

The Rolette County Wellness Coalition met Thursday August 15<sup>th</sup>, 2013 at Rolette County Public Health office. Kimberly Samuelson, Barb Frydenlund and Judy Martinson were present. Judy gave approval of the July minutes with one correction. It is "the first week of August is the National Breast feeding week.

No Old Business.

No New Business.

Committee Reports:

Nutrition/Fitness: Karen Armstrong was absent but she had reported that she did programming at St John and Dunseith Senior Centers promoting healthy food choices at farmer's market and at the Wellness conference. Karen is looking to begin booking schools for lessons.

Kimberly Samuelson reported there 200 participants at the fun run for the Rolla Centennial. Zumba classes are ongoing. There has been a poor response to the water classes due to the water being so cold. Barb will check into water safety "Kids don't float" classes. This is thru the Core of Engineers from Valley City. It is for children grades 4-6 and could be part of children's health fair and/or summer school etc. It was also mentioned that at Microcap, they would like to do so something like Zumba

Tobacco & Other Drugs: Judy Martinson reported that there has been a problem as far as getting the smoke free signs up at the Rolla parks and Mae Murphy contacted to deal with the issue. Also talked to the manager-Mark Boucher about the 4-4plex apartments in Rolette. He wanted information to send to his boss and would like them to be smoke free. He has one building he hopes to keep that way, so instructed him the words "no smoking" needs to be added in the signed lease etc. Also a new duplex in Rolette they are hoping to have smoke free and talked to Gary Linson about verbage on the signed lease contract. Menthol cigarettes are a huge issue in America but in Europe they voted to ban flavored/menthol cigarettes as well as slim cigarettes.

Tennessee wants to start selling electronic cigarettes to their inmates and the money generated would help pay for officers policing the jails etc. Judy has been in contact with Tennessee suggesting they don't do that and the reasons why. Also the way North Dakota made electronic cigarettes a part of the ND law and our Comprehensive Tobacco Free school policy that the schools are implementing.

Emergency Planning: Barb reported the flu season is coming up. The H0M7 variety of flu is in China. There are 16 cases in North Dakota and has been one death. There is an outbreak of Hepatitis C in Ward County. All three are over the age of 60.

Health/Wellness/Occupant protectant:

The Wellness Conference was at the Sky Dancer last week. There is a Regional Senior Quorum tomorrow (Friday, August 16<sup>th</sup>) in Devils Lake. Barb and Kimberly are both presenting at the Quorum.

Judy Martinson  
Acting Secretary

