk of the Town" on KDEP is also making announcements about physical activity and health education. The radio program is a 30-minute show. Minerva Kong, the principal of Sarah Marley, was on the program talking about the Center for Disease Control and Prevention (CDC) School Health Index (SHI) as well as the Diabetes Walk that the school had organized. Elsa added that both of the middle schools now require PE for all their students. The School District has to buy uniforms, since PE has become a requirement. PE will be offered three times per week and health education twice per week. Ray Borane is also buying uniforms. Elsa stated that she went to the principal at Huber Middle School after the last SAG meeting in March and told the principal that this is what must be done. Analizabeth Doan also went to the School Board with the information provided by Carol Huddleston, which was put together by Rosie regarding fundraising alternatives and school tax credits. Minerva Kong also had Yolanda and Gary Spivey present the results of the SHI to the School Board.

Elsa stated that the Diabetes Walk at Ray Borane and Huber middle schools went very well. She picked out a day and mapped out a walking route (four times around the school or 5,000 steps). There was a disc jockey that played music in the cafeteria during and after the walk. Jill asked Elsa how money was raised. Elsa replied that the American Diabetes Association sent packets and parents sponsored their child(ren) or donated money.

Elsa brought up that a good idea might be to utilize the Channel One system that is in two middle schools and the high school. A five-minute tape could be played during the morning in homeroom on living a healthy lifestyle. Jill mentioned a Girl Scout play, which Cecilia Rosales can check on to see when and if they plan on presenting it in Douglas. It is a play on diabetes and diabetes prevention.

Mary Robinson mentioned that in the near future the biggest Boarder Patrol Station is going to be built in Douglas. Carol has been told that we may be able to use some of their space for conference and/or meetings once the facility is built. The group then moved on to talk about alternative fundraisers in schools and school tax credits.

#### Fundraising Alternative for the Schools & School Tax Credits:

Jenny reminded the group about the information they received at the last SAG meeting in March from Rosie. Information packets, which were put together by Rosie, were sent to Carol. She then distributed the packets to Ms. Doan and School Board members. Ms. Doan gave packets to the School Board members personally as well as to principals. Packets will also be taken to the principals of the junior high school and high school to be given to the fundraising groups at each. We will have to wait until this coming year begins to find out who to work with in the schools with regard to student fundraising groups and school officials. Elementary schools should be our goal for right now. The two Med Club students, Diana Moreno and Martha Celia Alonso, who

presented at our last meeting, will be sharing the information packet with the Student Council, also. The Med Club will begin again in the fall and they will hopefully be involved with the group once again.

Presently, we are focusing on the fundraising alternatives for the schools, but a future issue is the school tax credits. In the fall, information on the school tax credit will be added to the PTSO presentations. Mr. Nava is in charge of the school tax credit at the high school and he recently focused his efforts on acquiring sponsors for different clubs. They are not sure about the type of response, yet. The main office at the high school stated that each school keeps track of their own school tax credit information. The secretary is doing some research for us at the elementary schools in regard to school tax credits, what schools are utilizing the credit, and the amount of money those schools that are utilizing the credit are receiving. It was mentioned that they do not have a form, but it is advertised in the Communicae, which is the faculty/staff newsletter. It was mentioned that it was a good idea to approach parents through the PTSO meetings. According to Yolanda, Douglas High School received a generous monetary donation from Safeway as well as donations from individuals who do not even have children in school. Yolanda also mentioned that the high school was audited and as a result procedures were set-up on how to requisition money coming from the school tax credit. Yolanda stated that she would continue to research how schools advertise the school tax credit in the community as well as how the money is spent and provide an update at the next SAG meeting.

Yolanda stated that she advised Mr. Nava to talk to the Student Council as well as pass out information on the school tax credit to the entire student body. Lisa Staten stated that in Tucson schools pass out the school tax credit form around neighborhoods. Mary asked if communities outside of Douglas were included in the SAG's efforts. She stated that most of the communities outside of Douglas are very advanced. Jenny replied that organizations are invited to attend from these communities. Jill also replied that once we are finished with Douglas we would then be able to expand to other neighboring communities. Mary stated that the parents take great interest in the school in Elfrida. A prime example, she stated, is their music program. Jenny stated that an effort to get participation from Elfrida schools would be sought for the next SAG meeting.

Georgia Ehlers, from the University of Arizona Graduate College, stated that a Youth Recreation Center fundraising appeal letter was sent out and they raised \$900 for recreational programs during the summer. She stated that sometimes it is just easier to ask for money. The group then moved on to the SHI.

