

Douglas Special Action Group Minutes  
7 February 2005  
First Presbyterian Church  
760 10<sup>th</sup> Street  
Douglas, AZ

Welcome & Introductions

Evelyn Whitmer began the meeting by asking everyone to sign the sign-in sheets being passed around and to update their information, if necessary. She also passed around the new dietary guidelines for everyone to look at. She asked everyone to introduce themselves (Name, Organization, and their favorite fruit). Evelyn mentioned that she is co-facilitating the Douglas SAG meetings with Jenny Hunter. She then passed out the photo consent forms and asked those who hadn't signed one to sign it if they didn't mind having their picture taken during the meetings.

Review of Minutes

Evelyn asked everyone to look over the minutes from the meeting on October 18, 2004. Mary Jane Joyal asked for a clarification to question 1c regarding STEPS. She explained that a STEPS representative has been involved with the Douglas SAG every since STEPS started. A STEPS representative has attended all of the Douglas SAG meetings, except for the one on October 18, 2004. Rosie Stewart will add the clarification to the minutes.

Continuation of October 18, 2004 Meeting

**Fundraising Ideas Activity**

Evelyn passed around post-it notes and asked the group to write down ideas of healthy fundraisers they would like to see schools do. She mentioned that the subcommittee had met with the schools and the schools have formed a wellness committee and are working on creating a policy for nutrition, vending machines, and fundraisers in the schools.

**Update on Question 2b: "How Do We Accomplish The Things We Didn't Accomplish This Past Year?"**

Evelyn then went through each of the issues that came up at the meeting on October 18, 2004 in Question 2b "How do we accomplish the things we didn't accomplish this past year?" She went down the list one-by-one and explained what has been worked on thus far. Fundraisers are indeed a topic at this meeting. The subcommittee has started discussions with schools and students regarding fundraisers. The subcommittee will ask principals and students what fundraisers they have tried, why they worked or why they didn't, and what are other ideas for fundraisers.

SAG Bookmarks

Evelyn mentioned that she would be organizing a contest with the high school and junior high school students to come up with a logo for the Douglas SAG. Elsa Obregon will be collecting the logos from the students. Evelyn is looking for something innovative. Lea Dodge mentioned an article she had read in which there was a catchy phrase, "If you don't watch your weight, you won't fit into your genes." Evelyn mentioned running a slogan in addition to coming up with a logo. The logo will be used on bookmarks and handouts. Elsa will be organizing the logo

contest and by March will be ready to approach students at the high school and junior high school. Specifically, she will be approaching the Art Club, Med Club, Home Economics classes, and Physical Education classes.

### Subcommittee Update

#### **Physical Activity Survey**

Evelyn asked if the next step to the Diabetes Survey that was done some years ago is a Physical Activity Survey for schools. Mary Kirkhoff stated that since the Douglas SAG was instrumental in getting physical education back in the schools, it would be nice to know where they are now. Evelyn stated that it is important to make sure the time spent in physical education classes isn't shrinking. She asked the group if it might need to take a step back and look more at nutrition. She asked the group if physical activity is the next step or if they needed to take a step back and continue focusing on nutrition. Mary Kirkhoff stated that the group needed to do both. The group has been working on nutrition, but physical activity is also important and it is time to revisit it. Lea mentioned that it is distressing to hear that the time spent in physical education classes is declining and is a prime example of why the group needs to be more vigilant. The group needs to do both together. Lisa Staten mentioned that STEPS is evaluating physical activity using the Youth Behavioral Risk Factor Surveillance Survey (YBRFSS), which may help provide the Douglas SAG with data on physical activity. STEPS will be repeating the YBRFSS in two years. Lisa stated that she would give a copy of the survey to Evelyn so that people can look at the type of data being collected by STEPS.

