

Health & Wellness Team Notes – July 19, 2011



Team Goal: Carroll County is the leading county in NH in supporting its citizens in pursuing and achieving balanced health.

Next Meetings: Tuesday, August 9, 3:30-5:30 pm (Tri-County CAP Resource Center)

Attendance: Shelly Rondeau, Carol Garlough, Donna Desmaris, Leona Simon, Jen Collard, Cyndi Paulin (Communicated time conflict: Sheryl Power)

Decisions:

- Contact Tri-County CAP for input regarding finalizing & releasing transit video
- Look at distributing copies of the northern video to providers in the south in addition to the north.
- Support Jen Collard in starting a walking program at Kennett Middle School as a place to get started (pilot.)
- Need to choose name for the health campaign that can include a variety of health activities in addition to walking.

Agreed to do:

- Get input from Tri-County CAP re: video project
- Check out resources on Harvard Pilgrim relative to fall health effort at Kennett Middle School

Discussion:

Health Tour Video

- The group watched the health tour video. All agreed that it needed names and phone numbers on the screen in addition to hearing the information verbally.
- Remove “bloopers” segment, add WIC to Tri-county CAP location
- Is there a way to incorporate a map? Will check with Valley Vision.
- The format was a bit long. Is there a way for people to click forward? (Probably not but we can ask). For the southern video, perhaps taking shots of the outside on the route with brief presentations would work better.
- Members discouraged that the video release date is still delayed because of the content related to the portion of the transit system that is still not on-line. They were especially discouraged to hear that the transit buses are here but unable to be used because of an unresolved issue with a private provider. All feel the transit is a critical service for Carroll County and needs to be successful. It is the biggest issue for WIC and Central NH VNA & hospice. Decided it is time for input from Tri-County CAP regarding the team’s video, modifications that could be made so it can be released; what will be the most helpful to support transit’s success and honor the work that has gone into producing a health educational piece for the community. Can ask Ted to redo intro to transit portion if needed.
- Question for Ted – is the \$2 ticket per day price for the fixed route bus for one route or all three?

Walking/Health campaign

Jen Collard shared her idea for starting a walking/guided visualization effort after-school. The idea is to both encourage physical activity and reduce stress. Discussed whether it would involve just staff (workplace effort) or staff and students.

- There is a possible grant source that would be due in October. Harvard Pilgrim, the school’s health insurance provider might also be a source of resources. Depending on
- Shelly suggested contacting Regina Flynn at the Bureau of Health Prevention (Public Health) as a possible resource as well.

- Depending on the format of the effort – there may be few resources needed.
- Other ideas previously discussed was having a friendly competition between groups or towns to encourage participation.

Annual Forum Report Out

Carol and Donna reported that there was a positive conversation with ideas and resources shared. There didn't seem to be a particular area of action that participants committed to.

Other:

There is a new Senior Center in Wolfeboro at the Episcopal Church

Central NH VNA & Hospice is partnering with White Mt. Community Health Center for home visits.

The Teen Clinic program at White Mt. Community Health has been cut way back due to funding cuts.

Calendar of Meetings – Tuesdays, 3:30-5:00 pm at Tri-County CAP Resource Center

August 9

September 13

October 11

November 8

December 13