



**Southern Tier Wellness Partnership**  
**August 27, 2010**  
**Cornell Cooperative Extension**  
**28 Parkside Drive, Ellicottville, NY 14731**  
**11:00 AM – 1:00 PM**

**In Attendance:** Tim Lyon, Sam Vanstrom, Breeanne Neal, Nichole Adams, Ken Dahlgren, Traci Hopkins, Donna Duckworth, Deb Nichols, Theresa Moore, Lindsay Ball, Kate O’Stricker, Laurie Adams, Mistine Keis

**I. Introductions**

Kate O’Stricker welcomed everyone and initiated round the table introductions.

**II. Complete Streets Updates**

Kate O’Stricker stated the grant is going well. The idea is to work with municipalities to pass a policy to make their communities more walkable and bikeable. For any new construction or rehabilitation municipalities must implement bike paths, walking paths, and cross walks. For example, following ADA laws and making curb cuts. The grant started in Gowanda and Wellsville. Gowanda passed the policy in March and received pedestrian crossing signs. Cuba passed their policy in June and we are working on a wish list with them. Kate states she just had a meeting with Independence, which has a cute village, and their walking assessment will be September 21 at 2:30. The other town Hinsdale that the grant has been working with has a State Road 16 that splits their community. Kids have to cross four lanes of 55 mile per hour traffic to get to the park and then back. The next municipalities that will be holding meetings are Angelica and Fillmore, then for Cattaraugus County maybe Randolph or Franklinville. Ken Dahlgren suggested searching out the bike guy at Alfred College, and Tim Lyon suggests working with Belmont because of the school and county buildings.

**III. HCCBI Allegany County**

Kate O’Stricker reports AWSRHN had some really great ideas. First, they created a Farmer’s Market at Jones Memorial Hospital, and they received extra money for their Allegany Transit for low income housing for a free ride to and from the Farmer’s Market. She heard the market was really busy with lots of vendors. AWSRHN is hoping to give control of the market over to the Chamber of Commerce. Also, a Wellsville School 7<sup>th</sup> grade Science teacher was given money to build an indoor garden and sell the food at the Farmer’s Market. By the end of the project there were only tomatoes and flowers, and the tomatoes were given to the local food pantry.

To try and wrap in the Complete Streets project in Wellsville the grant offered funding for the walking route around Wellsville. The idea was to stamp the concrete for a safe place for people to walk around Wellsville. However, homeowners are responsible for their side walks in the Village. The Village Mayor and Lawyer were concerned with liability issues if they know of any sidewalk issues and the homeowner has not repaired them. So, the money was then turned over to the Town of Wellsville for their walking park.

**IV. HCCBI Cattaraugus County**

Traci Hopkins states in Gowanda they have done wonderful things with the money from Cattaraugus County DOH. They’ve looked into crosswalks and structures of the streets, and fixing low cost issues. A group of people have looked at the area, and checking out the cross walks. Then during the flood last year many people lost their yards. So 60 garden kits were distributed which had three big huge planters, soil, and many seeds.

There have been some good pictures taken and diaries kept. To celebrate the success with the gardens there is a Harvest Festival planned on September 18<sup>th</sup> and 19<sup>th</sup> where the participants can bring some of their vegetables to add to a soup. Also, as part of the grant there were edible barrels planted in the Village that produced edible herbs for the local restaurants. The town board passed a resolution from this, which has a certain percentage of the decorative barrels to be filled with edible plants. Then the grant group created a sidewalk maintenance fund that the village board created a committee to reside over, which will help local people who cannot afford to pay for their portion of fixing the side walks. They also created an agreement between the school and the village on a shared responsibility agreement to provide recreational use for the youth.

## **V. HCA Programs**

Traci Hopkins states HCA is in their new building. They are in a reorganizational process currently looking at some of their objectives. HCA has opted to adopt more senior initiatives and steer in that direction. Then they are starting a fundraising campaign to create sustainability at their organization because they can no longer afford state budget cuts. Dash Hedgeman has started to do some contracting work for them as well, and Lesley Hoag has been hired to work with the Diabetes grant program.