#### School Health Index (SHI):

Gary stated that the SHI was only competed at Sarah Marley thus far. The other schools that were supposed to implement the SHI had problems getting their groups together. He did state that Ray Borane is very interested in implementing the SHI in the fall. Yolanda stated that the high school has a group together, but there may be some personnel changes once the new school year begins. However, she stated that they do want to get started with the SHI. Gary stated that he was impressed with Minerva Kong. Yolanda added that she has an after school physical activity program through the city. She has a lot of things going on. She is a strong advocate of healthy eating and feels that the SHI is a wonderful program.

Jill stated that for the fall, once more presentations had taken place and the SHI is completed in other schools, we need to ask for some time on the School Board's agenda. We need to inform them of everything that has been going on and begin a positive dialogue with them.

#### Other Activities:

Lisa described the Walking Clubs that will be starting in the Douglas community in the near future. She stated that it was one of the Border Health Strategic Initiative (BHSI) components. It's a 12-week long program comprised of an educational curriculum and a walking group component. The title of the program is Pasos Adelante, or Steps Forward. In BHSI, a total of 280 people participated in both Santa Cruz and Yuma Counties. Evelyn is very interested in the program. The SWCCHP has budgeted to hire a promotora to implement the program. Lisa then described the break down of the educational curriculum and the walking groups. She then introduced Tarra McNally, who will be helping out with the logistics of getting the walking groups started and will be working with Evelyn, also. Lisa also introduced Karen Gregory-Mercado, a Research Specialist at the University of Arizona, who will also be helping with the logistics of getting the program started in Douglas. Jill mentioned that putting this program together is a real team effort. Evelyn, Lourdes, and either one full-time or two part-time promotoras will be involved with this program, along with Tarra and Karen. Elsa asked from what location the walking groups would be organized. Cindy Hayostek, from the Southeastern Arizona Medical Center (SEAMC), replied that if the hospital gets a building in town, they may want to work out of there. Jill also mentioned the need for office space. Cindy stated that a building is being donated from an estate. The building is located next to Huber Middle School. Elsa stated that when the PTSO presentation is done at Huber, we can announce the walking clubs and recruit participants that way, since the school is right next to the new building that will be donated to the hospital.

Yolanda then mentioned the Douglas High School Family Fitness Night. At the event, blood pressures for family members are taken. She stated that more schools are planning on having Family Fitness Nights. Lisa mentioned the possibility of doing finger sticks and then having participants drink a soda and doing another finger stick then having them exercise for a while and then doing a final finger stick. This will be a concrete example of the effect of exercise on sugar levels.

Lisa mentioned that with at least the first 60 participants in the Walking Clubs, blood screenings would be done at the beginning and at the end of the 12-week program. This will be free of charge to the participant and will include blood pressure measurements in addition to the blood and glucose screening. Elsa asked when the Walking Clubs would be starting. Jill replied that they should begin by the end of August. Lisa mentioned that there will be one educational class per week and the walking groups will begin at once per week and increase the number of days each week for a goal of at least three times per week.

Going along with the walking groups, Tarra will pull together some information on walking paths around Douglas. She will be finding out, among other things, what needs to be done to make the walking paths safer. Evelyn and Tarra will be working together on this. Tarra will be

asking for information from everyone on where people are walking. So, expect a phone call or email from Tarra and please assist her in this task.

### Updates:

Jenny announced that Mary celebrated her birthday and she is 94 years old.

### Care Fair

Lourdes and Carol discussed the Care Fair. The Care Fair planning group is planning on having the fair on August 6, 2003, one week before school starts. The Care Fair will be focusing on children only. Committees have been formed. The next planning meeting is on June 18, 2003 at 9:30 pm at the Fire Department right after the Turning Point meeting. Lourdes and Carol stated that they are in charge of organizing the health clinics. There are very few nurses and doctors available to help out with this event. Carol is also trying to find a location at which to hold the Care Fair. It was mentioned that the last time the Care Fair was held in Douglas was 5 years ago. Some possible activities that they plan on having are dental screenings and immunizations.

### Diabetes Classes and Trainings

Jesus Kataura mentioned that the diabetes classes have continued. They started on May 20, 2003 and had five sessions, which were held every Tuesday. Participants were able to choose from two different times either from 9:30 am to 11:30 am or from 6:00 pm to 8:00 pm. Blanca Robles and Lourdes were hired by SEAHEC to teach the diabetes classes. They will have a one-week break and then start the next five sessions. The Rural Health Outreach Grant monies need to be spent by September 30, 2003.

Training on teaching the diabetes classes will be provided for up to six individuals and sponsored by the Arizona Health Sciences Center (AHSC) and Arizona Health Education Center (AHEC). The training will be held in July. There will be two individuals from Elfrida, two from the County, and two from the hospital. They will be working towards becoming Certified Diabetes Educators. In order to be considered a Certified Diabetes Educator an individual must document 2,000 hours. This training is just to get them started and to strengthen the infrastructure. The individuals who participate in the training must be registered nurses (RN).

