

Waukesha County Nutrition Coalition Minutes

July 22, 2014

Attendees: Mary Andruszkiewicz- WIC; Wendy Banicki, Jessica Howard (Intern)-Hebron House; Jessica Linstrom- The Salvation Army; Kerri Ackerman, Elyn McKenzie-Waukesha Community Health Center; Tammy Grauer-Energy Services; Michelle Bertram, Mike Glasgow-ADRC; Kurt Schmidt-United Way; Brittany Straley-Addiction Resource Council; Karen Tredwell-Food Pantry of Waukesha County; Rachel Zuniga-Hispanic Health Resource Center; Jill Herz, Jan Skell, Melinda Stuart-UWEX

Welcome, Introductions and Advisory Committee Update: Karen Tredwell

The Advisory Committee met following last month's WCNC meeting and made progress on plans for our 20-year anniversary celebration. Here are some highlights of the plan:

- The event will be held on October 28th, our regular Coalition meeting date. We are considering starting at 8 am and serving breakfast foods. We will host a SNAP Challenge and link the event to Hunger Awareness month. We will be asking 5 Waukesha County leaders to participate in the challenge during the month and report their experience in a panel discussion on the 28th. More details will follow. Please hold October 28th and consider helping the planning team.

Presenter: Cindy Huber, Chief Executive Officer - The National Kidney Foundation of Wisconsin (NKF). The National Kidney Foundation was founded in New York in the 1950's and the Wisconsin affiliate in 1968, by patients, families and medical professionals committed to helping families affected by the disease. The Wisconsin office is located at 16655 W. Bluemound Rd, Suite 240, Brookfield WI, 53005-5923. NKF is considered a Health Charity and has a very informative website at www.kidneywi.org. The mission of the foundation is to provide education and materials to professionals and the general public on chronic kidney disease, prolong kidney function throughout one's life and increase the availability of all organs for transplantation. Information is available in English and Spanish and can be obtained for free from the local office by contacting Cindy (262-821-0705) or requesting through their website. Pick-up of materials at the local office will save postage and is appreciated. NKF has many resources for anyone concerned for themselves or a loved one at risk of developing kidney disease. Those at special at risk are people with undetected or poorly controlled diabetes, hypertension, have a family history of kidney failure or are over 60. Diabetes and high blood pressure are the two leading causes of kidney disease. Low income individuals/families are at greater risk because they may not have regular health care. African Americans are 5 times more likely to develop kidney disease; Hispanics 3 times more likely. Improving lifestyle choices can be a great help such as weight loss, healthier food choices, and increasing physical activity. Early detection and treatment can slow the disease. Kidneys perform many very important functions such as removing waste and excess fluid, balancing minerals, removing drugs and toxins, releasing hormones which control blood pressure, make red blood cells and keep bones healthy.

Annual physical exam test results such as those looking for protein in urine and creatinine in a blood, can alert the physician to kidney damage before symptoms or complications occur. Your healthcare professional should order an annual GFR test which measures the ability of the kidneys to filter. When kidney disease is identified, Drs. can fine tune medications to help the kidneys. There are only 2 choices when the kidneys no longer function, dialysis or a transplant.

The NKF would like to offer more programming in Waukesha County because this county has the 2nd highest incidence of diagnosed chronic kidney disease. Milwaukee is number one, followed by Waukesha, Dane, Racine, Kenosha, Brown, Marathon, and Outagamie. Waukesha schools have contacted NKF with concerns about children whose parents are on dialysis. NKF works collaboratively with other agencies in order to build trust and extend outreach to low-income clients who may have undetected kidney disease. Some examples of the programs NKF would like to offer in Waukesha County and have been offered around the state include: *Women of the World* programs featuring a free kidney screening, guest speakers and cooking demonstration; other free community kidney screenings; free Medical ID Jewelry – bracelet or Neck Chain – application on website, and other free trainings/professional developments. Agencies interested in hosting or partnering with NKF on an event, please contact Cindy – 262-821-0705.

