

# Health and Wellness Committee - NVCNPA

## MINUTES

SEPTEMBER 21, 2011 9:00 AM

ST. SUPERY

<b>MEETING CALLED BY</b>	Sandy Clarke/Peggy Klick
<b>TYPE OF MEETING</b>	Committee Meeting
<b>FACILITATOR</b>	Peggy/Sandy
<b>NOTE TAKER</b>	Eliot Hurwitz
<b>TIMEKEEPER</b>	N/A
<b>COMMITTEE MEMBERS</b>	Sandy Clarke – American Cancer Society Peggy Klick – Community Action Napa Valley, Tobacco Control and Cessation Linda Schulz – St. Helena Hospital Don Hitchcock MD – Napa Emergency Women’s Service, Napa County Asthma Coalition, Maria Stel – Clinic Ole Becky Barlow - California Grower Foundation Deborah MacDonald – CORE Corporate Consulting Eliot Hurwitz – Calistoga Institute, Napa County Transportation and Planning
<b>ATTENDEES</b>	Sandy Clarke, Eliot Hurwitz, Peggy Klick, Maria Stel, Becky Barlow, Deborah MacDonald, Suzanne Schiff

### Agenda topics

INTRODUCTIONS/AGENDA REVIEW		ALL
<b>DISCUSSION</b>	Attendees introduced themselves Sandy reviewed the Mission/Purpose: To produce a positive impact on the physical health of our members and ED’s during these stressful times.	
		ALL
<b>DISCUSSION</b>	<p>Eliot volunteered to be Secretary.</p> <p>Sandy reviewed the topics identified at the 8/17 meeting (changes/additions highlighted):</p> <ul style="list-style-type: none"> <li>• September – Office Stretches (Mayo Clinic) <b>Sandy</b></li> <li>• October – Holiday Stress <b>Linda</b></li> <li>• November – Air Quality (Asthma, Smoking Cessation, Secondhand Smoke) <b>Peggy/Don</b></li> <li>• December – 12 Days of Health <b>Linda and group</b></li> <li>• January – Motivation Tips <b>Linda</b></li> <li>• February – Heart and Sole (Soul) friendships/socialization <b>Clinic Ole/Eliot</b></li> <li>• March – Brain Health (include sleep) <b>Jill (QVMC)</b></li> <li>• April – Nutrition <b>Kathy DeMaggio (Maria confirming)</b></li> <li>• May – Sun Safety <b>Linda</b></li> <li>• June – Arts <b>Peggy</b></li> <li>• July – Humor <b>Clinic Ole (Maria has a candidate in mind)</b></li> <li>• August – Meeting Well <b>Sandy</b></li> </ul> <p>Each monthly message should be very short (5 min max) and interactive.</p> <p>Peggy suggested that the committee submit an article for Tidbits relating to the topic. Ideally, this will run the week of the meeting and will be submitted by the person responsible that month.</p> <p>It was suggested that we begin each committee meeting with 1-2 short presentations from committee members describing our organization in more depth than is possible in the general Coalition meeting.</p> <p>Becky brought tangerines and Producepedia bookmarks today. She volunteered to bring a small, healthy snack each month.</p> <p>Suzanne recommended that we also review the new “Napa Health Matters” website: <a href="http://www.napahealthmatters.org">www.napahealthmatters.org</a> to consider how the committee could make use of the resources available on the site</p>	

	The Coalition site has a section where our committee can record information. The Coalition is a partner on the Napa Health Matters site and we can also post information there. Suzanne recommends that committee members review how the Behavioral Health Committee has used this feature of the Coalition website and consider how to create a similar section for ourselves. The committee agreed to look into this and in the meantime to post our minutes to the Coalition website
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NEXT STEPS

ALL

<b>DISCUSSION</b>	Committee meetings as needed, but not necessarily monthly. Next meeting 10/19 at 9:00 a.m., no meeting in November or December.
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ADJOURN

ALL

<b>DISCUSSION</b>	The meeting was adjourned at 9:50 am.
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<b>NEXT MEETING</b>	October 19, 9:00 am, NCOE
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