### New Douglas Physician

Dr. Yull Arriaga will be leaving Douglas in about ten days. Mary mentioned that he stated that we should welcome the new doctor and invite him to join the SAG. Lourdes and Carol volunteered to extend a welcome letter to him. Carol will contact him personally and will also include a formal letter.

### Community-based Projects through the UA Office of Internships and Community Engagement

Georgia reported on the Housing and Urban Development (HUD) Hispanic-Serving Institutions Assisting Communities (HSIAC) award to the UA South and the community of Douglas. The purpose of the grant is job creation and community development in Douglas in partnership with the University. This 2-year grant provides funding to purchase a building for use by the AriSEWna sewing cooperative; rehabilitation of the day care center housed at Grace Methodist Church; and a strategic plan and architectural feasibility study for the YMCA Building. Support

for a computer lab at the Community Recreation Center is also a part of the grant. Georgia manages the Office of Internships and Community Engagement at the UA and works to place returned Peace Corps Fellows and HUD Work Study Fellows in community-based internships. Other projects of interest include updating the diabetes research for Douglas and Agua Prieta and assisting JustCoffee ([www.justcoffee.org](http://www.justcoffee.org)) with a marketing plan. Students from the Management Information Systems (MIS) program have been assisting ARiSEWna this summer, and an architectural preservation class will be conducting a study in Spring of 2004. We are also working to provide a distance education class from the UA Public Administration department taught by Brint Milward on Monday nights in Spring of 2004 for non-profit management. The class will concern non-profit finance, program evaluation, and MIS needs.

John McKnight from Northwestern University (known for the Asset Based Community Development) will be in Tucson on Sept. 25-27. On Sept. 27, an all-day program will be conducted for southern Arizona at the UA Science and Technology Park. For more information, contact Anita Fonte at [acfonte@aol.com](mailto:acfonte@aol.com).

Organizations interested in an intern are invited to attend the Peace Corps & HUD Fellows reception on Aug. 20 from 3-5 in McClelland Hall, Rm. 208 or to contact Georgia at 520-621-9103 or [gehlers@u.arizona.edu](mailto:gehlers@u.arizona.edu). Georgia is working in Douglas one day a week, usually on Thursday or Friday.

#### Wilder Collaboration Survey

Jill ended by giving a brief description of the Wilder Collaboration Survey. She explained to the group that we need to know what really works in communities and in prevention as well as what's working in this group and what's not working in addition to any needs that should be discussed. Jill mentioned that the SWCCHP would like to administer the Wilder Collaboration Survey to the group at the next SAG meeting. It will take about 20 minutes to complete. The questions on the survey are very basic. Once the data is entered and analyzed, SWCCHP staff will come back to the group with the results delineating the group's strengths and weaknesses. Jill emphasized to the group how important this is for the SWCCHP to do. The SWCCHP needs to document why this group is successful and what are and have been some of the challenges faced by the group. It is very important for us to have a broad picture of this group.

#### Hospital

Finally, Jill thanked Annie and Cindy for attending and representing the hospital. Cindy announced that a federal grant was received and that the sewer project would start soon. A dialysis pod is also being researched as a possibility.

#### **Action Items:**

**Continue PTSO presentations in the schools during the fall and include information on school tax credits.**

**Once the new school year begins, begin working with new officers of student councils and clubs. This is something we need to revisit at the next SAG meeting to come up with a strategic plan.**

**At the next SAG meeting, we will celebrate and document the group's achievements and accomplishments. We will also discuss where we want to go in the future. Mary mentioned that the relationship with Cochise College needed to be strengthened.**

**People to specifically invite to the next SAG meeting:**

- **Cochise College representative, Margarita Connors—Rhea volunteered to speak to her**
- **Karen Nickodemus**
- **Nursing instructor from Sierra Vista**
- **Beverly Kostellstic, a certified nursing assistant from Tombstone**
- **Art Piper from the Youth Recreation Center**
- **Elfrida School District representative**
- **New Douglas Physician**

The next SAG meeting will be held:

Monday, September 22<sup>nd</sup>, 2003  
First Presbyterian Church  
760 10<sup>th</sup> Street  
Douglas, AZ  
6:00-7:30 pm

There will be a subcommittee meeting held before the SAG meeting:

Monday, September 22<sup>nd</sup>, 2003  
First Presbyterian Church  
760 10<sup>th</sup> Street  
Douglas, AZ  
4:30-5:30 pm