

Minutes

McKean County Collaborative Board

Wednesday, May 6, 1:00-2:30

McKean County 911 Center, Smethport, PA

Attendance:

Jim Clark, Extension Educator, Penn State Extension

Joe DeMott, McKean County Commissioner

Betty Jo Wilcox, Strengthening Families Program, McKean County Family Centers

Casey Schillinger, Strengthening Families Program, McKean County Family Centers

Lisa Kray, Parent to Parent of PA

Nancy Chesnut, YWCA Victims' Resource Center

Annie Skraba, Northwest PA Area Health Education Center

Jim Keltz, McKean County Assistance Office

Debra Olson, PA Department of Health

Vickie Skvarka, PA Department of Health

Lee Sizemore, The Guidance Center

Tina Martin, CARE for Children

Discussion:

Guest presentation: Jim Clark, McKean County Cooperative Extension

- **Unwanted Household Medicines Collection Day** will be held Saturday, May 16, 8:00-noon at Bradford Regional Medical Center. Keep the medicines in their original containers and just black out personal information.
- **Composting Workshop** will be held May 13, 6:00-7:00 at the Bradford Library. Free composting bins will be given to participants.
- **Dog Obedience Classes** will be held May 26 at the SPCA in Bradford on May 26 from 5:30-6:30 and 6:30-7:30, and on May 27 at the McKean County Fairgrounds.
- **Tire Disposal Day** will be held at Edmond Chevrolet in Bradford on August 1 with \$.75/tire charged.
- **Deregulating Electricity Workshop** with Dr. Dennis Buffington will be held on October 29 at the Masonic Lodge in Bradford.
- **Overview of Water Contaminants** PowerPoint presentation was given.
 - Small trace amounts of pharmaceutical inputs are now found in water because new and improved testing can detect parts per trillion versus parts per million.
 - Sources of water contamination are excrement, flushing of unneeded/expired medicine, bathing and swimming and sewage discharge.
 - The results of this are found in altered aquatic organisms, antibiotic resistance and suppressed immunity.
 - A simple carbon filter on your home waterspout can filter out many contaminants. Further research in water testing is also needed.
 - Households can properly dispose of medicines by taking them out of their containers, mixing with coffee grounds or kitty litter, putting in a closed container and taking them to the landfill.
 - The FDA still recommends that 13 pharmaceuticals be toilet disposed because they are painkillers or controlled substances that should not be handled. Go to

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http://www.fda.gov/consumer/updates/drug_disposal062308.html#precautions for more information.

- Also, for further information contact Jim Clark at 887-5613.

Collaborative Board Website:

- Casey Schillinger gave an overview of the new Collaborative Board website found at www.mckeanfamilyresources.net. Improvements were made based on feedback from the Website Ad Hoc Committee. Website features are:
 - [Resource Directory](#): Options for viewing the McKean County Resource Directory include [Alphabetical](#), [Topical](#) and by [Downloading](#) it (pdf 828kb).
 - [Parent Resources](#): Contains links and documents with information helpful to families.
 - [PAYS Surveys](#): View the results of the most recent McKean County PAYS Survey as well as those from past years. This survey measures drug use and behaviors among teens in McKean County.
 - [Community Events](#): Contains a calendar showing community activities that the Collaborative Board is sponsoring as well as activities that members of the Board are offering to the community.
 - [Collaborative Board](#): This section has information about the McKean County Collaborative Board, including minutes of meetings.

Members are encouraged to use the Community Events page and enter activities they would like to publicize. Follow these steps.

1. On the Community Events page, click on Google calendar at the bottom.
2. On the right-hand side, enter:
Email: collaborative.board
Password: mckeancounty
3. Click on "create event" on the left-hand side
4. Complete the active boxes describing the event.
5. Click "save" at the bottom

- Community organizations that are not members of the Collaborative Board may also enter information, but they are asked to first contact lee@mckeanfamilyresources.net.

McKean County Resource Directory:

- There are still 16 boxes of the Resource Directories still left. Pick up copies at the McKean County Department of Health, 84 Boylston Street, Bradford, Monday-Friday, 8:30-4:00 (closed 12-1:00).
- Future editions may need to have a section listing volunteer opportunities.