## **VI. Tobacco Free Programs**

**Community Partnership** - Laurie Adams states thank you so much for having the group. CCE houses the grant for our tobacco free that covers the three counties the Southern Tier. A couple months ago when the grant had its first site visit with the state directors they suggested some adjustments. One of these was to link into a meeting that already meets on a regular basis. She hopes to bring program updates and connect on any products. Laurie noted the new website for her program is [tobaccofreenys.org](http://tobaccofreenys.org) and it shows all the community partnerships state wide. It is not a DOH website, and it has all the media campaigns from the partnership. She also shared a hand out with the new FDA rulings. Laurie noted the new legislation efforts do no limit advertising and promotion at the store level. The Tobacco Free program is now trying to get tobacco products totally encased in stores, and have counties limit the amount of licenses they give out to sell tobacco products. Another idea is to raise awareness with the public to garner local support and get outraged that kids are being influence to smoke by what they see in stores. This program is commonly referred to as their "Point of Sale" (POS) program.

**Colleges 4 Change** – Ken Dahlgren provided a handout describing the program and activities. The grant started last year with CCE being the hold just like the community partnerships grant. Ken will be working with many of the local colleges like Alfred, JCC, and Bonas. The target age group is 18 to 24 year olds, because statistically the new age group to start smoking is college freshman. The idea is to make campus clubs sign a mandatory policy where they do not accept monies from tobacco companies. Then follow up making all campus facilities smoke free, followed with smoke free out doors. Alfred State is waiting for the Smoke Free Campus policy to be signed. For C4C's POS program, the goal is to have all of them sign a policy to make sure tobacco is never sold on campus. Luckily all of the campuses do not sell tobacco, and many already have policies that state that.

**Reality Check** – Sam Vanstrom and Tim Lyon also provided flyers showing some of their media campaigns. Sam states a lot of their program is to show how the media is targeting kids to make replacement smokers. Retail advertising and display is the biggest way they target to kids. Their goals are to reduce tobacco display and cover it up, and to eliminate tobacco use in movies that kids see the most. Reality Check has collected a lot of signatures at festivals and fairs to send into a parent group called Smoke Free Movies. Several years back the NPAA told Reality Check they were going to integrate smoking into their rating system however they are selective, and in top grossing movies they ignore the standards. The Smoke Free Movies has also done studies to show that parents don't notice smoking in movies but kids do. So the groups are also working on getting parent companies to not allow smoking in movies. Laurie Adams noted that the CDC put out a great report

recently on the correlation of smoking in movies. The last issue that Reality Check is focusing on is getting tobacco ads out of magazines. It is already partially addressed and most magazines that are published in other countries do not allow it. Sam noted that they'd like to start a new reality check program in Gowanda schools.

**Comprehensive School Policy** – Laurie Adams states Kate Huber will be the new coordinator for the Southern Tier for the School Policy grant. She will be working in 5-6 school districts per year in the tri-county area and will hopefully reaching out to everyone for help. Some of her focus areas are obesity prevention and tobacco use.

**Q&A – Q: How do we get patches?** Laurie – Unfortunately the Cessation Center people are not here today. The general rule is to have a medical provider, nurse practitioner, or doctor sign off and give out patches/gum. Also utilize the NYS Quitline. One of the things cut from the budgets of the tobacco programs was the availability to give out NRT.

## **VII. Other Updates**

**Chautauqua County HCCBI** – Breanne Neal and Nicki Adams report for their HCCBI grant they created mini grants for employers like Shults Auto who had to meet benchmarks along a timeline to get money from the mini grants. The group that was created from the HCCBI is called CHAT and they're hopeful to continue the work they did with the grant through another grant they just finished writing.

**Chautauqua County Projects** – Nicki Adams states the health department is working with their schools more so they know the health department is available for health education programs. Their focus is on hygiene, physical activity, and tobacco use. They're setting up a program with BikeNY, which will be a training for teachers, or teach the teacher type thing. After taking the program people can go out and do safe biking classes.

**Allegany County Community Educator** – Theresa Moore reports she is in the process of interviewing people for their new Community Educator Position. Currently she has done two, and has 3 or 4 more to go. The committee that was created went through all the resumes that were submitted and picked out 5 or 6 potential candidates. The committee also gave Theresa questions she has to ask everyone, and when she is done with that she goes back to the committee. Theresa states the current health educator does 100% family planning and that when there are two they will do 50% each of that with other programs.

**Catt Co Health Dept Updates** – Deb Nichols reports she is back to work every other day and there has been a lot of transition and change in the health department. Currently the sex educator and many others have absorbed other nontraditional educational roles. Also, her ACHIEVE grant has received an additional \$5000 to continue to do some of their work and hopefully achieve sustainability.

**Next Meeting Date: Friday, December 3<sup>rd</sup>, 2010 11:00 AM.**

**Please RSVP to Mistine ([mistinekeis@cornell.edu](mailto:mistinekeis@cornell.edu)) by December 1. Thank you very much!**