

Franklin County Service Providers

January 3, 2006

Meeting attendees:

Brenda Abegg, Head Start

Myra Balentine, Jefferson County Health Department

Lynn Butler, Jefferson County Family Services Division

Laura Deason, East Central College

Joan Dennis, St. Vincent de Paul Holy Family

Lisa Epple, East Central College

Maria Killian, St. Vincent de Paul Holy Family

Armin Klemme, Union Food Pantry

Sandra McKinnon, University of Missouri Extension

Karen Rothschild, Division of Family Services

Darlene Shoemaker, Head Start

Kris Stark, Willow Brooke Assisted Living

Nickie Wurmb, Juice Plus

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Minutes

The meeting was called to order by Sandra McKinnon with University of Missouri Extension. Introductions and the following announcements were made:

Jefferson County Family Services Division: Lynn Butler provided brochures about the Strauser Drugs Pink Ribbon Boutique in Sullivan. The boutique specializes in post-mastectomy products. A breast health screening will be held on February 22 at the St. John's Mercy Hospital in Washington. Please call Lynda McLane at 314-254-5673 to reserve a time. The Missouri Baptist mammogram van will be at the Sullivan Wal-Mart on January 10th from 9:00-2:00. This mammogram van screening will be for those individuals who have insurance. Please call 314-956-9829 for more information. Show Me Healthy Women brochures were also given out. The brochure explains how to qualify for free mammogram and pap testing.

Union Food Pantry / Habitat for Humanity: Armin Klemme stated that the Union schools have done a good job in raising almost \$4,000 during their food drive and collecting 1,500 food items. The mail carriers food drive will be held in May. The Habitat for Humanity will dedicate their third house on December 17th in New Haven. They're looking to start construction on the next houses in Union and St. Clair sometime in April. There are six rotary groups that are willing to help pay \$40,000 to \$45,000 for this project. There has been some discussion on wanting to blitz build houses, which would mean trying to build them in a two-week timeframe. The Sullivan Methodist minister expressed an interest two years ago in helping to raise \$20,000 toward the purchase of property to build a Habitat house there. Three lots have been purchased on credit. Habitat is taking applications from January 1 through February 28. Applications are available at area post offices, except for the Washington location. A tentative family has been selected for the house in Sullivan.

Juice Plus: Nickie Wurmb discussed that one in three women will be diagnosed with cancer. Poor food choices, stressful lifestyles, and little exercise are all contributing factors. Prevention is the ultimate thing we need to be thinking about. Nine to thirteen servings a day of fresh raw fruits and vegetables are recommended for a healthy diet. The Juice Plus supplement provides food-based nutrition from seventeen different fruits, vegetables, and grains for about \$1.33 a day. The product is available in capsule, chewable, or gummie form. Brochures were available with more information.

Willow Brooke Assisted Living: Kris Stark stated that they have availability, even for short-term care.

Jefferson County Health Department: Myra Balentine stated there is financial aid assistance available for those individuals with low income who have a medical condition. To be eligible for assistance the diagnosis will need to be covered by the program and income guidelines will need to be met. The health department also provides hearing aid assistance. The agency is able to offer a higher top of the line hearing aid than many clients wouldn't be able to afford for themselves. They used to provide a service called the Missouri Crippled Children's Program. Myra left her business card in case anyone knew any children needing this type of assistance; she could provide referral information.

St. Vincent de Paul Holy Family: Maria Killian stated that they had intended to help 35 families during the Christmas holiday. They wound up being able to assist 54 families though; this number includes 129

children. The children were provided with a new outfit, shoes, gloves, cap, and three toys. Families were also given Christmas baskets full of food.

GUEST SPEAKER: Sandra McKinnon with the University of Missouri Extension discussed that when the Service Providers met in November they discussed setting goals for 2006. Those thoughts and ideas will be revisited again at this meeting. The theme behind the discussion is creating a future together for others. Sandra provided handouts with topics that were discussed at the November meeting. The topics that were outlined are what are the products/services/functions of the group, who are the customers/clients, how do we achieve our goals by ways/activities/methods/technologies, and why, or the reasons/motivation behind it. This is a working document; if there are things we need to add, correct, or change we can do that. Sandra stated that the general purpose of the group is to provide positive change in people and programs. At the November meeting it was discussed why we wanted to set goals for the group. Some of the answers were that this group can work together cooperatively to address a problem, we each bring strengths to the table and we can draw from each other, and group goals are a blend of individual goals. Research has shown (Damon Burton, 1983) that people who use goal-setting effectively will suffer less from stress and anxiety, show more self-confidence, perform better, and are happier and more satisfied. Characteristics of goals were discussed. Goals should be believable; they should describe situations or conditions that you believe can be achieved. You'll want to avoid the "pie-in-the-sky" goals that you don't believe or find possible to do. Goals should be attainable; they should be possible to do in a designated time. Goals should be tangible; they should be capable of being understood or realized. Goals should be on a timetable; a completion date should be included. Goals should be win-win; they should allow members of the group to be successful. A format should be used to brainstorm and list goals, steps/activities to accomplish, who's responsible for making sure steps/activities are completed, and a deadline that goals/steps should be completed by. The reason behind all this is so everyone understands what the purpose of the Franklin County Service Providers group is. The group has been in existence for 14 years and Sandra feels it's a good time to revisit what the group is all about.

New goals that were developed and discussed:

To stay abreast of human needs and services

- How to accomplish activities: feature a speaker, review needs, take a field trip to a provider site, inventory what other like groups have done or are currently doing, update Franklin County Community Service directory, add directory information to web page.
- Who is responsible: chairperson, possibly contact United Way in regard to service directory.
- By when: within the current year.

To identify our group's needs

- How to accomplish activities: gather/evaluate statistics, share individual statistics, outside agencies to assist/educate.
- Who is responsible: Service Providers, individual member, chairperson needs to invite agencies and ideas are needed from within group for those to be invited.
- By when: by following meeting, or by March or April 2006, contact speaker within next week for following meeting.

To increase communication between members and the public

- How to accomplish activities
 1. Email meeting minutes to members.
 2. Create email group Listserv to share ideas, ask questions, and share reminders – will need to obtain current addresses – ask at January and each meeting.
 3. Submit news releases about meetings to area media and web calendars
 4. Share meeting minutes at each meeting.
 5. Create web site.
- Who's responsible:
 1. Group Secretary – Lisa Epple
 2. Group Chair – Sandra McKinnon
 3. Group Chair – Sandra McKinnon
 4. Group Secretary – Lisa Epple
 5. Group Chair – Sandra McKinnon – contact Chamber of Commerce
- By when:
 1. Within 2 weeks of meeting date.
 2. By February 2006 meeting.
 3. Two weeks before each meeting.
 4. Each meeting.
 5. By February 2006 meeting.

To increase membership to include more human services agencies and organizations

- How to accomplish activities: create identity – standard logo and motto, update and correct mailing list for postcard reminders – done by passing list around during meetings, contact those on list directly by phone, and include legislators, personally invite those you know, each one reach one campaign, submit news releases announcing meetings, advertise through newspapers and radio.
- Who is responsible: All members should be responsible for reaching one campaign, and the group chair and group secretary should submit news releases.
- By when: news releases should be sent two weeks before each meeting.

Submitted by Secretary,
Lisa Epple