Child Abuse Prevention Month Activities:

- Thank you to Northern Tier Community Action, Pitt-Bradford School of Social Work, McKean County Department of Human Services, Bradford Exchange Club and our Ad Hoc Committee who helped plan and fund activities.
- The newspaper ads, radio talk show series on WESB, the workshop at Pitt-Bradford called "Helping Families in Tough Economic Times" were a huge success. 49 people attended the workshop and the speaker was excellent. If anyone needs the sign-in sheets for this event, contact Lee.
- A survey will be emailed to members to complete so that we can grow the events bigger and better next year.

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2008-09 Strengthening Families Program Evaluation Results

- Survey results for the 2008-09 Strengthening Families Program were shared. 258 people graduated from the program. This count represented 108 families, 147 parents and 111 youth. To graduate, participants have to complete 5 out of the 7 workshops.
- The evaluation showed that parents increased stress management skills, communication of family rules and positive family communication. Youth increased their stress management skills, empathy toward parents, and peer resistance skills.

2009 Pennsylvania Youth Surveying

- Surveying of every 6th, 8th, 10th and 12th grader will be completed in all county schools in October and November 2009 using the PA Youth Survey sponsored by the Pennsylvania Commission on Crime and Delinquency.
- The survey will be shorter than previous years, and will help define youth strengths and problems. The information is used to draw down grant funds for several organizations in the county, and is used as a planning tool.
- Volunteers are needed to help monitor the surveying. Tina Martin volunteered one of her staff. If others can help please contact lee@mckeanfamilyresources.net.

Pennsylvania One Book events in April

- Thank you to all of the early learning programs that hosted book activities, and to “celebrity” guest readers who read the book “If You Were a Penguin” to young children in McKean County.

Collaborative Board Use:

- Members are reminded that the Collaborative Board is a resource to member organizations needing support letters for grants, for simple surveying or feedback, and for relaying information and announcements on events and issues.

Steering Committee: Next meeting is June 3, 4:00 at the State Health Center, 84 Boylston Street, Bradford.

Community Recognition:

- Congratulations to Mariann Kahle who was hired as the Wellness Coordinator at Bradford Regional Medical Center.

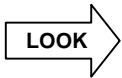
Member Comments and Announcements

- A Health Career Day will be held on August 12 in Clearfield, PA at no charge to students in grades 9-11. Contact the Annie Skraba with the Area Health Education Center at alskraba@nwpaahcec.org for more information.
- Bradford Regional Medical Center’s Wellness Department is sponsoring an Organic Farmers Market at BRMC June 16-October 21. More information will be forthcoming.
- If any organization that carries Highmark health insurance is interested in Lunch and Learns, Eat Well For Life Classes, or Personal Nutrition Coaching they should contact Mariann Kahle at 362-8383.

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- CARE for Children/Safe Kids Coalition announced a Helmet Awareness Day, May 29 5:30-7:00 pm at Hanley Park in Bradford, with free helmet distribution. Also they will host a Port Pool Day, June 1,1 in conjunction with the Port Allegany Rotary, where water safety information, food and a DJ are provided.
- Parent to Parent of PA announced that they have moved their office to Tionesta but their phone number remains the same.
- There was much discussion about Federal Stimulus money being release and that smaller counties have a huge disadvantage in responding to grants due to low person-power compared to urban areas, lack of adequate response time, and other rural hurdles.
- The Department of Health and Penn State Cooperative Extension reminded everyone to stay informed of CDC and emergency preparedness recommendations when responding to the Swine Flu.
 - <http://eden.lsu.edu/>
 - <http://cdc.gov/>

Future Collaborative Board Meetings:



- SAVE THE DATE!!! July 15, 2009, 12:00-2:00, Hamlin Lake Pavilion (summer picnic meeting)—**please note that this date is different from the previously announced date** because the park pavilion was not available the week prior. Please bring a dish to pass. You will get an email notice of your assigned food category.
- Sept 2, 2009, 1:00-2:30, 911 Center
- Nov 4, 2009, 9:00 a.m.-1:00 p.m., Penn Hills Club, Annual Meeting