



Early Ages Healthy Stages Coalition May Meeting Minutes

Date: May 12, 2017

Time: 9:00 am- 11:00 am

Location: Collinwood Recreation Center

I. Welcome and Introductions	
Discussion Points	<ul style="list-style-type: none"> • We welcomed quite a few new faces from various backgrounds. Welcome to EAHS, our work grows stronger with each new person, experience and idea! • Thank you to Cleveland Recreation Department for hosting us in your beautiful facility. The Collinwood Recreation Center is home to a number of programs and activities for children, families, and seniors so that citizens of all ages can stay healthy!
Conclusion/Actions	<ul style="list-style-type: none"> • We are taking a break for the summer! Our next meeting will be September 8 at the Cleveland Clinic Crown Center Amphitheater in Independence. • If you are interested in hosting one of our monthly meetings, please let Camille know.

II. Coalition Updates	
Discussion Points	<ul style="list-style-type: none"> • Our last OHP trainings will take place at the end of June. We will take a break for the summer for data entry and program planning for the fall. Daytime training will be available to programs that are already involved in EAHS during July and August on a first-come, first-served basis. • Camille is offering parent night talks for centers and organizations on healthy eating, active play, and steps for lead prevention. Currently, we can do one parent talk a month for current OHP and/or EAHS centers and homes. If you are interested, contact Camille to get on the schedule. • While we are taking a break from our scheduled meetings for the summer, we are still available to participate in summer community events. Contact Camille if you have an event coming up for which you would like EAHS representation, health and wellness materials, or support in recruiting participant organizations.

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Conclusion/Actions	<ul style="list-style-type: none"> • Keep an eye-out for our yearly EAHS coalition member survey in July. We will also begin our monthly newsletter series with the help of our summer intern! If you have any events or updates to share with the group, please let us know.
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III. Group Work: Final EAHS strategies review	
Discussion Points	<ul style="list-style-type: none"> • After compiling all of the notes on the “Bringing Strategies to Life” exercise from the previous meetings, we realized that it was necessary to have the small groups review them one last time. We broke up into our small groups and reviewed our final drafts. Each group took time to make sure that their ideas were expressed in the way that they intended. This was a very meaningful way to make sure that we are communicating our plan effectively. • The overall consensus was that it was important to be explicit that, for the most part, we are not creating NEW programs or initiatives, but instead learning about what is currently happening, and working to build partnerships to elevate current work. We all agreed that it was important that our objectives were worded in a way that represents collaboration over competition and repetition. This shift in thinking alone has made the long process of strategic planning worthwhile.
Conclusions/Actions	<ul style="list-style-type: none"> • The outputs that are attached to this email are the original ones that were reviewed by the small groups without the edits from our 5-12-17 meeting. Please feel free to review your content area and provide any feedback to Camille. I will be making changes based on the suggestions from the May meeting and any electronic feedback during the month of June. A final strategic planning document will be ready for July 1. • Once the document is ready in July, I will be asking for volunteers to do a final round of editing. All editing done in July will be more along the lines of sentencing structuring, language, and grammar. We will not make any major strategic changes following July 1- so if there is something that you want to add or omit, please send it to Camille by the end of June.

IV. National Screen Free Week Debrief	
Discussion Points	<ul style="list-style-type: none"> • We identified National Screen Free Week as an opportunity to raise awareness about many of our key priorities: <ul style="list-style-type: none"> ○ Social emotional health- Turn off screens and increase family bonding! ○ Physical activity- Turn off screens and get moving! ○ Healthy eating- Instead of screen time, cook a healthy meal together or read a book about healthy foods! ○ Family engagement- Turn off screens and spend some quality time together! ○ Support for ECE providers- THANK your child's ECE provider for

	<p>reducing screen time!</p> <ul style="list-style-type: none"> ○ Health care- Learn about the health benefits of less screen time from your child's pediatrician! <ul style="list-style-type: none"> ● We spent some time reporting out on our efforts to celebrate Screen Free Week: <ul style="list-style-type: none"> ○ Joan Spoerl and Camille collaborated on an article that was posted as a blog on the EAHS website and as a Letter to the Editor in the Cleveland Heights Newspaper. ○ Our blog post and tweets were re-tweeted by National Screen Free Week and the Campaign for a Commercial Free Childhood, as well as local institutions. ○ Jill Lemmerman and Leroy Suarez from the Cleveland Recreation Department had youth sign pledge cards for the art department programs at all 22 Cleveland Rec Centers! They had a cell phone box for kids to use during their afterschool program, and provided materials to help kids think of things to do without screens. They attempted a dance-a-thon on the last day of Screen Free Week, but had some trouble with last minute planning. Next year we will be sure to support their efforts more fully to bring all of their great ideas to life! ○ Cheryl Johnson reported that Education with Imagination CDC uses no screens at the center, but during screen free week, worked with all children to increase physical activity and outdoor play. School Age children learned about Screen Free Week and information was sent home to the parents. Some families even reported going Screen Free at home, too! ○ Annie Stahlheber and Joan Spoerl celebrated Screen Free Week at home with their families. Joan put an emphasis on reading a lot more with great success. Annie noted that her kids loved the challenge and even came up with an idea to go screen free every Wednesday for “Wireless Wednesday.” Camille will be adding #WirelessWednesday to the EAHS hashtag rotation, too! ○ LesleyAnne Roddy sent screen free week materials out to the Ohio State Extension listserv through their monthly newsletter. ○ Maryanne Salib organized efforts to send pledge cards and parent information out to a Health Care Provider listserv connected to Case Western Reserve University.
<p>Conclusions/Actions</p>	<ul style="list-style-type: none"> ● We are so inspired by all of the work that we accomplished in just a few weeks. We will build on this momentum for next year. We will engage an ad hoc work group for planning in February 2018. ● If you did something to celebrate National Screen Free Week with you center, home, organization, or family- please let us know! This helps us track our progress for this year and create a baseline for next year!

V. Cleveland Recreation Pool Opening Ceremony event planning

Discussion Points	<ul style="list-style-type: none"> EAHS was invited to hold a community health fair at the Mayor's Pool Opening Ceremony by the Cleveland Recreation Department. The Recreation Department is currently working to offer more programs to children and families that go beyond sports and physical activity, something they are already experts in. They will include more social emotional health, literacy efforts, and family engagement opportunities at all 22 of their rec centers The Pool Opening Ceremony will take place at 12pm at the Greenwood Park Pool in Ohio City. EAHS organizations will have tables that include information, activities, and giveaways related to: healthy eating, physical activity in the summer, summer reading, health care use, and bike and helmet safety. The health fair will last from 11am-2pm. The invitation to participate went out the week of May 15th and all of the spots filled up quickly! If you would like to come, swim, and be a part of the day, the event is free and open to the public. We hope to see you there!
Conclusions/Actions	<ul style="list-style-type: none"> Camille is working on getting EAHS included in at least one summer event in July and August. We will be sending out invitations to participate as these events are available. If you have an event coming up that you would like EAHS to participate in, please let us know. If someone is not available, we can always send materials!

VI. Next Meeting	
	September 8, 2017 Cleveland Clinic Crowne Center, Independence
	<p>While we will take a break from meetings for the summer, we are open for opportunities to participate in summer events and meetings. There may be opportunities to participate in ad hoc workgroups or calls/webinars based on planning needs. Please read our summer newsletters and let us know if there is any way that we can support your summer programming!</p>

Minutes Prepared by: Camille Verbofsky