



Early Ages Healthy Stages Coalition September Meeting Minutes

Date: September 21, 2016

Time: 9:30 am- 11:30 am

Location: Cuyahoga County Public Library- Brooklyn Branch

I. Welcome Coalition Updates

Discussion Points

- Marketing Updates: Infographic versions of the Wellness Plan are now available! A placeholder for the website is live, we have a new intern, Afnan who is working on developing website content. Visit earlyageshealthystages.org to check it out as it progresses. We are also active on Twitter and Facebook: @EAHSCuyahoga
- Ohio Early Childhood Health Network: In August, EAHS hosted the Ohio Early Childhood Health Network quarterly meeting. At the meeting we were given the opportunity to highlight the many innovative approaches that we have made to improving early childhood health in our community. A panel of our EAHS members spoke about their work. The panelists were: Dr. Michelle Medina (Cleveland Clinic Children's), Sue Kirschner (Cuyahoga County Public Library), Katie Utrata (Help Me Grow), Robbie Willis (Little Achiever's Learning Center), Cheryl Johnson (Education with Imagination CDC).
- On August 9, EAHS held it first Mobile Unit event with Cleveland Clinic Children's Mobile Unit at the Warrensville Heights Public Library. The Units provided free BMI screenings for children and several EAHS partners were on site to give out tools and resources to support families in improving health. This was our first community family engagement event. All of the families reached were very appreciative of the information. We hope to continue with similar events in the future.
- Education with Imagination's Director Cheryl Johnson has been hosting the Cleveland Food Bank mobile pantry at her site to feed her families and community with fresh healthy food. This event has been so successful that it has been replicated elsewhere. We hope to continue these events and begin to evaluate how such a partnership could help to

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	<p>change the landscape of food access in Cuyahoga County.</p> <ul style="list-style-type: none"> • Ideas and interest for future projects: Expand Ohio Healthy Programs training; develop initiatives for businesses to get involved in improving early childhood health (Partnerships for Play), expand efforts in Farm to early child care, provide more community opportunities for family engagement.
Conclusion/Actions	<ul style="list-style-type: none"> • If you have any ideas for the website, or events to share on social media, contact Camille! • Email ccearlyages@gmail.com if you would like us to bring copies of the Wellness Plan to you for the next meeting. A PDF copy is attached to this email. • If you have any interest in any of the above project, or would like to propose a new project to the group, let us know!

II. Upcoming Ohio Healthy Program Trainings	
Discussion Points	<ul style="list-style-type: none"> • Lakewood: <ul style="list-style-type: none"> ○ Session 1 only- October 25, 27; November 1, 3 ○ All parts from 6-8:30. Registration is VERY limited. Contact Camille if you are interested in this training. • East Cleveland: New Life Cathedral <ul style="list-style-type: none"> ○ Looking at dates in November/early December ○ Check email and OCCRRA for final training dates • Parma: Cuyahoga County Board of Health <ul style="list-style-type: none"> ○ Session 1: Dec. 6, 8, 13, 15 all from 5:30-8; ST10051026 ○ Session 2: Dec. 9 from 9-11:30am ST10052042 ○ Session 3: Dec. 9 from 12:30-3pm ST10052045 •
Conclusion/Actions	<ul style="list-style-type: none"> • If you have questions about, or would like to register for a training, call 216-201-2001 x 1514. • We are always in great need of community spaces to host trainings during evening and/or weekend hours with parking. Ideally, the space would hold 30-40 people. If you have space available please contact Camille at 216-201-2001 x 1514 or ccearlyages@gmail.com

III. Caring Cubs Presentation: Shari Nacson, President	
Discussion Points	<ul style="list-style-type: none"> • EAHS Member Shari Nacson presented to the group about her non-profit Caring Cubs. • Caring Cubs is a 501(c)3 organization that holds monthly events for young children ages 2 and up, designed to teach various lessons of social responsibility. Its founders are a group of parents who were looking to volunteer with kids, repeatedly met with the response that we should volunteer ourselves and just bring our kids along. Caring Cubs instead, plans events where the children themselves can