#### Southeast Arizona Medical Center (SAMC) Dialysis

Mike Carter spoke about the plans to add a Kidney Dialysis Center to SAMC. Last month at SAMC, a letter of intent was signed with the Nashville, Tennessee corporation Dialysis Clinic, Inc. (DCI) to bring kidney dialysis to the Douglas community. Currently, dozens of Douglas residents incur the physical and monetary expense of traveling to Tucson or Sierra Vista to receive their kidney dialysis treatments. DCI is a national, non-profit dialysis provider with over 200 dialysis centers across America and two of those are in Tucson. He explained that every square foot of the hospital drives the hospital's reimbursement. The hospital will be giving up 5,000 square feet for the dialysis center, which will result in losing some money from Medicare reimbursements. The hospital will be able to make up some of this loss by having a lease with DCI. However, the north wing of the hospital that will be used for the dialysis center needs a lot of renovations. These renovations are estimated to cost \$540,000. The hospital has launched a fundraising campaign to raise this money. So far, \$20,000 has been raised. Every potential avenue for fundraising is being explored. Letters have been written and have been tapping on every door possible. The hospital has a very aggressive time-line. DCI wants to be operational by winter of 2005. Currently, plans are being drawn up with an architect. The hospital needs your help in spreading the word and attending the fundraising events. Any information on potential grants that can be tapped would also be very welcome.

The Mardi Gras Masquerade Ball was just held on February 4, 2005, which went really well. This event raised \$3,200. There is an enchilada dinner coming up on February 11, 2005. Mike then passed around a list of the upcoming fundraising events. The Circus Chimera will be on March 15 and 16, 2005 at the Wal-Mart parking lot. Event sponsors are needed for this event. Tickets will be \$7.00 in advance or \$10.00 at the door. There will be 4 shows total throughout

the two days. If all of the tickets are sold, that would raise about \$30,000. The next fundraising event will be the Walk for Healthcare on April 16, 2005. Event sponsors and prize donations are needed. Wal-Mart has been very generous and has donated items for the raffles. The last fundraising event will be the Golf Tournament on May 15, 2005. There are already numerous sponsors for this event, however, event and hole sponsors, silent auction prizes, door prizes, and items to include in the goodie bags are still needed. One other fundraiser that is going on is the Giving Tree, which for every cash donation of \$100 or more earns a leaf on the tree to be displayed in the new dialysis wing of the hospital.

There will be a meeting on February 8, 2005 with the committee members to brainstorm more fundraising ideas and continue to work on the upcoming fundraisers. Everyone is welcome to attend this meeting. For more information, you can contact Christine Vieira at 520-364-4158 or [auntiechrissy539@yahoo.com](mailto:auntiechrissy539@yahoo.com).

So far, it is estimated that anywhere from 36 to 51 people have been identified as needing dialysis treatment in Douglas. A good number is needed in order to substantiate the need for a dialysis center. Mike asked for help from the University of Arizona and/or ADHS to determine the exact number in Douglas.

Mary Robinson added that he should seek to get the backing of the cattle people who have lived in Douglas for more than 100 years. It is important to get them interested in donating and be willing to go to SAMC for healthcare services when they are sick. These are families that are generational. She said that it is important to find out from them what SAMC can do for them and what they can do for SAMC.

#### STEPS-Program Update and Funding

Mary Jane explained the strategy for funding in this second year of the STEPS initiative. She mentioned that STEPS is a federally funded initiative through the Centers for Disease Control and Prevention (CDC). The CDC has renewed the STEPS funding for a second year and will hopefully be renewed for another 3 years for a total of 5 years. This initiative focuses on understanding and managing the following chronic diseases: obesity, diabetes, and asthma. The goal is to develop some infrastructure to avoid emergency room visits due to complications brought on by these chronic diseases. In year one, the Cochise County Health Department funded several programs, including:

- Pasos Adelante—nutrition and physical activity curriculum and walking groups
- Douglas Area Food Bank, Inc.—nutrition and diabetes classes
- Cochise College—training of new promotoras, the first cohort is active and currently doing their internships
- Physical education in the schools
- Mobile diabetes clinic of Chiricahua Community Health Centers, Inc.

The Cochise County Health Department did not have a planning year. The Health Department had these funds to disperse and much was learned this first year. The grant funds will be dispersed differently in year two. The Health Department is inviting entities from the county to apply for these funds. The Health Department is broadening the opportunities to apply for these funds. There is one Request for Proposals (RFP) with awards ranging from \$5,000 to \$30,000.

