

Southern Kennebec Healthy Start

Our next meeting will be June 11@ 7:30 at the new SKCDC Office , Child Care Options conference room; Maine Avenue Farmingdale.

(2nd Thursday of each month unless otherwise noted)

1. **Financial Statement review - Pam**
2. **Mini grant Implementation**
 - a. Community Garden
 - b. How to Tips
 - c. Discovery Pass for Homeless Shelter
3. **Other**
4. **Next Steps**

May 14, 2009 Meeting Notes

CHILDREN ENTER SCHOOL LOVABLE, CAPABLE, HEALTHY AND SECURE

Healthy Start Present: Pam Morin, Mark Rains, Brandon Turner, Nancy DeSisto, Joanne Joy, Karen Tucker, Kate McLinn, David Whitestone, Becky Dick

A. Member follow up comments on 4 30 conference

- good energy
 - willing to talk with one another
 - worthwhile
 - good to get together—break isolation
 - healthy eating
 - breakdown of silos (e.g. connecting to physical health promoters/providers, connections between direct service providers and administrative personnel)
 - flexibility [willingness to change format]
 - mentoring—our social environment rubbing off
 - building a network to reach all home visitors
 - excited about resiliency [not written but remembered from discussion—formal and informal learning]
 - reflective supervision
 - learning network; learning chunks; driving framework
 - hard- to- engage families
 - resiliency
 - people from different organizations and different career stages]
- skills and knowledge development (not transfer)
- do minigrants

B: future plans/next steps

- get together—what driving question consider inviting participating groups to attend our meetings from a rota
- using the web for our minigrants; use to get our resiliency how-to steps out to our participants and the world
 - kid pieces
 - literacy/the garden
 - 20 second videos for utube/visiting
 - invite Gardiner folks with whom we did early childhood gardening
 - 6 minute videos (flip somethings—the new teeny web-friendly cameras Joanne will soon have)
- how to work with Y
 - child care/garden for kids
 - Joanne has the link via a board member
 - our expertise re early childhood
 - helping low-income families to access the Y
 - early experience with new foods etc....

D. minigrant evaluations how did the minigrants work; impact on goals; how did we do and how did these projects support goals; self-monitoring re our process

overarching goal... CHILDREN ENTER SCHOOL LOVABLE, CAPABLE, HEALTHY AND SECURE

1. *Pass to discovery museum for homeless shelter....ask for list of usage and some anecdotes [and/or photos]*
2. *Community garden:* Idea is to provide a place for someone else to sponsor re garden: greenhouses, master gardeners
 - pictures, dvd's ; contact the extension
 - how does this project go beyond skcdc:
 - joanne's workplan: the intern piece (community health education requires internship and practicum) ...continuing to advocate for community gardens...she is going to build this into her workplan spring/fall; how do you help people get a community garden going how can you use it early education/young children/families increase curiosity; expose them to nature
3. *Resiliency/protective factors how-to list*
 - simple handout(s) re promoting resiliency for 0 -3
 - Brandon—red handout
 - post links to our resiliency how-tos
 - concrete/activity focused
 - our list needs to be in simpler, more concrete language than usually seen...maybe 5 points, preferably in sequence
 - consider a series that can be posted on the fridge
 - one side for parent action, brief why on the back

- companion set for home visitor will have larger explanation this is going with the idea of a half-sheet of card stock for each action, which can be held up with a refrigerator clip-on; alternative suggestion was actual refrigerator magnets
 - we were going to assemble \$100 worth
 - 5 tips
 - 1 summary sheet
 - magnets
 - mark is working on the conceptual over-view; nancy is sending him her cool list; mark will send his draft to david and kate, who will try to make it even simpler
 - significant past work
 - michael trout
 - sarah partridge