

Stamford School Readiness Council
Health & Wellness Committee Meeting
Monday, September 12, 2011
12:00-1:00 p.m.
Stamford Hospital, 1st Floor Conference Room

MEETING SUMMARY

Attendees

Dr. Madhu Mathur; <i>Chair, Health & Wellness Committee</i>	Director KIDS' FANS Wellness Program; Medical Director, Regional Medical Home Initiative, Southwest CT, Stamford Hospital and Chair, Obesity Task Force, Stamford
Jody Bishop Pullan	Dental Case Manager, Health Department, City of Stamford
Karen Brennan	Stamford Discovery Coordinator, United Way of Western CT
Dr. Anne Brewer	Associate Director, Family Practice Program, Stamford Hospital
Jennienne Burke	Health Educator, Care to Care (Family Centers)
Lucia Cook	Volunteer/Outreach Coordinator, Literacy Volunteers Stamford/Greenwich
Bridget Fox	Chair, Stamford School Readiness Council
Adele Gordon	Director, Fairfield County, Community Health Center, Inc.
Kerri Hager	Health Educator, Health Department, City of Stamford
Patricia Lamothe	Inspector II, Health Department, City of Stamford
Pat Malloy	Instructional Coordinator, William Pitt Child Development Center
Karina Reininger	Dental Health Care Specialist, CT Dental Health Partnership
Dr. Debby Schreiner	Instructional Coordinator, William Pitt Child Guidance Center
Dr. Helene Strazza	Pediatric Dentist, All About Kids Pediatric Dentistry
Ellen Swan	Early Childhood Consultation, Mid-Fairfield Child Guidance Center
Lisa Zarny	Clinical Nutrition Manager, Stamford Hospital

Guests

Measi O'Rourke Executive Director, Saint Joseph's Parenting Center

Committee Introductions and Sharing (Dr. Madhu Mathur)

Dr. Mathur welcomed committee members to the first meeting of the year and invited everyone to introduce themselves and share a bit about the work they are doing as it relates to health. A thoughtful sharing followed and we will do this at each meeting in an attempt to build and strengthen our knowledge of each other's work as well as foster potential partnerships.

If people have specific flyers, brochures, or other information that they feel the group would benefit from, please e-mail or mail things to Karen Brennan at the United Way, karen.brennan@uwwesternct.org or 62 Palmer's Hill Road, Stamford, CT 06902.

HWC Plan for the Coming Year (Dr. Mathur and Bridget Fox)

Dr. Mathur restated the importance of the work the Health and Wellness Committee is doing around obesity, medical home, asthma, mental health, and oral health. This year we hope to focus on the topic of mental health by inviting speakers to join us at each of our meetings and by planning community events which invite thinking and education around this topic. This is similar to last year's focus on nutrition and obesity.

The committee will now be meeting every other month: November 14, January 9, March 12, and May 14.

Guest Speaker from Saint Joseph Parenting Center

Measi O'Rourke, Executive Director of the Saint Joseph Parenting Center, came to introduce her program to Health and Wellness Committee. Saint Joseph's Parenting Center mission is to provide parenting education for individuals who are at risk of abusing and/or neglecting their young children—from birth through age 12.

The program is unique. Clients are offered a variety of free parent education classes focused on children's developmental needs and teaches coping skills to parents to deal with the everyday stress of life. In addition to offering classes, the Parenting Center offers parents a safe place to gather and discuss the many issues they are dealing with regarding raising their children. Most often parents are lonely and isolated; they have no idea what it means to have a healthy family and how to demonstrate love. The Center strives to support parents and show them that they are not alone. The Center might not have all the answers, but it will find them for parents.

Participants are given a light meal before each class and a bag of groceries at the end of class. For those who complete all 24 of the Center's classes, there are additional incentives—specifically items from parent wish lists including toddler beds, bassinets, cribs, bikes or strollers.

The biggest challenge facing the Center today is funding to offer the classes in Spanish. For more information, visit: www.sjpcenter.org.

Next Meeting

We will be next meeting on Monday, November 14 at the William Pitt Child Development Center, 195 Hillandale Avenue in Stamford. Ellen Swan from the Mid-Fairfield Child Guidance Center will be speaking on conflict resolution.