



ACTION TEAM MINUTES



ACTIVE LIVING NETWORK

Date: September 26, 2019

Time: 10 AM - 11:30 AM

1. Introductions

Attendees present: Lisa Anderson (St. Joseph Mercy Oakland), Jacob Cutler (Macomb County Health Dept.), Emily Norton (Macomb County Health Dept.), Cristina Rau (City of Auburn Hills), Lindsay TerHaar (OCHD), Suzanne Weinert (OCHN), Amanda Woods (OCHD)

Introductions were made.

2. Review Meeting Minutes

Minutes were approved.

3. Housekeeping

- Amanda reminded partners the next meeting will be hosted by Ferndale Parks and Recreation at the Gerry Kulick Community Center. Date: November 14, 2019 from 11 A.M.- 12:30 P.M.
- Future Network meetings: The group decided to shift to quarterly meetings in 2020 and to continue to rotate meetings at partner sites. Amanda will send out the 2020 calendar and invites. The 2020 meeting dates will be February 11, May 12, August 11, and November 10 with set meeting time of 10- 11:30 AM. **Request: The network will need a meeting host for the May, August, and November 2020 meetings.**

4. Network Updates

- "Healthy Active Oakland" Facebook Group update: Oakland County will support the Facebook group and is currently being built by Oakland County IT. There will be a soft launch to allow the Facebook group to build membership and engagement. The members reviewed the group rules below. For feedback, email Amanda at woods@oakgov.com.
 - Group administrators reserve the right to remove inappropriate comments including those that are discriminatory, obscene or sexual in nature, threaten or defame an individual or entity, support or oppose political candidates or proposals, violate the intellectual property rights of another party, promote illegal activity or commercial products or services or are not related to the topic in the original posting.



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- Be Kind and Courteous: We're all in this together to create a welcoming environment. Let's treat everyone with respect. Healthy debates are natural, but kindness is required.
 - No Hate Speech or Bullying: Make sure everyone feels safe. Bullying of any kind isn't allowed, and degrading comments about things like race, religion, culture, sexual orientation, gender or identity will not be tolerated.
 - No Promotions or Spam: Give more than you take to this group. Self-promotion, spam and irrelevant links aren't allowed. Personal goods or services may not be sold for profit. *[Group members wanted to rework the language around promotion and spam since there may be posts that have event costs and fees yet still benefit the community-at-large.]*
 - Respect Everyone's Privacy: Being part of this group requires mutual trust. Authentic, expressive discussions make groups great, but may also be sensitive and private. What's shared in the group should stay in the group.
- Amanda reminded members to sign up for the ECHO Learning Collaborative on October 4th. All the ECHO action teams are convening for learning, network, and planning for future work.
 - Lindsay reported OCHD is preparing for the next Community Health Assessment cycle and asked how the network wants to be engaged. Members decided to be available during the process to consult on data, tools, and action-oriented items connected to the network.

5. Partner Updates

- Cristina: The City of Auburn Hills is hosting a health and wellness event on Monday, October 7th from 10 A.M. to 2 P.M. Additional details can be found on the expo's [website](#).
- Amanda shared Ferndale recently received recognition from the State of Michigan as a "Community for a Lifetime." [Learn more](#) about this designation and other recognized communities.
- Baldwin Center will be hosting community fitness classes in partnership with Interfaith Health and community partners. October 18th at 5:30- Bootcamp with Angela, November 8th at 10 AM – Zumba with Amy. Childcare will be provided for all dates and classes are free. Flyer is attached.
- Beaumont Health is establishing Healthy Communities, a place-based initiative in partnership with Beaumont, are mayors, and the public-school districts, in Oakland County. One was recently established in Farmington/Farmington Hills. Visit Beaumont's [website](#) to learn more



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about Beaumont's Healthy Communities initiative. Members also said goodbye to Becca who is taking on a new role with Henry Ford Health System.

- Macomb County Health Department is beginning their next Community Health Assessment. Jacob will be taking over the process as Emily is leaving Macomb Health Department for new role with the CDC in Atlanta.
- St. Joseph Mercy Oakland hosts free Matter of Balance classes to community residents, especially seniors, who are at risk of falling and related injury. The flyers with information and upcoming classes are attached.

6. Partner Presentation: Suzanne Weinert, Oakland Community Health Network (OCHN), gave a presentation about OCHN and gave attendees a tour of the facility, including their Wellness Center. Attached is the PowerPoint and video shown. OCHN provides public health mental services to people through a provider network. OCHN serves those who have an intellectual/developmental disability, adults with a mental illness, children with serious emotional disturbance, and persons with substance use disorders. OCHN exists to ensure that these individuals are made aware of and have accessibility to services and supports that will improve their health and quality of life, as well as ensure their engagement in full community participation.

Next Meeting:

November 14, 2019
11:00 AM – 12:30 PM
Gerry Kulick Community Center
1201 Livernois Street
Ferndale, MI 48220