



School Health Advisory Committee (SHAC)
Community Meeting Minutes

Florida Department of Health in Seminole County

November 19, 2020 • 2:00-3:10 p.m.

Virtual

Purpose: SHAC's Mission- To facilitate the partnership between our community partners, schools, parents, health & business leaders and promote the implementation of a comprehensive school health approach.

ATTENDEES: Gigi Rivadeneyra, Stephanie Jackson, Richard Miles, Josefina Palau, Herronda Mortimer, Von Nguyen, Verlese Pender, Karen Henry, Melissa Williams, Sarah Wright, Mary Lane, AnaLynn Jones, Leticia De Jesus-Ulate, Coleen Gonzalez, Dr. Morris, Saadia Rehman, Cynthia Johnston, Rick Francis, Courtney Doluce, Katie Reeley, Dawn Bontz, Kevin Baker, Martha Santoni, Rebecca Williams, Henenisha Williams, Kelly Rogers, Suzanne Leibkuchler, Yvette Gomez, Gladys Agudelo, Jackie Allbritton, Deloris Hunter and Gwen Henderson.

Topic	Discussion/Speaker	Action Item/Notes/Deliverable Date
Welcome	Call to Order Stephanie Jackson, Coordinator of Medical and Health Students Services, Seminole County Public Schools and Gigi Rivadeneyra, School and Teen Outreach Program Manager, Florida Department of Health in Seminole County – Co-chairs <ul style="list-style-type: none">Participants were reminded of typing their names and organizations in the chat box for attendance purposes.	Minutes reviewed. Corrections requested.
Guest Presenters	Mindfulness Exercise- Christine Monseliu, Seminole County PTA, Community Liaison Christine guided the group through a mindfulness exercise. She reminded the group of the importance of taking a few minutes daily to practice gratitude, deep breathing activities, perform some simple stretching exercises, these activities could be done at a desk and can help our emotional and physical wellbeing, especially during the pandemic.	Christine Monseliu Seminole County PTA christine.monseliu@sccpta.com

Blood Donation during COVID-Katie Reeley and Rebecca Williams, OneBlood

Katie Reeley presented about OneBlood, a not-for-profit blood center which is the second largest blood center in the US, we cover Georgia, Florida and North and South Carolina. OneBlood is responsible for providing safe, available and affordable blood to more than 250 hospital partners and their patients. OneBlood has supported the Central Florida Community through various disasters, including hurricanes and the tragedy at the Pulse club. Blood products are also used to support cancer, heart surgery and burn patients.

During the COVID-19 crisis the bank has reduce the number of patients being seen on the bus at one time, to reduce the risk of exposure. Staff temperatures are monitored daily prior to each shift. The donor's temperature is checked before entering the bus. All equipment /beds cleaned between each donor. Masks are required for staff and donors and PPE worn by all staff. Due to Covid there has been a decline in donors due to people being apprehensive about being out in public, but hospital needs have not declined. Blood is often transfused within 2-3 days of donation and the need is constant.

OneBlood also participates in the development of convalescent plasma for the treatment of COVID-19. COVID-19 convalescent plasma is plasma collected from people who have recovered from COVID-19. People who recover from COVID-19 have developed antibodies to the coronavirus that remain in the plasma portion of their blood.

OneBlood is continuously looking for partner sites to host the Big Red Bus. Schools, businesses, religious organizations and community gathering, big events are great candidates to host a Blood Drive. Please contact Katie Reeley or Rebecca Williams if interested.

RUN to GROW Central Florida-Coleen Gonzalez, Founder and Executive Director GROW Central Florida

Colleen Gonzalez shared information about their upcoming virtual run, *Run to GROW*, which is an all-inclusive cross-country running program that is parent lead. The objective is for students and adults to increase and improve their physical activity by running or walking. *Run to GROW* will provide weekly training plans and content that will engage the caregiver in positive, quality one-on-one time with their students, while children set a personal record for themselves during the 2020-2021 cross-country season. Cost for children is \$15 and for adults is \$20 and funds support scholarships for students in need who wish to participate. Registration for this program is open thru February.