This will be a one-time award, meaning that it will be awarded once per year only. The deadline for completion and submittal of the RFP is February 28, 2005 at 2 pm in the Health Department's purchasing office at the Bisbee County Complex. Any non-for-profit organization, entity, or group is eligible to apply for a STEPS grant to fund projects that support the objectives of the STEPS program: to help residents of Cochise County better understand, manage, and offset the chronic diseases of diabetes, asthma, and obesity.

There is also a mini-grant application with awards ranging from \$100 to \$5,000. Any non-for-profit organization, entity, or group is eligible to apply for the mini-grant also. The mini-grant funding is to support programs, projects, and interactive events that will help residents of Cochise County 1) better understand the causes of asthma, diabetes, and/or obesity and 2) learn how to manage asthma, diabetes, and/or obesity to reduce the impact these chronic diseases have on general health and well-being. Mini-grants will be reviewed on a monthly basis. There are no deadlines for receipt of applications. Applications will be accepted as they come in and every month funds will be awarded until funds are depleted.

Mary Jane encouraged anyone to apply. Having a 501c3 status is not necessary. An organization just has to demonstrate that they are a non-for-profit agency.

Mary Robinson asked if the hospital auxiliary could apply for funds. Mary Jane said that yes they could apply as long as they demonstrate that they would address understanding and managing asthma, diabetes, and/or obesity.

Mary Kirkhoff asked when the 5 year grant finishes, are there any plans to help programs continue or move on to the next steps. She asked if there had been any talk of any further funding. Mary Jane replied that nothing that she is aware of has been discussed at the federal or local levels.

Elsa asked if any programs are being duplicated and if we are working together. Mary Jane replied yes, I believe we are working together. As far as the STEPS program is concerned efforts will not be duplicated. Energy is being passed from one group to another. There will be duplication between larger communities in Cochise County.

Evelyn mentioned that the Douglas SAG is here to help and that is why it is important to have a representative from STEPS at the Douglas SAG meetings in order to know what is going on. Evelyn also asked how the Douglas SAG and STEPS could work together so that there would be limited to no duplication of programs and to work on sustainability of the programs. The group would like to stay informed and have updates every so often.

Mary Jane stated that in other communities our goal is to replicate the Douglas SAG, specifically in Willcox, Benson, and Bisbee. The issues are not terribly different in these other communities, but proximity and access to healthcare is different.

Mary Robinson asked if STEPS could fund the nursing program at the college. Mary Jane replied yes.

### **Health Class at the Douglas High School**

David Machado mentioned that the class dealing with health issues at the high school, funded by the STEPS initiative, is a good idea but there are conflicts with it being in the second semester and only being offered during one period. He suggested offering it more times during the semester.

### **School Health Index (SHI)**

Mary Jane also mentioned that it is encouraging that schools are completing the SHI. The state is establishing a policy to have every school do the SHI. Public and charter schools will be invited to complete it. A stipend will be given to the principal or administration to complete the SHI. Once schools complete it, another stipend will be given to work on implementing the action plans. This will be announced within the next 6-8 weeks.

If you have any questions, please contact Mary Jane at [mjoyal@co.cochise.az.us](mailto:mjoyal@co.cochise.az.us) or 520-432-9414.

### Updates

#### **School Nutrition**

Beverly Jackson mentioned a few changes that have been made in the school menu. Sweetened cereal is being taken off the menu and substituted with high fiber cereal. Chips will no longer be offered, but rather soup and salad. Juice will also be offered twice per week. Mike Carter asked how the students are reacting to the changes in the menu. David said the kids are not accepting the changes very well. The group tried to find out from David what students might like more. He was able to give Beverly a few suggestions. Beverly mentioned that she is always looking for new ideas and would love any help.

#### **Girl Scout Tool Kit**

Lourdes Fernandez mentioned a diabetes tool kit entitled “Don’t Monkey Around with Diabetes...a kit for helping kids prevent type 2 diabetes,” which was created by the Girl Scouts and funded by the U.S.-Mexico Border Health Commission Arizona Delegation. Lourdes mentioned that Yolanda Caruso has copies of the tool kit for those interested. Please contact Yolanda for more information at [ycaruso@theriver.com](mailto:ycaruso@theriver.com). Lourdes passed the tool kit around for everyone to see and mentioned that it was also bilingual.

