

LOVN CHAT Meeting Summary January 8th, 2010 8:30 am

Present: Marylou Caldwell, Mary King, Pat Maurer, Hilary Woodcum, Susan Haley, Paula Carney, Dianne Nugent, Richard Rogers, Ann Favreau, Tom Gosler, Tom Davie, Paul Cline, Diane Ramseyer

Welcome and Introductions – Paula Carney, Chair, welcomed everyone and introductions were provided.

DVD Update – Final shots for the DVD will take place in the next 2 weeks, and we have professional support to do the editing, so that the product should be ready for duplication in February.

2010 Ideas for Discussion – Ideas for Action

Group discussed the activities for 2010, with the initial emphasis being on the DVD Project and its public launch in March. It was determined that a workgroup is necessary to plan the March events – and a meeting of anyone willing to be a part of this group will be held at the library on January 22nd at 8:30 - conference room.

Pat Maurer will check the availability of the large meeting room at Venice and Jacaranda for Saturdays in March at 11 am. In order to reach families as well as seniors, Saturday was chosen as the day to hold the event. Additionally, ideas have been discussed at previous meetings to have other related events throughout the month (ie Nutrition Trivia Contest, and Extension Office programs) leading up to the premiere event.

Discussed companion materials for the DVD – revisited having CHAT members submit healthy, low cost recipes for a booklet. Recipe submission would indicate the name of the person or organization contributing to the project. The Extension Office has brochures on Safe Food Preparation and Storage, which can be included in the DVD Packet. Dianne Nugent cautioned the group to be aware of literacy levels for any of written materials. Mary King will see if Extension Office material has designated literacy levels.

Other ideas include the opportunity to create a PSA as part of the launch. It was also suggested that we insert a feedback card which can be returned to the library, or an online survey, which can provide information on how the materials were used by the public, and how useful they are.

Paul Cline offered a suggestion that the CHAT return to its consideration of community efforts to reduce Mental Health Stigma. The CHAT had Carolyn Eagen from the Mental Health Community Centers, Inc. come to share on Mental Health and Stigma last year.

Community health depends on community voices

Tomorrow at Van Weisel (8 am –registration – 8:30 am to Noon), there will be a community forum about the issue of mental health and wellness, and how the community can respond. An article on this event is in the Herald Tribune. Tom Davies will be at this event, and will share what he heard and possible areas which the CHAT might help at the February CHAT.

Announcements and Catching Up with Member Activities – All

Tom also shared information from some of the community groups that he has attended in which CHAT may have an interest. One is a county-wide senior issues group through the Community Alliance which is will have questions listed in the CHIP Community Health Survey to help identify areas of concern. Another is a Venice City Council group which is looking at accessibility issues – including the Beauty and the Bench project. This project is seeking sponsor for benches to be put throughout Venice area.

Jack Swanton will be at the Venice Library on Wednesdays from 1:00 – 2:30 on January 13th and 20th.

Community Dinners continue and calendars were distributed. All CHAT members are asked to help get the word out to families in the community who are in need and would benefit from this project. They can also use sundry items (soap and toiletries, etc). CHAT discussed some of the issues that come up as this outreach continues to develop in the community. They are no longer providing bus passes.

Mary King shared information on an online challenge for 2010 – Small Steps to Health and Wealth™. This is a free program through Rutgers that helps set goals for saving money, losing weight and reducing debt, among possible New Year's resolutions. Prizes are available for those who achieve the best challenge scores. It runs from January 17th – February 27th, 2010. Go to <http://njaes.rutgers.edu/sshw> follow the links for CHALLENGES.

SPECIAL WORKGROUP MEETING TO PLAN DVD LAUNCH – January 22 at 8:30 am – Venice Library.

Next CHAT meeting – February 12th – 8:30 pm Venice Library