



SHAC MINUTES 2-20-2019

Members Present:

Stephanie Reeves, Brian Wood, Melanie Negri, Angela Martinez, Sharna Ellis, Lydia Bushnell, Amanda Rodriguez, Josh Cox, Lisa Prewitt, Katie Sotzing, Kenna Dealy, Bob McShane, Anita Hurtado, Melanie Phillips, Maria Garcia, Arcenia Urquiza, Susan Stahlman

Meeting called to order by Stephanie Reeves 4pm

The SHAC was shown the **NEW KISD Fitness Center Video** featuring Kell Clopton, Assistant Superintendent and Olga Esparza fitness instructor. Wonderful Video and facility.

Guest Speaker:

Sharna Ellis- Kaufman Police Department spoke to SHAC re: ScreenAgers- This is an opportunity that has been given to our community by Google to show a documentary titled "ScreenAgers"- this is being shared with SHAC because SHAC input is valuable to the success and outcome of the project. The video will be 67 minutes long, based upon 4 yr. Research Based content. Kaufman County has been chosen due to our "Progressive Society". We will discuss further how to Promote this with a steering sub committee, facilitators and community support. August 31st is the projected show date and Guidelines will follow. We thanked SHarna for her visit. Sharna Ellis also is serving as the Chair/Presiding Officer for the Kaufman County Children Fatality Team.

Katie Sotzing/Lisa Prewitt-Kaufman County Family & Community Health/Texas A&M Agrilife Extension Kaufman County. KISD has participated 2 years in a row in the Walk Across Texas, earning Kaufman County the #2 County spot in Texas currently. 48,933 miles were logged by our students/staff and families. 2811 youth participated and 102 bonus walkers. KISD Participating campuses were HEECC, MES, PES, NES, NJH. (participation 2017-2018; 2018-2019) 28,495 Weekly Newsletters were sent to families in English and Spanish to introduce healthy lifestyle habits. KISD walked 58 times ACROSS TEXAS. Congrats!!!!

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ALzheimer's.ORG- Guest speaker presentation by Bob McShane-

Thanks so much to Bob for presenting a program by the Alzheimer's Association focusing on providing information and tips on healthy aging.

At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline. To help people age well, the AA is offering the Healthy Living for Your Brain and Body: Tips from the Latest Research program. This workshop covers four areas of lifestyle habits that are associated with healthy aging:

Cognitive Activity; Physical Health and Exercise; Diet and Nutrition and Social Engagement.

In each area, Bob discussed what we know, drawing on current research, as well as what we can do-----steps to take now to improve or maintain overall health in each area.

Healthy Living for your Brain and Body: Tips from the Latest Research is designed for individuals of any age who are looking for information on ways to age as well as possible.

For more information, please contact the Alzheimer's Association at info@alz.org or call 1-800-272-3900. The SHAC thanked Bob for his presentation.

Meeting adjourned at 5:30pm by Stephanie Reeves.

Next meeting scheduled for May 1st, 2019 at 4pm.