



Mission: RISE Cowley promotes healthy lifestyles by collaborating to raise awareness and encourage involvement for residents of Cowley County, Kansas.

RISE Cowley-Coalition Agenda

Minutes

Tuesday, January 8, 2019 – Winfield Chamber of Commerce; 10:00 a.m.

Attendees

Lori Greenlee (Zoom), Becky Reid, Tim Nihart, Joan Cales, Sarah Werner, Sarah Bryant, Charissa Finch, Taylor Schwartz, Ruth Bumgarner, Yazmin Wood and Renee Price.

Introductions & Healthy Happenings Log

1. Minutes of 11/13/2018
 - a. Werner moved to approve the November 13, 2018 minutes as presented, seconded by Nihart.
Approved unanimously.
2. Financial report – **Langer**
 - a. No report
3. Coalition Brainstorming – **Reid**, Brainstorm results listed below – *orange items were things the group was particularly interested in – High impact low effort*
 - a. Raising Awareness
 - i. Use window decals we already have
 - ii. Order RISE Cowley banners to hang at partner locations (ie, Rec Center)
 1. i.e. Farmers market, schools
 - iii. Publish pieces in existing newsletters
 - iv. Grow social media audience with regular and educational posts
 - v. Home folders from school
 - vi. Mini videos of projects
 - vii. Chamber window display
 - b. Improving Health
 - i. Gathering data to show improvement in health outcomes and support grant applications\
 - ii. Share healthy recipes/cooking tips
 - iii. Increased bike and pedestrian accessibility
 - iv. Advocate for Medicaid Expansion
 - v. Partnering with schools to offer healthy options at concession stands
 - c. Supporting Collaboration
 - i. Evening Meetings
 1. Time and people friendly
 - ii. Cookout meetings (Island Park)
 - iii. Inviting unusual voices
 - iv. Gain knowledge of various community projects and needs to leverage resources
 - v. Community liaison with RISE
 - vi. Joint programming between RISE Partners (i.e. co-hosting classes and/or events)
 - vii. Coffee shop conversations
 - viii. Presentations at clubs or organizations
 - ix. Go where the people are

- x. Facilitating/convening conversations around timely/critical health issues
- d. Energizing Communities
 - i. Community Events
 - 1. i.e. fun runs, cookouts, celebrations
 - ii. **Bringing people together to hear from new voices (Community Conversations)**
 - iii. Matching funds for innovative projects
 - iv. Tactical interventions
 - 1. i.e. temp sidewalks etc
 - v. Highlight and celebrate existing success to show community what we are already doing
 - vi. **Celebrate non-healthy achievements**
 - vii. Concert

DISCUSSION: The RISE Cowley Steering Committee will be meeting monthly until May to ensure that things progress smoothly and efficiently. The Steering Committee meetings are open for all who would like to attend (2nd Tuesday at 10:00 am at locations to be determined. In addition, the reminder emails will from this point forward contain a bulleted list of “hot topics” for the upcoming meeting. RISE will be providing snacks for Community meetings as well as meeting at a variety of times and places.

4. Pathways Tasks

- a. Action Plan Technical Assistance Update(s)/Deadlines – **Finch**
 - i. The Action Plan will need to be updated by January 18th and submitted by January 31st.
 - ii. BCBSKS announced that they will be giving the First Round Communities an additional year to complete their grant.
 - iii. BCBSKS also announced that monies in a pathway that has received a grant can re-allocate left over money to another pathway (provided the other pathway has also received a grant).
- b. Pathways Subcommittees Reports. *Meeting date(s)/Action plan details/Updates*
 - 1. Community Policy – **Lawson**
 - a. Currently working on a budget for tactical urbanism. Werner, Bryant and Nihart attended the city commissioners meeting in Winfield and the commissioners were very receptive to working with RISE on a master plan for bikes and trails.
 - 2. Resident/Community Well Being – **Cales/Werner**
 - a. Nihart would like to have a celebration for the Trail in a box grant awarded to the Walnut Valley Flyers as well as a celebration for the new lights at Cherry Park.
 - 3. Food Retail/Restaurants – **Falletti/Reid**
 - a. Reid and Falletti met with dietician Alicia Ramey prior to the coalition meeting.
 - b. There are restaurants interested in applying for funding
 - c. Farmers Markets are looking at a new management structure, hopefully this will allow for more growth.
 - 4. Health Care – **Bryant**
 - a. Beat the Pack training (train the trainer) will be coming to Winfield on January 24th at the Winfield Library
 - b. The subcommittee created a policy for Healthcare providers to adopt regarding tobacco cessation
 - c. Working to establish “Be A Quitter”. A local tobacco cessation resource and support group.
 - 5. Schools – **Greenlee/L.Schwartz**

- a. Grant for the Winfield schools will be going to the board of education soon. The grant includes standing desks for a classroom.
 - b. Irving elementary recently received a grant from the Milk Council. The money will be used to start a walking club and to continue the fresh fruit and vegetable program.
 - c. Next meeting will be on February 14th (All schools are closed for a work day)
 - d. The committee will be investigating the possibility of adding healthy options in concession stands (possibly partner with Community/Resident Wellbeing)
6. Worksites –**Finch**
- a. The worksites committee has not met since November due to the difficulty of scheduling training for the worksites.
 - b. Next step in the training will be the Healthy Topic. The trainer will not do the next step until we have seven pledges (pledges that have completed foundations training and development tool).

DISCUSSION: Group discussed the possibility of doing a development tool work shop directly after foundations training to assist those in training and moving the process along faster.

7. Communications – **Bryant/Lawson**
- a. Bryant will be giving a presentation regarding the CHNA on February 13th at noon for the Lions Club.
 - b. Bryant requested approval to purchase a reusable check (large) for \$91.95 for promotional purposes. Cales moved to approve the request for funds, Nihart seconded.

5. Other Opportunities:

- a. Report - Breast Feeding Advocates of Cowley County – **T.Schwartz**
 - i. No report

6. Next Meeting of the Steering Committee. *Tuesday, February 12, 2018 at 10:00 a.m. at the Cowley County Courthouse, Extension Assembly Room, 311 E 9th, Winfield KS 67156.*

7. Adjournment.