

Douglas Special Action Group Minutes
15 August 2005
First Presbyterian Church
760 10th Street
Douglas, AZ

Welcome and Introductions

- Evelyn Whitmer welcomed everyone and asked everyone to introduce themselves (Name & Organization).

Review of Minutes

- Jenny Hunter asked everyone to review the minutes from the Douglas SAG meeting on May 16th, 2005.
- If any corrections are needed, please email Rosie Stewart, Rsbeamer@earthlink.net.

Subcommittee Activities—Physical activity in the schools

- Randy Walker stated that the school district would participate in the School Health Index (SHI).
- Evelyn stated that there is possible grant money available to fund a survey with the Physical Education (PE) teachers
- She suggested having an in-service on inclusive physical activity for which she has connecting at the University of Arizona
- Randy stated that at the Elementary School level, the physical activity is based on the Pengrazi method, which teaches basic motor skills
- Evelyn stated to Randy that the Douglas SAG wants to find something to help with in regards to physical activity. We want to know what the PE teachers want and how we can help them best.
- Jenny Hunter mentioned that if there are resources that the Douglas SAG can bring to the schools, please let us know.
- Evelyn stated that Parks and Recreation should be involved in this discussion. A meeting should be set-up between members of the Douglas SAG, school district, and Parks and Recreation to discuss what we can do together.
- David Cota said they are working on advertising the recreation center and getting kids to go somewhere when they can't stay at the school.
- Rhea Morales asked if STEPS could be involved.
- Connie Folsie stated that certainly they could and that there is people power and money through STEPS that could be tapped.
- Jenny asked the group what the next steps were and mentioned that a discussion should take place to define what types of resources are needed. She mentioned funding as one type of resource and having someone who is trained and experienced for the physical activity and knowing how to get the information to the teachers as other types of resources.
- Evelyn mentioned observing a school in Tempe, AZ in order to bring back information on what she saw to the group. Evelyn mentioned that good things are happening in the school district with the SHI, physical activity, and the new School Nutrition Policy.

- Randy Walker mentioned having a meeting with the PE teachers being that they are the core players and include Parks and Recreation. Evelyn mentioned that we will set that meeting up.
- Evelyn also mentioned that West Virginia has a survey that we could use to get a feel for what is need around physical activity in the schools.

Family Education Program

- Kerstin Reinschmidt explained the three behavioral components (Pasos Adelante, Patient Education, and Family Education) that are currently being implemented in Douglas by the Southwest Center for Community Health Promotion (SWCCHP).
- The Family Education component utilizes the Diabetes and the Family curriculum that was created under Border Health Strategic Initiative, but with some changes/additions.
- She gave a brief update on the progress of the component. There have been two trainings and a pilot study has been done.
- The Kick-off event is this week on Wednesday. There will be approximately 8-9 people participating.
- She introduced Patricia de la Torre. The newly hired promotora working on this component.

STEPS—Program update and funding

- Connie introduced herself as the new coordinator. She has been in her position for the past month. She mentioned that there is currently no asthma educator and the hiring process has started.
- She mentioned that STEPS is working with schools to get the SHI started. There will be a training on the SHI at the end of the month.
- There are continued opportunities for funding through STEPS.
 - RFPs are not open for application, but will announce as soon as they are open.
 - Mini-grants are open and can be used for trainings and/or to buy materials. They are up to \$5,000 and she has the applications.
- Marilyn Godfrey the physical activity educator is implementing “Healthy Habits for Life.”
- Mark Fenton, the “Walking Guru” will be going to Tucson at the end of October to implement his “Walkable Communities” training, which is very interactive.
 - The training will be open to the public and registration is limited to 50 people.
 - Please contact Connie Folsie for more information (cfolsie@co.cochise.az.us)
- Yolanda Caruso mentioned that three schools have completed the SHI.
- You can go to cdc.gov and type in SHI to find the SHI website for more information.
- Lea Dodge mentioned the Community Health Advisor certificate program at Cochise College and the possibility of having student available in the spring to help with the SHI.

College of Public Health—Site visit for accreditation

- The University of Arizona Mel and Enid Zuckerman College of Public Health received national accreditation two years ago for three years.
- There is another site visit in early October. The site visitors will be interested in knowing how the College works with communities in the state of Arizona.

