**Cambria County Health and Welfare Council**  
**Wednesday, September 7, 2022**

The meeting was held virtual via Zoom

**Attendance:** Katie Mullins (Peerstar LLC), Bridget Hall (Penn Highlands Community College), Kristen Villarrial (Cambria County Backpack Project), Abby Gerlach (Cambria County Backpack Project), Allie Byers (1889 Jefferson Center for Population Health), Jeff Vaughn (CAPCC), Mike Alberts (Johnstown Housing Authority), Chelsey Novak (Pittsburgh Food Bank), Catherine Monk (Nulton Diagnostic and Treatment Center), Jodi Russo (Goodwill of Southern Alleghenies - YouthBuild program), Jennifer Jones Spratt (Community Engagement for Highmark Wholecare), Nicki Sliko (The Learning Lamp), Dan Hockenberry (Alleghenies United Cerebral Palsy), Ethan Merrill (The Learning Lamp), Susan Pratt (PA Dept of Health), Theresa Wolf (PMSC AmeriCorps), Shemariel Gray (CASA), Heidi Niebaeur (Magellan Behavioral Health), Nichole Rousell (CCDC), Shasta Wagner (Cambria County Child Development Corporation), Tim Grose (Communities in Schools), Mary McCoy (Cambria County Prison), Natalie Kauffman (Cambria County Drug Coalition), Lisa Fellabaum (Catholic Charities), Bethany Rietscha (PA Link Coordinator), Leah Johncola (Cambria County Library), Marlene Singer (Roxbury Place Apartments/The Learning Lamp and Windber Medical Center), Sara Pfeil (Case Management and Maternal Addiction Resource Center @ Conemaugh), Kendra Dwire (Richland Family Health Center), Bethany Rietscha (PA Link Coordinator), Jim Redmond (Cambria Reach)

**Meeting Introduction:** The meeting started at 8:32am. Bridget Hall welcomed the group to the meeting.

**Meeting Minutes:** Jeff Vaughn made a motion to approve the August 2022 minutes. Mary McCoy seconded the motion. All present in favor.

**Fiscal Report:** Michael Alberts provided the fiscal report. The account balance is $5,060.76. Mike noted that CCHWC memberships and sponsorships for the October 22 Event have been coming in. There will be additional information provided at the next meeting. Jeff Vaughn made a motion to accept the treasurer’s report. Dan Hockenberry seconded the motion. All present in favor.

**Wellness Event Update:**Katie Mullins provided updates on the “Wellness Doesn’t Have to Be Scary” event planned for **Saturday, October 22, 2022 from 10am-2pm** at the Johnstown High School.

* Event is in collaboration with the Suicide Prevention Taskforce.
* Planning committee has been meeting to plan the marketing, registration, sponsorship, etc. components of the event.
* A big need continues to be sponsorships…
  + Transportation is settled – a big thank you to Allie and the Jefferson Center for Population Health – CamTran is willing to do a reserve a ride and flyer will have a QR code to reserve a ride that day! Can pick up at the house or at a neutral location.
* If you are part of the CCHWC, you get a FREE table. We hope you’ll join us!
* Registration is due on Friday, September 9 – **still taking registrations & sponsorships!**
  + Online registration link: <http://www.cambriacountyhealthandwelfare.org/wellnessfair>
* A sponsorship package with information was passed around to attendees, and is also attached to this email.

·         Encouraging kids to come in costume – there will be prizes AND a bouncy house! Vendors are also encouraged to bring candy or a healthy snack.

·         Workshops will be in classrooms – each workshop will be 15 minutes to give an overview of what you’re doing. Will refresh every 15 minutes – to learn more and explore more. Hoping to have about 5 workshops and they will be on a rotating schedule and same workshop will be given multiple times.

·         A Facebook event has been created (<https://www.facebook.com/events/1465979280500038/>) and flyers will go out in the community in September/October. Stay tuned!

**Organization Updates:**Each member gave an update on current happenings/events at their organization. The following updates where shared:

·      Bill Kurtz: no updates

·      Abby Gerlach: First CCBP packing is on Monday, September 12. If you would like to sign up your organization or agency to come and pack, let Abby or Kristen know. Also, for $200 a child can be sponsored for a year.

·      Allie Byers:no major updates, though always accepting referrals for the CHW program.

·      Tom Cherinsky: Cambia County is always hiring people and can apply online. Also updated that they are working on a loop trail groundbreaking for 3-mile stretch – got another $1million in grant funding to finish the trails next year.

·      Bethany Rietscha: new PA Link coordinator, working with the community. Welcome to the group!