NKFW has also worked in partnership with Food Pantry of Waukesha Co (FPWC), The Salvation Army (SA), Mt Mary Dietetics, UWEX and many other local agencies on a Healthier WI Partnership grant program focusing on the prevention of obesity and diabetes in low income clients at SA and FPWC. Since it can be very difficult for a person relying on food donations to eat a healthy diet, the Food Team of that grant program developed a Food Drive Checklist that pantries and agencies can use when they solicit food donations. The Checklist list suggest healthier food options that people can shop for as they prepare for their local food drive. The back side of the Checklist will include a template for local information. Cindy distributed *drafts* and asked for feedback. They will be ready to use in the near future.

Agency Updates:

ADRC, Mike Glasgow & Michelle Bertram – Have hired a New Dementia Care Specialist who will team & train other ADRC staff in helping assess for dementia. Senior Farmers' Market Vouchers are still available. ADRC has a new Newsletter which includes excellent information. Call to get on the monthly electronic list. 2014 Resource Guide is available.

Hebron House, Wendy Banicki & Jessica Howard – Bernie Juno has retired as Executive Director and will take on the role of part-time consultant in Volunteer and Fund Development.

United Way, Kurt Schmidt – Distributed magnets promoting 211 along with materials from the Labor Council at the County Fair. Hosting a *Champions in Giving* event in September, inviting over 1,000. Bo Ryan will be the featured guest.

Energy Services, Tammy Grauer – Out of funding for Energy Assistance. Receiving fewer funds. As a result Energy Services needs to follow strict guidelines for Keep WI Warm funding. To be eligible for this funding clients must have a 3 month payment history on each utility (both Gas & Electric). Must think of energy assistance as a “helping hand”, not a “hand out”. Agencies should encourage clients to make at least \$25 payment to each for 3 months. Call 1-800-506-5996 for appointments that start mid-September.

The Salvation Army, Jessica Linstrom – New Majors Nelson and Debbie have started. Feed the Kids Program providing over 250 sandwiches for lunch at Sentinel Park.

Addiction Resource Council, Britany Straley Recently merged with Drug Free Communities. Looking for a receptionist.

Waukesha Community Health Center, Ellen McKenzie & Kerri Ackerman – Kerri has begun her position as a full-time Clinic Manager, working to improve outreach. Client numbers have been a bit low and would like to increase. New O.B. physician will start in October. Working on community needs assessment.

WIC, Mary Andruszkiewicz – WIC Fruit and Vegetable checks have increased from \$6 to \$8. WIC Farmer's Market checks are available to use now until October 1. Look for WIC signs at the Market.

Food Pantry of Waukesha County, Karen Tredwell – Have had wonderful produce to distribute from Bean Head Farm who planted produce to donate pantry clients. Please consider volunteering at their farm. The food pantry can share the produce with other agencies. Call Karen at 262-522-3700

UWEX, Jill Herz, Jan Skell, Melinda Stuart – Nutrition Education Program (WNEP) will participate in a nutrition texting pilot with parents of elementary school children at Hadfield School. Messages will average 2 per week and be short nutrition and family tips. Will also include occasional local grocery specials on fruits/veggies and school reminders about testing week and getting a good breakfast, etc. This pilot follows materials provided by Maryland Extension and if successful may expand to other schools. WNEP has hired Abby Demler, a new bilingual Nutrition Educator who replaced Martha Hubert who is now working on bilingual Family Living Programs such as Money Smart - Financial Education. The Huber Garden has been up and running on Tuesdays/Thursdays and provides a great opportunity for Huber Work Release participants to give back to the community. Colors Personality Training is a great professional development opportunity for staff or agency volunteers. It is available for \$15 per person, which covers the cost of materials and a book. To offer, need a group of about 20. First 3 to sign up can get a break on the price. WCNC Member Spotlight on Muskego is featured on our website.

Next Meeting – August 26, 2014, Addiction Resource Center