

FCS Advisory Council Meeting
November 2, 2006
10:00 a.m. Concordia Parish Extension Office

The meeting was opened by Terri Crawford, Extension Agent, who welcomed members present. Introductions were made by each attendee: Patsy White, Maude Pollard, Evelyn Fairbanks, Amanda Taylor, Liz Brooking, Nancy Anders, Angela Hayes, Marjorie Bowman, Beverly Harris, Samantha Davis, Rosetta Griffin, Tanja O'Steen, Addie Hooper and Extension Agents, Terri Crawford and Kim Evans.

Terri discussed a few of the previous year's projects of FCS Extension programming:

- ✓ Targeting childhood obesity were Delta HOPE at Ferriday Upper, Ferriday Lower & Vidalia Lower Elementary schools, and Smart Bodies at Monterey, Vidalia Upper & Huntington (hope to get Ridgecrest on board soon).
- ✓ Bone Density Screening were offered through the hospital
- ✓ Kim's programs----Child Care Provider Training & Parents Preparing for Success which are for OFS clientele
- ✓ Terri also held programs at the Library on Heart Disease in Women and Identity Theft; presented a Caregiver's Program and was able to help 25 people; Polly Miley has started a support group for Caregivers and it meets at Promise Rehab.
- ✓ Extension also helped a great deal with Hurricane Victim Relief

Evelyn Fairbanks discussed the Concordia Parish School System's Wellness policy; this action was mandated by federal law and a model program for each school system had to be in place by 7/1/06. The Concordia policy has been adopted; they are required to form committees which must include specific groups within community, such as extension, and then a formal action plan will be developed. More legislative action will be forthcoming to finalize the exact criteria.

The wellness program is broad based. It does not cover just food service, but it covers all curricula areas, school activities, etc. where access to cokes and unhealthy snacks will be eliminated; date for all of this to be in place is unknown and we don't know what agency will oversee the program, but it will likely be done within the State Board of Education; there is a 2 year phase-in period; this will give the schools who have contracts with various soda and snack vendors to allow the contracts to expire and not be renewed unless vendors comes on board with this new program.

Members present ask questions about whether or not P.E. was still required in the schools. Per Nancy Anders, most of the focus seems to be on testing, but that lower elementary students were required to have 120 minutes of activity per week. It was also mentioned that all the students need more activity to help counter obesity and it was mentioned that the Take 10 Program was helping meet that requirement.

Mention was made that some kids were not participating in P.E. because they could not afford to buy their gym clothes. Anyone who is not living in a parent's home is considered homeless by the School System and they may qualify for various types of assistance. Beatrice Williams is the contact person for the School Board. The new Director of Academic Affairs, which would include P.E., is Paul Nelson and he would be able to address gym clothes.

Terri mentioned that for planning future activities, etc. Extension is now working off a "logic model" planning tool. She briefly discussed that model and how it affects programming for the next four years.

Members were then asked to consider what issues need to be addressed based upon parish needs in the areas of Nutrition and Health, Family Development and Family Resource Management. Members were asked to write issues on pieces of paper and Terri facilitated the discussion of the issues.

Issues that were brought forward by members and discussed by all in each area were as follows:

Nutrition and Health

Diabetic screening for children

Training on signs and symptoms of pre-diabetes and prevention methods (DEAR and Help A Friend)

Simple recipes that are cost effective for diabetics

Brochure that lists definitions of forms of sugars, fats, etc. that effect diabetes

Heart disease and hypertension – classes on eating right, exercise and cholesterol

Health Snacks – What they are and recipes for parents

Exercise encouragement – less video time

Business sponsored Walk-a-thon for all age kids with cash prizes

Kids wear pedometers may encourage them to get moving (Check on Pepsi-Co program for pedometers)

Food fair with lots of displays of nutritious foods and less healthy choices (My Pyramid Fair)

Lack of funds to get food for senior citizens

Family Development

Forum for parents and children to discuss problem issues (teach importance of respect and how to get along)

Divorce counseling

Early child development classes

Babysitting Certification (check with G. Boutwell about her program)

Grand-parenting (Check with S. Soileau about program possibilities)

Monthly classes for elderly on the care of children

Caregiver support and classes (Continue what was started)

Mental Illness – How to recognize sign of mental illness and sources of help

Mentoring program

Judges – evaluate juveniles when they enter the court system for mental and physical evaluation

Encourage family time – reading, nurturing, attention (Family Storyteller)

Social skills – social worker or school nurse in schools (Mississippi schools and VOA)

Family Resource Management

Providing and educating individuals basic work skills and interview skills

Drug Intervention programs to continue in middle/jr. high schools and high schools

Housing – more housing for elderly and affordable housing

Money management – how to plan for the month – elderly

Classes on money management, resources and time – O'Dare Hammett, Gladys Hawkins

Credit Score

Budgeting classes – make them exciting and advertise early

Debt reduction – target high school seniors who are getting credit cards

The meeting was adjourned at 12 Noon.