- Jenny mentioned that the College needs letter of support from community members.
- The site visitors will be meeting with community members behind closed doors and are looking for feedback from community members.
- The Douglas SAG subcommittee drafted a letter of support, which they will pass around to the group tonight.
 - Letter of support are due by August 29, 2005
- Jenny asked for volunteers to go to Tucson for the meeting with the site visitors.
 - The meeting will be on October 6, 2005 in the afternoon.
 - Community members can also call-in to the meeting if they are unable to travel to Tucson.
- Rhea, Lourdes Fernandez, Dr. Mary Kirkhoff, Yolanda, Elsa Obregon, Lea, and Beverly Jackson were nominated. Carol Huddleston is already going on behalf of Turning Point and Evelyn Whitmer on behalf of the University of Arizona Cooperative Extension-Cochise County.
 - Beverly stated that she could be on the conference call.
 - Rhea was not sure if she could attend.
 - Yolanda stated that she could be on the conference call.
 - Dr. Kirkhoff stated she could be there in-person.
- Jenny explained that the site visitors want to know from community members the relationship and benefits of the partnership and where the partnership should go.
- Mary Robinson stated that the City of Douglas does not know what the College has brought to the city, since there has been no publicity.
- The number one topic to bring up at the meeting with the site visitors is the changes the school district has undergone with the help of the Douglas SAG.
- The health organizations working with the College are Chiricahua Community Health Center, Inc., Southeast Arizona Medical Center (SAMC), Douglas SAG, and the Arizona Department of Health Services Office of Border Health.
- Evelyn mentioned that the Douglas SAG has a website that can be accessed at <http://cals.arizona.edu/cochise/fcs/sag/index.html>.

Updates

Pasos Adelante—Community Nutrition/Walking Groups program

- Blanca Robles and Martha Barrera just had the Pasos Adelante graduation where approximately 35 participants graduated from the program.
- Martha is in charge of the walking groups and motivating the Pasos Adelante participants to attend the walking groups.
- Currently, they have 60 people on the waiting list for the next round of Pasos Adelante starting in early September 2005.
- There are a lot of people walking at the park. Blanca stated that she and Martha are there at 5 am.
- Lourdes thanked Blanca and Martha for their hard work.

SAMC Dialysis Unit

- Dawn Bauman and Annie Benson were at the meeting representing SAMC

- They mentioned that there is a fundraising event coming up; a silent auction in October. There is also a raffle for which they are selling tickets (\$1/ticket or 6 tickets for \$5). The raffle item is a 53” Pioneer HD TV with surround sound.
- Annie also mentioned that a grant from HUD is also possible. Mike Carter is in Washington, DC to see where the grant process is and should hear something in September.
- SAMC received a grant through Tohono O’Odham for \$55,000. Cochise County was also approached and has made a commitment to donate \$50,000. The City of Douglas has agreed to donate a generous amount also.
- To date have raised \$105,000.
- The Dialysis Unit should be up and running by March 2006.

Sonrisa—Depression and Chronic Disease

- Kerstin gave a brief history of the project.
- Eight focus groups were done with providers, community members, family members, diabetic patients, and promotoras.
- It is a curriculum for promotoras.
- The first version is undergoing revision.
- Parts of the curriculum will be added to the Pasos Adelante and Patient Education components eventually.

CARE Fair

- Held August 3, 2005 and went wonderfully. There were many more community groups than last year. There was a dentist; SAMC was there, the Safari Van, Germ City, and Border Patrol.
- Thirty-two children were referred for further dental work.
- 800 immunizations were done and supplies ran out.
- Eye checks and blood pressures were also done. The Border Patrol did finger printing.
- Youth advocated volunteered.
- It was a great community effort and it gets better every year.
- Feedback from participants will be sent out over email by Evelyn.

Information for Action Conference

- Will be in Tucson, AZ on October 27-28, 2005.
- The College of Public Health is one of the sponsors of the conference.
- Abstracts are due August 22, 2005.
- It is a bi-national conference and the Native American tribes also participate.
- An abstract was submitted on the Douglas SAG, but have not heard if the abstract has been accepted.

Kids Fit

- Cecilia Valdez explained the Kids Fit program, which takes a holistic approach to nutrition.
- If you know of anyone that would be interested, please have them contact Cecilia at 520-458-8278, ext. 2170.

Community Health Advisor Certificate Program at Cochise College

- Lea mentioned the Community Health Advisor certificate program classes at Cochise College are beginning next week. This is the fourth cohort since 1999.
- Currently, there are 13 students enrolled, but can have a maximum of 16.
- The program is subsidized by a STEPS grant, which pays for each student's tuition, fees, and books.
- If you know of anyone that would be interested in the program, please have them contact Lea at 520-417-4016.

The next SAG meeting will be held:

Monday, November 14th, 2005
First Presbyterian Church
760 10th Street
Douglas, AZ
5:30-7:00 pm

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

Monday, August 15th, 2005
First Presbyterian Church
760 10th Street
Douglas, AZ
4:30-5:15 pm