#### **Pasos Adelante – Community Nutrition/Walking Groups program**

Lourdes explained that a new round of Pasos Adelante started two weeks ago. She introduced Martha Barrera and mentioned that she would be in charge of the walking groups and increasing participation in them.

#### **Walk for Diabetes**

Elsa mentioned that the Walk for Diabetes would be held on March 18, 2005 at Paul H. Huber Junior High School and on March 17, 2005 at Ray Borane Middle School. She will be collecting funds and making everyone aware of the event. She would like some incentives to give out to the students and information on diabetes, fitness, and nutrition. Magda Ciocazan mentioned asking the Arizona Department of Health Services (ADHS) for any posters and/or handouts to help out with this campaign. Carmen Ramirez mentioned that Douglas belongs to the Arizona

Nutrition Network, which has a lot of incentives. Evelyn mentioned that she also has incentives, such as cookbooks.

### **Pennies for Patients Fundraiser**

David mentioned that the Med Club has started the Pennies for Patients fundraiser at the Douglas High School. They will be raising money for leukemia and lymphoma patients. Right now, they are concentrating their energies at the school, but eventually they will expand to the community.

### **Arizona Community Health Outreach Worker (AZCHOW) Training**

Carmen mentioned the AZCHOW training sponsored by the ADHS, Diabetes Prevention and Control Program on January 28, 2005. Topics included diabetes and depression, diabetes, alcohol, and nutrition, and diabetes and amputation risk reduction.

### **CDC Site Visit**

Lisa announced that the CDC would be doing a site visit at the Southwest Center for Community Health Promotion (SWCCHP) the first week of April. A trip to Douglas with those from CDC and the SWCCHP will occur on April 5, 2005. There will also be a Community Action Board (CAB) meeting in Tucson on April 7, 2005. She mentioned that Douglas SAG members are always welcome to attend the CAB meetings. Evelyn will email the information on the CAB meeting in April to the Douglas SAG members.

### **Miscellaneous**

Mary Robinson brought up the doctors in schools program. She wondered if that could be developed again. It was decided that the group would discuss this at the next SAG meeting. Carol Huddleston mentioned that school-based clinics are a great idea. There are examples in Phoenix and they have generated great buy-in from parents. Mike mentioned that he has already talked to The University of Arizona and pediatricians are willing to work with a nurse practitioner on school-based clinics here in Douglas.

Mike announced that the hospital is looking to hire a nurse practitioner. The hospital has been recruiting for this position for a while now. If anyone knows of anyone who would be interested in the job, please let Mike know by contacting him on his cell phone 520-249-8048. David mentioned that he might know someone who may be able to apply for the position. He stated that he would call Mike.

David announced that the Douglas High School Student Council has limited candy and cookie sales and they will slowly be phased out.

Rosie made a brief announcement on behalf of Jill Guernsey de Zapien. Jill sent out an email to some community members regarding a presentation she is doing in April on Public Health at the Arizona-Sonora border. She requested a paragraph describing your work at the border in order to incorporate it into her presentation. She asked me to bring it up tonight as a reminder to those that received her email. If you haven't already done so, please respond to her email. If you already responded to her email, she thanks you very much.

Rosie asked the group if it would be all right to start the Douglas SAG at 5:30 pm rather than 6 pm and go until 7 pm rather than 7:30 pm. She also suggested that the subcommittee meet from 4:30 pm as usual but end fifteen minutes earlier, so at 5:15 pm rather than 5:30 pm. The reason being that people get back too late when there is the 30 minutes of down time between the subcommittee meeting and the SAG meeting. This would also be beneficial to those members traveling from Tucson since they would not be traveling so late at night. No one objected to the proposed time changes.

The next SAG meeting will be held:

Monday, May 16<sup>th</sup>, 2005  
First Presbyterian Church  
760 10<sup>th</sup> Street  
Douglas, AZ  
**5:30-7:00 pm**

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

Monday, May 16<sup>th</sup>, 2005  
First Presbyterian Church  
760 10<sup>th</sup> Street  
Douglas, AZ  
**4:30-5:15 pm**

There will be a subcommittee meeting prior to the meeting on May 16, 2005. Evelyn and Lourdes will be coordinating setting the date and time for this meeting.