



## **Livingston Parish FCS Advisory Leadership Council Meeting Minutes**

Meeting Date: Friday, June 22, 2007  
Time: 10:00 – 11:30 a.m.  
Location: Livingston Parish Health Unit

Meeting Called to Order: Laura Lea Perault  
Facilitator: Natasha Pittman

Minutes Recorded/Prepared: Laura Lea Perault

Members in attendance:

Nelda Graham	Martha Latimer
Joyce Annison	Mary Broussard
Jinx Berthelot	Terrie Martin
Peggy Chatagnier	Natasha Pittman
Laura Lea Perault	

The meeting was opened by Laura Lea Perault who welcomed Council members. Natasha Pittman began introductions and asked each Advisory member to introduce themselves and the agencies in which they represented.

Laura Lea Perault informed members of the roles, structure, and responsibilities of the Advisory Council and the members. The mission and vision of the La Cooperative Extension Service and LSU Ag Center were addressed. The following Family & Consumer Science Initiatives were discussed:

1. Family Resource Management
2. Nutrition and Health
3. Family & Child Development
4. Leadership & Volunteer Management

Members of the Council were informed that their names and the minutes of the meeting were going to be posted on the Livingston Parish LCES website. Additionally, members were informed that they were to sign agreement forms on these terms. Members returning signed forms but unable to attend today's meeting due to previous commitments included: Sandra Cavalier and Jane Freudenberger. Advisory Council members were told about the formation of the Parish Overall Advisory Council in 2006 which includes FCS, 4-H and Agriculture Advisory Council members. Those representing the FCS Advisory Council on the Overall Parish Council included: Martha Latimer, Terrie Martin, Mary Broussard, Connie Arceneaux (absent) and Sharon Martin (absent).

Laura Lea Perault reviewed minutes from the last Advisory Leadership Council. Minutes were approved and there were no corrections to the minutes.

The LSU Agricultural Center, a statewide of the LSU System, and Southern University Agricultural Research and Extension Center, a statewide campus of the Southern University System, provide equal opportunities in programs and employment. Louisiana State University and A & M College, Southern University and A & M College, Louisiana parish governing bodies, and United States Department of Agriculture cooperating.

Laura Lea Perault informed members of her programming efforts in the area of Financial Resource Management. She gave a summary of the family and consumer science programs and activities that were conducted in the past year.

Family Resource Management programs being conducted by Laura Lea Perault included "Identity Theft" (which is constantly being updated), "Who Gets Grandma's Yellow Pie Plate?", "Protect Your Credit", "Clean Up Your Credit", and "Credit Scoring". Other programs offered have included: "Money Matters: Personal Finance for the New Year"; "Year-End Money-Saving Strategies"; "Louisiana Saves"; "The Color of Money", "Financial Fitne\$\$", "Small Steps to Health & Wealth", "Financial Records: File or Shred?"; and "Avoiding the Holiday Bill Blues". The High School Financial Planning Program is on-going and will be conducted in the community again this summer for teachers - targeting Free Enterprise teachers as well as others: FCS, ROTC, Math, etc... A new program just developed in FRM is "Protect Your Privacy", which addresses the new privacy laws in matters of health & financial information. (Fact Sheets describing FRM Programs were included in each member's packet).

Natasha Pittman updated members on the Family Nutrition Program (FNP), stating the goals of the FNP program in Livingston Parish. The dietary guidelines are the foundation for nutrition education with four core elements forming the basic range of educational categories: Dietary Quality; Shopping Behavior/Food Resource Management; Food Security; and Food Safety.

Family Nutrition programs being conducted by Natasha Pittman include: "My Pyramid", "Dietary Guidelines", "Basic Food Safety", "Smart Choices", "Smart Portions", "Show Me Nutrition", "Parenting for Nutrition & Fitness", "Take Charge of Your Health", "Growing Vegetable Soup", and "OrganWise Guys" (a component of the Smart Bodies Program being conducted in 2 elementary schools in Livingston Parish each year). Smart Bodies is an educational program aimed at preventing childhood obesity. The program targets children in grades K-5 and consists of three components of nutrition and physical activity integrated into core curriculum academics and includes: Louisiana Body Walk; The OrganWise Guys®; and Take10® Classroom Program. . (Fact Sheets describing FNP Programs were included in each member's packet).

Natasha Pittman then gave an overview of the parish situation in relation to the area of Family and Consumer Sciences. Facts about Livingston Parish Families were discussed with emphasis on our environment, our health, our education and our children.

Laura Lea Perault discussed the FCS contact forms for the new database and gave members copies of the Living Well Newsletter provided by the LSU AG Center State Office Staff.

The meeting was then opened to Council members for group discussion, idea sharing and needs assessment for this year's FCS programming. Group discussion followed with advisory committee members focusing mainly on health and family issues including nutrition, childhood obesity and targeting family debt.

Martha Latimer discussed the role LVFC (Livingston Volunteers for Family & Community) will play in the Childhood Obesity issue. It is a major health concern and she stated that the State LVFC has picked this issue for members to focus on during the next year. It was mentioned that adult-onset diabetes and other diseases have affected our young people with their life expectancy to be shortened in years to come. It was mentioned that statistics are showing that they may not live as long as their parents.

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All members were very receptive about the Smart Bodies Program being offered in our elementary schools. The two schools targeted in 2007-2008 include Southside Elementary in Denham Springs and Springfield Elementary. Members discussed how important it is to reach our lower grades to make any impact on students at an early age. It was also mentioned that La Chip and La Mom offers Nutrition Education for young children and their mothers at the Livingston Parish Health Unit. Child Care Classes are also available for our parish residents through the Health Unit. A discussion on our busy lifestyles and media influences followed with member's mentioning how these affect our families and their well-being.

Members from the Council on Aging mentioned that the COA Health Fair is held annually to help senior citizens with basic needs, The activities of the COA in Livingston Parish was mentioned in detail as many seniors are faced with the decision of whether to buy their medication or buy food to eat. It is a growing dilemma in our society today.

The problem of ever increasing debt in the United States today was discussed with growing alarm for our young people. People are saving money at an all time low and it was mentioned that the High School Financial Planning Program is needed more than ever to help students with money management issues.

Several members expressed concern for reaching audiences. One suggestion was for parent workshops at schools to teach parents what their children are learning. This is done with the Head Start Program in Livingston Parish.

Plans for the Fiscal Year 2007-2008 were announced with many of the areas in need being addressed by the local programs of the Livingston Cooperative Extension Service.

Members were thanked for their participation and the meeting was adjourned by 11:30 a.m.

Respectfully Submitted:      Laura Lea Perault  
Extension Agent  
(Family Resource Management)  
Livingston Parish