

Cambria County Health and Welfare Council
Wednesday, January 4, 2023 – IN PERSON & VIRTUAL

In-Person Attendance (members who signed-in): Bethany Rietscha (PA Link), Jeff Vaughn (CAPCC), Maria Bradley (Conemaugh, MARC), Tom Chernisky (Cambria County), Helen Cannonie (Alleghenies Unlimited Care), Dan Hockenberry (Alleghenies United Cerebral Palsy), Jessica Nickel (CCCDC), Brian Goughnour (Communities in Schools/CCCDC), Amy Bunn (1889 Jefferson Center for Population Health), Mike Alberts (Johnstown Housing Authority), Bridget Hall (Penn Highlands Community College), Kristen Villarrial (Cambria County Backpack Project), Kathy Samay (PA Career LINK, Cambria County), Chelsey Novak (Pittsburgh Food Bank), Theresa Wolf (PMSC AmeriCorps), Nicki Sliko (Learning Lamp), Naomi Paluch (Cambria County Drug Coalition), Sue Pratt (Dept. of Health – OHE), Shemariel Gray (CASA), Jes Phillippi (Beginnings, Inc.)

Virtual Attendance (via Zoom Link): Jennifer Jones Spratt (Highmark Wholecare), Sam Serrano (Pittsburgh Food Bank), Ethan Merrill (The Learning Lamp), Bethany Blosky (CTC), Catherine Monk (Nulton Diagnostics), Antoinette Orlosky (CTC)

Meeting Introduction: The meeting started at 8:35am with a 2023 New Year’s welcome from CCHWC President Bridget Hall.

Minutes Approval: Bethany Rietscha motioned to approve the December 7, 2022 meeting minutes; seconded by Jeff Vaughn

Treasurer’s Financial Report: Treasurer’s report provided by Mike Alberts; account currently has \$4156.76. Chelsey Novak motioned to approved Treasurer’s report and seconded by Dan Hockenberry.

Agency/Organization Updates: Each member was able to provide an update on current happenings/events at their organization. The following updates where shared:

- Community Action ([CAPCC](#)) (Jeff Vaughn): Jeff is retiring in June after 12 years with the agency. We wish him well in retirement! CAPCC is seeking a replacement for his role.
- PA LINK (Bethany Rietscha): Hosting first in-person training on 1/24/23 from 1:30pm to 3:30pm at Community Choices Building (119 Jari Drive). Flyer attached in meeting minutes and additional information here: <https://www.eventbrite.com/e/healthy-boundaries-why-its-important-and-how-to-make-it-work-for-you-tickets-473506519747>
- Conemaugh [MARC](#) (Maria Bradley): Hiring certified recovery specialist. Providing presentations to reduce stigma.
- AmeriCorps (Theresa Wolf): Shorter grants are available for spring or summer interns. Looking for speakers for end of year training.
- Learning Lamp CBITS (Nicki Sliko): Busy scheduling and screening kids for spring semester. Working with the same schools, but adding more kids – a positive step!

- CC Drug coalition (Naomi Paluch): Smoking cessation classes are forming now in the community. If your organization is interested in hosting one or a workplace class, reach out. Also have a youth advisory committee – teenagers 13-17 – that are interested in getting involved in the community – focus is on mental health stigma and substance use disorder
- PA Career LINK (Kathy Samay): new initiative to send representatives to an event, target food banks – would fill out assessments to see if they are a match and for career planning
- Alleghenies Unlimited Care (Helen Cannonie): Hiring Activities Coordinator and Direct Care Workers
- Alleghenies United Cerebral Palsy (Dan Hockenberry): was able to help 6 families through their holiday blessing program.
- 1889 Jefferson Center for Population Health (Amy Bunn): Continue to accept referrals for pregnant women with Medical Assistance. Looking for a local food systems coordinator – information is on Indeed or call for more information
- Communities in Schools (Brian Goughnour): Welcomes flyers for agencies for when they provide resources/presentations to families
- CASA (Shemariel Gray): Rebranding (from CASA Cambria – Somerset Counties) to CASA Laurel Highlands. Are looking to collaborate with other local organizations. Next volunteer training: February 23 – March 16; reach out if you wish to volunteer
- Department of Health (Sue Pratt): COVID vaccines and test kits available. Continue to test to treat.
- Penn Highlands Community College (Bridget Hall): Still enrolling for spring, starting on the 17th
- Cambria County Backpack Project (Kristen Villarrial): pack every Monday at 4pm, it is a great team building activity for any agency that needs community service or team building hours.
- Johnstown Housing Authority (Mike Alberts): Wellness Wednesdays continue to be hosted throughout housing locations
 - Link here for dates and locations:
 - <http://jhaonline.org/wellnesswednesdays2022.html>
- Pittsburgh Food Bank (Sam Serrano): Same replaces Keelan McDonald – looking forward to meeting and working with everyone
- Highmark Wholecare (Jennifer Jones Spratt): Continuing to do Health Programming in 2023 in Cambria County – if anyone has any events where table vendors are needed, send them my way!
- Cambria County (Tom Chernisky): State of County review at end of December
 - County has improved fiscal status (taxes down)
 - Commissioners host public meetings throughout the year.
 - Dates can be found on website:
 - <https://www.cambriacountypa.gov/commissioners-office/>

Announcement 1: Leadership team is currently planning 2023 meeting speakers – **if anyone has topics you would like to learn about, or if your organization would like to present, please email both Bridget & Kristen.** There are speaker openings beginning in April.

Announcement 2: The leadership team 2nd VP position is still open – hoping to have role filled ASAP. If you would like to nominate someone OR if you yourself are interested, please email Bridget for consideration. We hope to have a vote at the February meeting. *Note: the 2nd VP is a treasurer back up, there is little time commitment, and you may need to sign some forms.* Current committee term is up at the end of this year. In November, there will be elections for the 2024-2025 Leadership Team. **Please reach out to Bridget with any questions or if you have interest in the position.**

Announcement 3: All CCHWC Memberships will be due in June of 2023. Stay tuned for more information, and **if you have any questions about your membership status, reach out to Mike.**

Announcement 4: It's only the start of the year, but **planning for the Fall 2023 "Wellness Event" will begin this spring.** A meeting date is currently being determined. **If you would like to be on this committee, email Jen.**

Announcement 5: The CCHWC gives out an annual scholarship for a student pursuing a degree in the health sciences. Scholarship information goes out in March/April. **If you would like to be part of the committee to review applications, reach out to Bridget.**

Meeting Adjournment: Meeting ended 9:15am. Motion to adjourn by Theresa Wolf. Bethany Rietscha seconded the motion. See you next month!

Next Meeting: Wednesday, February 1, 2023 at 8:30am at Alleghenies Unlimited Care Providers Community Room (119 Jari Drive, Johnstown). A Zoom link will also be available and sent prior to meeting for those who wish to join virtually.

Minutes Submitted By: Jennifer (Jones) Spratt