

**Crawford County Wellness Coalition Meeting**  
**GCH Lobby Conference Room**  
**June 19, 2013**  
**12:00 pm**

**Attending:**

Todd Martin, Colonel Crawford Schools Superintendent; Jody Demo-Hodges from ADAMH; Dr. Novack, Galion City Health Department; Dave Williamson, Crawford County Economic Development; Janet Pry, Bucyrus Area Community Foundation; Sandy Cross, Galion Health Department; Joyce Gortz, Tripart Health Women's Resource Services; Vicky Milligan, 20/20; Cindy Long, Registered Dietitian; Tammi Wolfe, Darlene Eichhorn, Cinda Kropka from Avita Health System.

**Highlights:**

Review

- Reviewed definition of coalition, benefits of a coalition, and how to start a coalition.

Crawford County Wellness Coalition

- 3 year life span
- Meet every 2-3 months for 1.5-2 hours at GCH
- Lead Agency - Avita Health System
- Chair – Cinda Kropka, with Vicky Milligan as backup
- Apply for funding from BACF by end of year for spring funding

Additional Members Suggested

- Terry Gribble – YMCA – **emailed and added to email list**
- Bruce Sloan interim director Bucyrus YMCA – **will call next week**
- Sandy Britton – Flex Fitness – **spoke with and added to email list**
- Crawford County Park District – Bill Fisher – **spoke with and added to email list**
- Jon Kleinknecht – Galion City Council – **declined – checking with other members**
- Bucyrus City Council – **emailed Council President and added to email list**
- Commissioners – Matt Scheffler – **spoke with and added to email list**
- Dr. Wagner – **emailed and added to email list – accepted!**
- CC Jobs and Family Services – Jenny Gremling – **talked to Linda Basset (director) and sent email**
- Council on Aging – Peg Wells – **left voice mail**

Mission Statement

- The Crawford County Wellness Coalition is an established effort to help residents improve their health and wellness.

Vision Statement

- Our vision is to encourage Crawford County residents to take ownership of their health, both physically and emotionally. *This statement was not 100 percent agreed on and the Healthy People 2020 vision will be brought to the next mtg to try and align our vision/mission with theirs.*

Areas of Need

Disability & Chronic Pain

No programs currently exist to address Arthritis/Rheumatism.

**Goals:**

- Avita Health System to explore opportunity to recruit Rheumatologist.
- Implement "A Matter of Balance" program by December 2013.

### Mental Health & Mental Disorders

Community Counseling does screening and educates on the signs of suicide tendencies. Currently there is one full time psychiatrist and one nurse practitioner who see 4500 patients annually. Crawford County Jobs & Family Services has several part time psychiatrists.

#### Goals:

- Avita Health System to explore opportunity to recruit a mental health provider.
- SOS – Signs of Suicide – a program to educate children in the schools. Todd Martin will introduce Jody Demo-Hodges at the August School Superintendents' meeting where she will discuss the program.

**Another meeting will be held July 12 from noon to 1:30 pm to finish goals for the needs listed below:**

### Substance Abuse

- Dr. Novack will obtain more information on Vivitrol.
- Marion Crawford Prevention has a leadership program at the school level to educate students on the dangers of drug use, to combat myths, teach facts, and give positive choices. An Opiate Task Force works more with parents to educate them as well.
- All 6 schools are cooperating in a survey on safety (drugs, wearing bicycle helmets, etc.), and to get data on what the kids are doing.

### Tobacco Use

- The Crawford County Health Department addresses second hand smoke in public buildings.
- Four times each year law enforcement personnel target underage sales (\$1,000 fine).

### Heart Disease/Stroke

- Health Department wants to find ways to identify high blood pressure outcomes.

### Nutrition & Overweight

- Farmer's Market, Food Lover's Club
- Suggest "What's for Supper?", or "Mother's Club" to help educate families on good nutrition.

Cinda