

Waukesha County Nutrition Coalition Minutes

February 23, 2016

Attendees: Chris Beck- Healing Hearts of Waukesha County; Zoltan Eszes- St. Vincent de Paul Waukesha County; Mike Glasgow- ADRC of Waukesha County; Mary Jo Hamman- Waukesha County WIC; Cindy Eggleston- Mukwonago Food Pantry and Resource Center; Regina Estrada- Blessings in a Backpack; Pam Cesarec- Food Pantry of Waukesha County; Michelle Montez-Waukesha County HHS Independent Living Program; Rachel Zuniga- Hispanic Health Resource Center & Community Outreach-ProHealth Care; Jill Herz, Jen Whitty-UWEX.

Introductions, Advisory Committee Update- Rachel Zuniga

A UW-Extension intern will be reaching out to agencies that we have not seen at Coalition meetings in a while. Working on calendar and have filled most slots with speakers. This year's plan is to hold monthly meetings, skipping July and December.

Presenter: Chris Beck—Healing Hearts of Waukesha County. Healing Hearts of Waukesha County is a community-based organization whose mission is to serve and support grieving children and their families. Healing Hearts offers free peer-to-peer grief support for losses due to death, divorce, incarceration, separation, military deployment, immigration, abandonment, or anything that takes an adult from a child. Sessions are 12 weeks at a time. Current session runs February 8th- May 2nd at 5:30 pm at the First United Methodist Church in Waukesha, 121 Wisconsin Avenue. Will be starting a new session from the end of September-December. Sessions are open for families to attend as many times as they need. Adult groups are divided by cause (lost child, lost spouse, divorce, Spanish-speaking). Child groups are divided by age, regardless of cause. During sessions, facilitators address topics such as “memories” or other topics to honor the one they have lost. With children, sessions often involve art, which gives them coping skills. From 5:30-6, a meal is provided. Families then split into groups and come together at the end for a reflection. There is also a “Family Night” where families may work together on a project. For example, one family project was phototherapy, which involved giving each family a camera and asking them to take photos in response to questions they were given (e.g. “What do you miss most?” “Where do you find your joy?”) Families then created an art gallery for viewing by other families. This spring, 52 people were enrolled in the session. Last fall, 56 were enrolled, representing 22 families. Healing Hearts has seen their numbers rising as of late due to referrals from school districts. Facilitators are usually retired teachers or counselors that undergo a formal training plus additional training every year. Facilitators must commit to at least a 12-week session to provide stability for families. Healing Hearts currently has 23 facilitators for the spring session; most are repeat facilitators. There is a training in January as well as August/September for new facilitators; a new facilitator would be assigned to work with a seasoned facilitator first to learn techniques. The First United Methodist Church provides Healing Hearts with 10 classrooms plus the cafeteria and office space to run the program. Facilitators do not discuss faith or promote it as a healing mechanism unless initiated by the participant. Healing Hearts has 22 supporting partners, many of which are local churches.

Agency Updates:

Waukesha County ADRC, Mike Glasgow— New ADRC Resource Guides will be ready in the next couple of weeks (mid-March).

St. Vincent De Paul, Zoltan Eszes- No new updates to report.

Mukwonago Food Pantry and Resource Center, Cindy Eggleston—Mukwonago Food Pantry is working on a project around teaching families basic food prep skills (making stock, knife skills, etc.) Also planning to offer classes about growing and canning food. Working with Michael Fields Institute in East Troy to discuss farm to table. Also working with Sustainable Kitchens in Milwaukee for setting up kitchens. Flyers are available on the Mukwonago Food Pantry web page. The pantry is encouraging farmers to donate to the food pantry by “adding a row.” The pantry plans to grow dill, basil, and other herbs that will be incorporated in cooking classes. Rental space is available at the Mukwonago Resource Center for any nonprofits that may need space.

WIC, Mary Andruszkiewicz —eWIC is going well for some, but some families are struggling because their selection doesn't match the food on their card. Some families are now realizing that they were selecting items that were not on the WIC foods list, so they can't get them with their WIC card. This has been causing some problems at checkout. WIC is emphasizing education now to help with this. Clients are enjoying the convenience of the card. Offering quarterly breastfeeding classes, which are also held in Spanish.

Waukesha Co HHS Independent Living Program, Michelle Montez—Continuing to serve youth aging out of foster care. Starting cooking lessons for ages 14-21. They will be monthly lessons focused on simple food prep skills. Two have signed up for the first lesson.

UW-Extension, Jill Herz—Continuing with our nutrition education sessions. Our state program is currently exploring the possibility of providing cooking-focused classes with our Eating Smart & Being Active curriculum (a series of classes for parents). It is time to submit our federal grant paperwork for the coming year, so we will soon be forming plans for FY17 with our agency partners.

UW-Extension, Jen Whitty—Setting up a Strong Women program, which is geared towards middle age-older adult women. Exploring low income housing sites that the programs could be held at. Currently has an intern investigating active and healthy school initiatives.

Food Pantry of Waukesha County, Pam Cesarec—Boy Scout Food Drive is on March 19th. A Food Pantry brochure in Spanish is coming soon.

Rachel Zuniga- Hispanic Health Resource Center—ProHealthy Community Fair will be held on Saturday, April 9th. The fair includes screenings, education, healthy food samples, bike helmets, and other resources. Contact ProHealth if you are interested, or call the Hispanic Resource Center if you are Spanish-speaking and need to be registered. Will be holding a kidney screening event on March 5th in Oconomowoc (no location confirmed yet).

Next Meeting: March 22, 2016 Topic: Thriving Waukesha Speaker: Ed Olson