

Capital Area Collaborative

Tuesday, January 13, 2009 ~ 8:30 am to 10:30 am

DHHS

41 Anthony Avenue, Augusta

Conveners: Healthy Communities of the Capital Area (HCCA), Spectrum Generations, City of Augusta, United Way of Kennebec Valley

Present: Mary Frances Bartlett, City of Augusta Health and Welfare; Marie Bronn, Chateau Cushnoc; Martha Cushing, Spectrum Generations; Becky Dick, Healthy Futures; Steve Garascia, Public Health Nursing; Susan Garascia, Spectrum Generations; Laura Gottfried, Partnership for Healthy Aging; Jennifer Howe, Sexual Assault Crisis and Support; Brooke Jansen, Spectrum Generations; Joanne Joy, HCCA; Betty Pratt, Richmond senior Center; Janet Sawyer, MGMC Prevention Center; Barbara Srock, Richmond Senior Center; Holly Stover, DHHD; Karen Tucker, HCCA; Amy Wagner, HCCA

8:30-8:45	Welcome Introductions: Getting to Know Who is in the Room
9:00-9:15	Women and Heart Health: Amy Wagner, HCCA
9:15-10:00	Linkage Project: Holly Stover, DHHS
10:00	Announcements
Next Meeting:	March 10, 2009 – 8:30-10:00 AM 41 Anthony Avenue, Augusta, ME <u>ROOM C</u> (note room change)

MEETING NOTES

Welcome/Introductions: Getting to Know Who is in the Room: *Martha Cushing, Spectrum Generations*
Martha asked that those present briefly introduce themselves and their organization to the group.

Martha noted that Ruth St. Amand, who had been scheduled to do a short presentation of RSVP at HealthReach, was absent; presumably getting reading for a major January 19 event. Therefore the agenda was revised with the RSVP presentation moved to the March agenda.

Featured Presentations:

Women and Heart Health – Amy Wagner, Adult and Worksite Program Manager, HCCA
Amy reminded us that Friday, February 6th is National Wear Red Day, when Americans nationwide will show support for Women's Heart Health Awareness by wearing red.

Amy briefly outlined women's heart attack symptoms, noting they are significantly different from men's symptoms and, for that reason, they are often not heeded. She then played the Maine produced video; *Wisdom Gained from the Heart*. Any organization can receive a copy of this video and it automatically loops so it can be used in physicians' offices, for instance.

Signs and Symptoms of heart attack for women, both typical and atypical, follow:

- *Chest Pain, feeling of heaviness, discomfort or indigestion
- *Feeling weak, lightheaded, faint or anxious
- *Pain, discomfort or heaviness in arms or shoulders
- *Pain or discomfort in jaw, neck or back
- *Shortness of breath

There are many ways worksites can celebrate Heart Health Month in addition to wearing red on February 6, 2009. Other ways may include:

- educating employees about signs and symptoms of heart attack and stroke and when to call 911
 - through newsletters, bulletin boards, lunch and learns
 - during employee orientations and employee policy reviews events
- creating an emergency plans that deal with what to do in the event of someone experiencing any of the signs and symptoms of heart attack or stroke
- provide CPR and first aid training to employees
- install an AED and provide training to employees
- review medical benefits to ensure coverage for medications related to heart disease, cardiac rehab and aspirin therapy
- partner with your local Heart Safe Communities.

For more information on heart disease and women and heart disease contact Amy at Healthy Communities of the Capital Area, the local Healthy Maine Partnership, at 588-5019

The Linkage Project – Holly Stover, DHHS

Holly shared a PowerPoint presentation, Animal Cruelty and Human Violence, which outlined the connections between the two. She noted that today's focus was not on hoarding which has been in the news of late.

Some highlights were:

- 65% of people have pets
 - 47% consider them family
 - 51% consider them their pet
 - 2% consider them property
- In most states Animal Cruelty is a felony offense
- Pets are included in Protection From Abuse Orders in Maine
- The child abuse – animal connection: animal abuse and/or threat of same is used as a way to control/abuse the child
- The animal cruelty and domestic violence connection:
- Maine is a leader in acknowledging and acting upon the linking the two behaviors (Animal cruelty and human violence) this is evident by
 - Laws passed
 - Cross educating law enforcement and social workers and encouraging them to work together

Go to the website www.linkageproject.org to learn more about the project.

Announcements:

Martha Cushing, Spectrum Generations will be stepping down as a leader of this Coalition. She will be **Leaving Spectrum Generations at the end of the month.** HCCA will step in for the time being as the lead. *(Thank you, Martha, for spearheading this informational and networking group – we will miss you – and hope you find a reason, and a way, to return very soon!)*

Karen Tucker, HCCA: The Capital Area Collaborative webpage and links are live! Hosted by HCCA and updated by Karen. Please visit the site at <http://www.healthycommunitiesme.org/cac.html> and consider how best to use this resource for our purposes. Suggestions are welcome. Contact Karen at ktucker@mcd.org.

Joanne Joy, HCCA: HCCA is working with 211 to fill in some of the gaps related to services for Chronic Disease Self Management (CDSM) resources. All were asked to review whether their resources were already listed on 211. If not, HCCA would work with the organization to become a 211 resources.

Laura Gottfried, Partnership for Healthy Aging: Two items –

- There is a need for Master Trainers for Matter of Balance. Currently applications to be approved to be trained are available. A training for Master Trainers is taking place April 2nd and 3rd.
- Requesting partners for hosting Matter of Balance trainings. Please let Laura know more by February 2nd if you are interested.

Laura can be reached at gottfr@mainehealth.org

Amy Wagner, HCCA: There is a FREE training on February 4th from 8:30 to 10 a.m. on new no-cost Healthy Maine Partnership Worksite Wellness software. The training is at HCCA in Gardiner. Space is limited, so please contact Amy before coming. awagner@mcd.org

Jennifer Howe, Sexual Assault Crisis and Support: due to the closing of the Crisis and Support office in Waterville, SACS has extended their service area to include Somerset and Northern Kennebec counties.

Adjorn:

Martha Cushing closed the meeting at 10:00 a.m.

Minutes submitted by: Karen Tucker, HCCA 1/14/09

Please send corrections, comments to ktucker@mcd.org