

**POLK FIT, FRESH and FRIENDLY
May 24, 2018
12:00 Noon, Polk County Library**

General Meeting Minutes

Attendees: Michele Trofatter, Ronette Dill, Rob Fuller, Cooper Strickland, Cindy Wicklund, Kim McDonald, Josh Kennedy, Jimmi Buell, Jessica Powell Cashwell, Donna Bruce, Karen Goodall, Wanangwa Hartwell, Jerry Stensland, Linda Greensfelder, Buffy Ashmore

Jimmi opened the meeting and welcomed everyone at 12:05pm.

Approval of March 2018 PF3 General Meeting Minutes

Josh made motion to approve minutes, Michele seconded, and it was passed unanimously.

Speaker for today is Ronette Dill, Director of Curriculum and Instruction for Polk County Schools. Ronette has been with PCS for 27 years. She has served as a teacher, principal, and now serves as the Director of Curriculum and Instruction.

RELATIONSHIPS

Resources in the Community- PCS utilizes and works with many agencies in the county such as: Kiwanis, Fine Arts Center, Professional Development through TFAC, Fire and Rescue, TBOM, Steps to Hope, Big Brothers/ Big Sisters, House of Flags, PF3, Hear2Help, COPE simulations.

Early Learning- Preschool program- PCS offers a preschool program. 80% of kindergartners attended preschool.

Leveraging Family Engagement- This is very difficult because families are busy. Home visits are the key element of the program's success. There are ½ days for preschoolers for the first week of each school year to include a home visit by the teacher. For the Pre-K transition, events are held to ease transition into kindergarten. Title One teachers offer literacy nights.

Attendance Focus- Last year PCS had 95% or above attendance, but had many kids missing 10% or more days. Ronette meets monthly with school nurses and counselors to look at absences and target interventions for specific families. Percentages at all but one school are lower than were they were last year.

Intervention Teams- This is super important. The state provides multi-tiered systems of support. In the past, PCHS did not have anything in place. They now have set aside one hour for all staff to meet once a week to talk. This has led to much more conversation and collaboration.

Organized Clubs- PCS offers the following: Band, Chorus, Sports, Poetry Outloud, Lego Robotics, etc. Good self-esteem carries into the academic arena.

Notice Individual Needs- Last year the entire district was trained on Adverse Childhood Experiences (ACES). Also COPE (Cost of Poverty Experience) simulation has made a major impact and their goal is for all teachers to experience the simulation.

Summer remediation and enrichment- There were summer programs that offered STEM enrichment activities. Lit Camp will be happening over the summer at Elementary Schools and will be available for kids who are not performing at grade level.

Hands-on learning opportunities- This is very important, especially for boys. By middle school, girls are out performing boys. They are looking at ways to get boys more engaged. During Middle and High School, a lot of time is spent sitting. FENCE comes in and does activities in addition to Muddy Sneakers. The Cooperative Extension and the PCS high school have a farm. They also have a construction and concrete program. A CNA program is offered at the high school and students can graduate with CNA license.

Individualized Instruction. Learning disabilities are served through an Individualized program.

Polk Enrichment Academy for Kids (After School Program)- This program serves many different group of children... served mostly at-risk children before this year. PCS has applied for another 21st century grant to fund the program.

Social-emotional learning- Started the program with a grant through PF3. The program provides training for preschool and kindergarten teachers. The program helps kids learn kindness, self-regulation, etc. They have submitted a grant for funding to train 2nd and 3rd grade teachers.

PF3 Update

Buffy reported the Hear2Help Advisory Group will be focusing on the faith-based community. A mailing has been sent out to the local churches that include information on PF3, H2H, 2-1-1, and COPE. Hopes are to train as many church leaders as possible. Another COPE simulation was held on May 22. The attendance was lower than previous simulations. We believe that the reason for the low attendance was due to the recent flooding and mudslides in Polk County. The next COPE simulation is planned for Tuesday, August 14th from 5:30-7:30pm. PF3 will be applying for a grant through PCCF to fund the 2018 Polk Fit Challenge.

Sharing of Member Information

Jimmi Buell reported that the Extension will provide Mediterranean Cooking classes beginning on June 7th. They will also offer 4H summer programs/ classes... go to the website for more information.

Kim McDonald reported the Operation Medicine Drop held in April 2018, was the largest event yet. Most people had seen information in the TDB. The next drop is scheduled for Sept. or Oct.

Jerry Stensland reported Polk Recreation is getting ready for summer and getting the pool painted. They will offer summer camp and are just finishing interviews for camp counselors. Start of camp will be delayed by two days for staff training. Camp will start on Wednesday instead of Monday. Online registration portal is open for registration.

Linda Greensfelder reported that effective Monday, Yanet Cisneros is new part-time Executive Director for PF3. Yanet is an employee of Rutherford, Polk, McDowell Health District. She will resume her work for the health district, and they will allow 50% of her time to be ED for PF3.

Haley Suskauer is the new Senior Services Director. She has no report but looks forward to working with everyone.

Josh Kennedy reported the county agencies will be having a strategic retreat. They are working with Health Advisory Committee around coordinating care, as well as Blue Ridge Health Services on exciting things.

Rob Fuller reported Big Brothers, Big Sisters needs "bigs". If anyone is interested contact Karen Dacey at 859-9230.

Michele Trofatter reported that FHN received \$425,000 Duke Endowment Grant to bring Community Health Workers to Polk County. She sent out an invitation on brain storming session around child life enhancement that will be held tomorrow from 10am-12pm at Dr. Rosenberg's. Sessions will also be held June 5th and 7th.

Michele Trofatter reported that the Pain Center is open at St. Luke's Hospital, staffed by Southeastern Pain & Spine. They are open on Mondays and Wednesday and have appointments available. There will be a Mental Health Awareness session this evening on Men and Depression. She also reported that Dr. Lisa Broyles is the new primary care physician in Saluda, and they are open for business.

Karen Goodale reported that the Wellness Institute is accepting new patients.

Wanagwa Hartwell reported that the library registered 284 kids for summer reading program last year, and this year's goal is 312. Kick-off is the evening of June 12th from 5-7pm. The theme is "Libraries Rock".

Jessica Powell reported that Steps to Hope Outreach Summer Day Camp "I am Somebody" will be held sometime in July and Brittney Staley will be the speaker. Cindy Wicklund reported that Rummage for a Reason will be held in June. This funding provides all kinds of items for new mothers or mothers to be, such as clothing, diapers, bottles, etc.

Adjourn at 1:00pm

2018 PF3 General Meeting Dates
(Fourth Thursday of the month, every other month)

Thursday January 25
Thursday March 22
Thursday May 24

Thursday July 26
Thursday September 27

Mission

Polk Fit, Fresh and Friendly" is a broad-based group of community leaders, health professional and concerned community members working together to plan and implement effective strategies to promote wellness in our community.

PF3 Guiding Principles

- We facilitate systemic change through the creation or enhancement of health and wellness programs and find ways to fund and implement
 - We use data to determine local needs and objectives
 - We include all stakeholders