* Catherine Monk: no updates
* Chelsey Novak: no updates
* Chrystal James: first time attending meeting – welcome!
* Dan Hockenberry: Reminding everyone about the upcoming murder mystery dinner party on Jari Drive on November 5, tickets $35 each. Looking for sponsors. If need more information please reach out.
* Ethan Merrill: no new updates, but noted that September is Fetal Alcohol Month (Marlene provide more info below) – aim to bring awareness to this health topic.
* Marlene Singer: The Learning Lamp has 2 different presentations “Understanding What FA Is” and “Strategies to Help Understand these Children and How their Brain Works” … presentations are available year-round, but a focus in September. Also, are launching a 3-series video with alcohol and pregnancy.
  + (other hat) Roxbury Apts Service Coordinator – looking for pamphlets or a presentation always open to that. Windber has developed a relationship with India Medical Center – truly a collaborative effort to open an orthopedic center in Richland. Combining services so people can get the best of both services in one place.
* Heidi Niebauer: September is Recovery month – mental health and substance use. Walk chair for Suicide Prevention Task Force – date is Sept 17 out of the darkness walk – can join a team or create a team. Will be resources tables. Recovery in the Valley at Roxbury Park on September 24, 1-5pm will be a shuttle from downtown Central Park to Roxbury park. Food fun, music, resource tables. MY LIFE is still running in person. Second Tuesday of the month – the 13th from 6-8pm.
* Jeff Vaughn: Board meeting today at 4:15 and then agency banquet for employees and board. Looking forward to a nice evening.
* Jim Redmond: No updates; noted that there is no timeline yet for walk-in clinic.
* Jodi Russo: the YouthBuild program – youth age 18-24 and are looking to earn their GED as well as career – have an orientation next week. Can direct to Jodi for intake. Do need to live in a Johnstown zip code.
* Katie Mullins: Peerstar is changing a few things, but CRS services are in Somerset and Bedford – next month will learn more. Always hiring in Cambria County (lived experience with mental health, doing well in recovery, looking for a way to give back) … dual diagnosis program peer-to-peer recovery, are taking referrals in Cambria County. (website: [Https://www.peerstarllc.com](https://www.peerstarllc.com/))
* Lisa Fellabaum:  no updates
* Mary McCoy: no updates
* Mike Alberts: no updates, but noted that JHA started working with Natalie & team for smoking cessation programs
* Natalie Kauffman: hiring an onboarding staff – Nikki Rousell is new, lots of exciting things happening. Been partnering with Highlands Health for Narcan training. Now that back in person, have 1 training for Narcan Administration and TOT – in-person training tomorrow in portage – chat in the website. And then on Friday doing a distribution event from 4-7pm. locations in downtown, forest hills and portage, all flyers on the website. Will continue to have more trainings in the future. Recovery in the Valley – still taking registrations for a resource table. Upcoming events: <http://www.cambriacountydrugcoalition.org/upcoming-events/>
* Nicki Sliko: have groups already scheduled for the fall, are having a training session on October 3-4 to training community and school organizations for anyone to facilitate this program. It is free. Reach out to Nicki with questions.
* Sara Pfeil: Conemaugh brought on a new patient navigator, still looking for a part-time AA and a FT social worker – can go to Conemaugh website to look at opportunities. COVID his positivity rates, not seeing a spike in in-patient (less than 10%), but still affected with quarantines of staff and other challenges. (additional information: Maternal Addiction Resource Center 814-534-MARC (6272) / [https://www.conemaugh.org](https://www.conemaugh.org/) for career information in Case Management and MARC)
* Shasta Wagner: no updates, but reminder that still have operation diaper delivery with United Way – last Tuesday of every month 9am-2pm that those are still happening.
* Shemarial Grey: no updates
* Susan Pratt: pending news with new vaccine – more info next month.
* Theresa Wolf: excited about opportunity to service at the flight 93 memorial for September Flight 93 – making it a day of service – Theresa would love to share. So many AmeriCorps members – looking for a great way (12,000) would love to partner with agencies on that.
* Tim Grose: no major updates with Communities in Schools, school is off to a great start, hopefully more news to come with events in buildings.
* Kristen Villarrial: follow Facebook group for hunger action information, groceries are up 10% this year and many local families are struggling – very important

**Adjournment:** Catherine Monk motion to adjourn meeting. It was seconded by Tammy Garrett. The meeting adjourned at 9:21am.

**Next Meeting:** Wednesday, October 3, 2022 at 8:30am at Alleghenies Unlimited Care Providers (119 Jari Drive, Johnstown).

**Minutes Submitted By**: Jennifer (Jones) Spratt