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Register for Run to Grow at:
www.RunSignUp.com
Event: Run to Grow

	<p>Diabetes Resources – Herronda Mortimer, Florida Department of Health, Health Education</p> <p>Herronda shared that in Florida there are nearly 6 million adults with blood glucose levels that are higher than normal but not yet in the diabetes range. It is estimated that almost 2 million people have been diagnosed with diabetes and over half a million more have diabetes and do not know it.</p> <p>There is not a cure yet for diabetes, but a healthy lifestyle can reduce its impact on your life. A blood test from your health provider can determine if you have diabetes. Early treatment can prevent serious problems, such as loss of eyesight, limbs and kidney damage.</p> <p>The Florida Department of Health in Seminole County is offering Diabetes Prevention Education at the Sanford location and is now enrolling participants for this free program.</p> <p>DOH-Seminole is also offering Diabetes Self-Management Education (DSME) for individuals that have been diagnosed with diabetes. DSME consists of 10 hours of individualized instruction provided by a healthcare professional, such as a nurse or a dietician, who has received continuing education in diabetes. <i>To view a short video about the Diabetes Program please visit: https://www.youtube.com/watch?v=fA5DPOUDMs</i></p> <p>Tobacco Program Updates and Worksite Resources- Deloris Hunter, Tobacco Prevention Program, Human Services Program Specialist</p> <p>Deloris shared the Tobacco Program in Seminole County provides free worksite assessments to help workplaces implement smoke free policies or tobacco free policies. The assessment takes 15 minutes to complete and is in a survey format. Deloris requested the help of the members to share this information among community partners who they know who may be interested. Deloris will be sharing the survey via e-mail and survey may be returned to Deloris after completed.</p>	<p><i>Herronda Mortimer Diabetes Prevention Coordinator Florida Department of Health- Seminole County P 407-665-3011 E-mail: Herronda.Mortimer@flhealth.gov</i></p> <p><i>Emily Haller Diabetes Education Coordinator Florida Department of Health- Seminole County P 407-665-3339 E-mail: Emily.Haller@flhealth.gov</i></p> <p><i>Deloris Hunter Human Service Program Specialist Tobacco Prevention Specialist 407-665-3690 Deloris.hunter@flhealth.gov</i></p>
<p>Round Robin</p>	<p>Mary Lane provided an update on Go Noodle</p> <p>Mary Lane shared that through a collaboration between Seminole County Public Schools and DOH-Seminole, 13 Title I schools have access to Go Noodle, an interactive virtual program which encourages physical activity among elementary school students, during the school day. Teachers can log in and access short videos with activities 2, 3, 4 minute long, to best suit their age groups and student population. Currently 254 teachers have accessed the program and students have done a collective 55,000 minutes of activities. Mary Lane thanked participating schools and administrators, teachers, and Gigi and her staff for helping the schools secure the funding and access to the program. The teachers</p>	

	<p>are even including it in the lesson plan for grades (K-5)</p> <p>Kevin Baker updated the group on the COVID-19</p> <p>Kevin informed us that the COVID-19 infections are rising. In September we averaged about 20 cases per day in Seminole, whereas now we are seeing between 90 to 120 cases per day. As the community is trying to resume normal activities and the holidays approach, more cases are anticipated. Kevin reminded the group to continue to maintain social distancing, hand washing, wearing masks, avoiding unnecessary travel continues to be the best way to protect the school community. Two vaccines will be available soon in the US manufactured by Pfizer and Moderna, following completion of clinical trials. Those more vulnerable for complications will likely be prioritized to receive it first. There are concerns regarding vaccine safety, however public health systems would not recommend any vaccine that is not safe or effective.</p> <p>*Upcoming SHAC dates:</p> <ul style="list-style-type: none"> ➤ Feb. 18, 2021 ➤ April 22, 2021 	<p><i>Please submit any speaker suggestions or upcoming event information Gigi Rivadeneyra</i> Giria.Rivadeneyra@flhealth.gov</p>
<p>Meeting Adjourned</p>	<p>3:09pm</p>	