

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

Welcome and Introductions

- Carol Huddleston and Lourdes Fernandez welcomed everyone and asked everyone to introduce themselves (Name & Organization).
- They also mentioned that Evelyn Whitmer, who usually facilitates the group, is sick and unable to attend the meeting.

Review of Minutes

- Lourdes asked everyone to review the minutes from the Douglas SAG meeting on August 15<sup>th</sup>, 2005.
- If any corrections are needed, please email Rosie Stewart, [Rsbeamer@earthlink.net](mailto:Rsbeamer@earthlink.net).

School Tax Credit

- Joan Clem from the Douglas Unified School District gave an update on the School Tax Credit.
- The School Tax Credit is a direct credit back to public schools. The money from the School Tax Credit funds extra curricular activities that have fees attached which are minimal and can be waived, if necessary.
- The District asked for help from the Douglas SAG members in stuffing envelopes to mail out information concerning the School Tax Credit to Douglas community members. The District will pay for the postage and will provide the envelopes.
- If you have any questions, please contact Joan at [jclem@dusd.k12.az.us](mailto:jclem@dusd.k12.az.us).

Presentation of Awards

- Cecilia Valdez presented awards to Carol, Lourdes, and Mary Kirkhoff for all their hard work and dedication to the Douglas SAG.

PE Information for Training

- Rosie stated that Evelyn had contacted Jennifer Reeves from the University of Arizona. Jennifer is willing to come to Douglas to do a training on Physical Education. Evelyn is working on setting up a day and will inform the group of when the training will be.

SONRISA

- Kerstin Reinschmidt gave a brief history of the SONRISA project, which developed a curriculum for promotoras on mental health and depression as it relates to diabetes.
- Eight focus groups were done with providers, community members, family members, diabetic patients, and promotoras.
- The Spanish “Diabetes and the Family” curriculum has been revised and now contains additional information on depression as well as information on cardiovascular disease. It is ready for use. The English curriculum still needs to be revised.

- Parts of SONRISA will be added to the Pasos Adelante and Patient Education components eventually.
- Kerstin would like to compile a list of community resources for the measurement days to have available for participants. SAG members stated that there are not many resources for Spanish speakers, but suggested the following:
  - Nutrition classes at the Douglas Area Food Bank, Inc.
  - Anne Hummel, who offers diabetes classes in English
  - Churches
  - The Blanket Club at the Lutheran Church
  - House of Hope
  - Support groups at the schools
  - Adult education (GED classes)
  - Chiricahua Community Health Centers, Inc.
- Kerstin reminded everyone that the Regional Community Action Board (CAB) brought up the need for SONRISA and she asked the SAG members what they, as a policy group, would like the next steps to be. The suggestion to contact Southeastern Arizona Behavioral Health Services, Inc. (SEABHS) was made.

#### Authors of Culture of Health Article

- Lisa Staten reminded everyone about a series of interviews that were done by the Southwest Center staff with some SAG members and community leaders during the summer and fall of 2004.
- Kathryn Coe will be working on writing up the results and would like to have members of the SAG work on the paper with her.
- Lea Dodge, Evelyn (from the Regional CAB meeting in November), Cecilia, and Carol were interested.
- Lisa and Kathryn would be getting in touch with them in the near future.

#### School Health Index

- In the process of being implemented in all the schools in Douglas.
- Randy Walker is heading the effort.
- Will be setting up a timeline of completion.

#### Fundraising

- Clawson Elementary School is selling cookie dough.
- Need to educate the schools on candy sales and how to change to more healthy alternatives.
- The group wants to get rid of candy sales by the 2006-2007 school term.

#### Nutrition Presentations

- The Douglas SAG subcommittee wants to find a way to reinforce the nutrition policy that was adopted by the Douglas Unified School District.
- The subcommittee is thinking of giving some presentations on the nutrition policy to school principals, faculty, and staff or approaching the Superintendent to ask how the Douglas SAG can help in reinforcing the nutrition policy.

## Updates

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

- Blanca Robles stated that the third group has almost ended.
- There are around 28-29 participants in this third group.
- There are around twenty participants consistently walking in the walking group as well as some previous participants, who continue to walk with subsequent walking groups.

### **Expanded Food and Nutrition Education Program (EFNEP)**

- Cecilia mentioned that it is a six-week program.
- Some of the topics covered are setting goals as a family, physical activity, self-esteem, nutrition, and financial budgeting.
- Please contact Cecilia at 520-458-8278, ext. 2170 with any question or if you would like her to teach the class.

### **Med Club**

- Erica Ortega stated that on November 3<sup>rd</sup> and 4<sup>th</sup> thirty-nine Med Club students went to Grand Canyon University in Tempe for a career fair to explore different health careers. They also attended some presentation on natural medicine and athletic training. The students were able to observe cadavers and feel their tendons. Six chaperons joined the group of thirty-nine students. The students were given a \$10 stipend and went to Olive Garden for dinner. They also stayed overnight.
- Yolanda Caruso mentioned that the Med Club had its own health career fair in October 2005. They had a lot of exhibitors, including the Southeast Arizona Area Health Education Center (SEAHEC), University of Arizona College of Nursing, and the Southeast Arizona Medical Center (SAMC).
- It was mentioned that the Med Club should submit an article for inclusion in the next Southwest Center for Community Health Promotion newsletter, which will be published some time in April 2006.

### **SAMC**

- Annie Benson mentioned that an article on the Dialysis Center appeared in the Douglas newspaper recently.
- The hospital is partnering with the City of Douglas to raise the funds necessary to construct the Dialysis Center.
- The City Council gave the hospital the land where the old McDonald's building was. The building will be leveled in January 2006. This will be the site of the new Dialysis Center.
- Construction on the new building will start in February 2006. The new Dialysis Center should be completed and ready for business by late spring 2006.
- The hospital received \$200,000 from a Block Grant and \$30,000 from the City. So far, \$235,000 has been raised by the community of Douglas.

### **Community Health Advisor Certificate Program at Cochise College**

- Lea mentioned the Community Health Advisor Certificate program classes at Cochise College have begun. This is the fourth cohort since 1999.

- Currently, there are twelve students enrolled and there are nine spaces still open.
- The program is subsidized by a STEPS grant, which pays for each student's tuition, fees, and books.
- Lea stated that there is better retention this year than last.
- The group attended the Information for Action Conference in Tucson, AZ on October 27-28, 2005.
- This group will be doing its field work next semester.
- A couple of the students are interested in working with the School Health Index.
- For more information, please contact Lea at 520-417-4016.

### **Miscellaneous**

- Yolanda mentioned there will be a blood drive at the Douglas High School on January 20, 2006 as well as the Pennies for Patients fundraiser. The proceeds from the Pennies for Patients benefit leukemia and lymphoma patients.

The next SAG meeting will be held:

Monday, February 13<sup>th</sup>, 2006  
 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, February 13<sup>th</sup>, 2006  
 First Presbyterian Church  
 760 10<sup>th</sup> Street  
 Douglas, AZ  
**4:30-5:15 pm**