

Polk Fit, Fresh and Friendly
General Membership Meeting
May 26, 2016, Polk County Public Library
12 Noon

PRESENT: Wendy Thomas, Mary Smith, Linda Greensfelder, Lauren Roy, Laura Ellington, Becky Brodar, Lou Parton, Lisa McAlpine, Erika Bradley, Michele Trofatter, Tommy Melton, Jane Alexander, Anne Britton, Kristi Phillips, Roulettei Gildersleeve, Ben Ellington, Jimmi Buell

MINUTES: Linda Greensfelder made a motion to approve the March 24, 2016 general membership meeting minutes, seconded by Anne Britton and the motion carried.

NEW PF3 Board Member: Jimmi Buell introduced and welcomed PF3 new Board Member Jane Armstrong. Jane is a Geriatric Social Worker – MSW and has worked on all levels of care for older adults. She is currently the Evidence Based Coordinator – Region C – Area on Aging, Part-time. She also lectures on all aging issues. She loves spending time at home with husband, Stuart, and Ms. Kitty (the cat).

GUEST PRESENTATION: Becky Brodar, RN Community Outreach Coordinator with St. Luke's Geriatric Psychiatry Unit was the speaker. May is “Mental Awareness Month” and Becky addressed the stigma of “Life With A Mental Illness.” She not only addressed the severity of 1 out of 4 persons who live with the medical condition of depression and/or anxiety but all the avenues that are being taken in Polk County to reduce the high rate of suicide which has gone from 5th in the State to 2nd since 2013. Becky provided the group with a folder of vital information, addressing Life with Anxiety, Life with Depression, Crisis Service Providers, Behavioral Health Resources and the important emergency help 24/7 helpline provided by Smokey Mountain LME/MCO which is 1-800-849-6127. She informed the group that there is a trained Polk County Task Force for Safety which held a 2 day training course for all law enforcement, fire departments and EMS, 9-1-1 and 2-1-1 centers. President Obama proclaimed the need to take action, ask for help and strive to reduce the stigma of mental help. Just recently, goggles were purchased for Drivers Ed students to show them what it is like driving when you have been drinking or taking drugs. A lot of hard work is being done to reduce the stigma of mental health in Polk County and a lot of work is needed.

PF3 Updates:

- a. Website and Communication – Wendy is working with Caitlin on the website, Kathy Woodham is writing the TDB article for June on Mental Health Month.
- b. Polk Fit meeting today at 2:00, PC Library.
- c. Research report next month.
- d. Foothills Health Network – meeting June 3, 8:30 Dr. Rosenberg's office. Linda and Michele are working together on better ways of communication (Hear To Help) and funding possibilities between PF3 and FHN.
- e. PSAC is wrapping up grant. Linda reported there will be a dinner in June for all involved in PSAC> Kim McDonald has done a wonderful job in the drug take back programs with Seniors. Polk County

continues to have her one day a week.

f. 2-1-1 Linda reported all funders but one have paid for 2016-17. The one year fee will continue for another year. Thank you letters were sent to the funders.

SHARNG INFORMATION: Kristi Phillips works for Tower Garden Juice Plus and shared information of how successful this program is in the schools where the students grow their own food. It is shown that children eat healthy when they grow their own food. The cost of a tower is \$45 for one year. Schools have grants for this program.

Wendy reported that Thermal Belt Outreach 25th Anniversary Open House will be held June 28 from 2-5. The Empty Bowl fundraiser will be heldp Sept 24 at the Parker Binnes Vineyard.

Laura Ellington reported that Polk Health is busy and plans for renovation are underway.

Jane Armstrong announced the Living with Chronic Pain series is being held. Tommy Melton thanked PF3 for the tee-shirts worn at the PacWalk.

Meeting adjourned, next meeting is Thursday July 28.

Submitted by
Anne Britton