	<p>participate in a hands-on activity, thereby taking personal pride in working toward a greater purpose. All activities are geared toward children ages 2 and up and involve families too!</p> <ul style="list-style-type: none"> • Volunteer events are age and developmentally appropriate and teach children the values of social justice and responsibility in ways that they can understand. Shari is a licensed social work and makes sure that all events include a volunteer and educational component. • Volunteer events take place each month, are of no cost to families, and take place in different locations throughout Cuyahoga County. • Shari is a strong believer in altruism, and Caring Cubs values how altruism can become a part of a family's identity through "doing good together." • Past volunteer venues have included; intergenerational care, medical care, environment themes, creative arts projects, emergency care support, animal care support, special populations, service oriented support.
Conclusion/Actions	<ul style="list-style-type: none"> • If you have an agency or initiative that would benefit from Caring Cubs volunteer work, contact Shari at caringcubs@caringcubs.org. • If you would like to get you children or families involved in age-appropriate volunteer work, check out the website at http://cc1.caringcubs.org/ • We are interested in planning some health and wellness focused volunteer events through a partnership between Caring Cubs and EAHS, possibly during the Week of the Young Child in April. If you would like to participate, or have ideas, contact Camille.0

IV. Strategic Planning Activity: Name and Framing Priority Issues	
Discussion Points	<ul style="list-style-type: none"> • .Over the next 3 meetings, we will complete a different group processing activity each day that will end in the development of a community-based strategic plan. These activities will take place during the last 45-60 minutes of each meeting. • During our first processing activity the group worked to brainstorm the many issues that influence early childhood health in our county. The goal of the activity was to work collectively and in groups to determine key issues related to the health and wellness of young children in Cuyahoga County. • The activity objectives were as follows: <ul style="list-style-type: none"> ○ Describe the attributes of a healthy young child ○ Identify the many factors that keep young children in Cuyahoga County from reaching their best health outcomes. ○ Identify key themes that exist as community-driven priorities for early childhood health. ○ Build relationships with a diverse group of coalition members. • First broke out into 5 small groups. Each group was tasked with creating a list of as many ways as they could think of to complete this sentence, "A healthy child is...." See the attaching SP-Naming and Framing file for

	<p>results</p> <ul style="list-style-type: none"> • Next, each used post it notes to think of all of the issues that exist that keep our children from reaching their best health. • Finally, we combined each of the group's post it not ideas and grouped them by theme. • The key themes that developed from the brainstorming ideas were as follows: Physical activity, healthy foods, social and emotional health, family engagement, access to health care, environment, big picture issues/social determinants of health
Conclusion/Actions	<ul style="list-style-type: none"> • PLEASE review the attached document- "SP Naming and Framing Outputs"- and let us know what you think we need to add, change, or omit. This group process works best if we include EVERYONE's ideas and input! Let us know if you think that there are any Key Issues that should be added, or if there are any other bullets that we need to add under specific key issue(s). • We will be building our Strategic Plan from this list of Key Issues, so please voice your thoughts and opinions now ☺! • Please call, scan, or email any of your ideas to Camille by October 11.

V. Next Meeting	
Discussion Points	<p>Please save the date for the next meeting of the EAHS Coalition:</p> <p style="text-align: center;">October 19, 2016 9:00 am- 11:00 am At William Patrick Day Head Start 2421 Community College Ave (Across from Tri-C) Cleveland, OH 44115</p>
Conclusion/Actions	<ul style="list-style-type: none"> • Keep an eye out for registration information coming the week of September 27, 2016 • If you would like to host a future meeting of the EAHS coalition, please contact Camille Herby at 216-201-2001 x 1514, or ccearlyages@gmail.com • If you have a program, event, or initiative that you would like to present to the coalition as a Member Update Agenda item, contact Camille at ccearlyages@gmail.com , 216-201-2001 x1514.

Minutes Prepared by: Camille Herby