

**Kittitas County Breastfeeding Coalition**  
**October 18, 2017**  
**Meeting Minutes**

In attendance: Tristen Lamb, KCPHD; Gloria Wright, Nurturing Naturally; Moni Madjdi, LLL & Anahita Birth Services; Margaret Patterson, Community Member; Tishra Beeson, CWU Public Health; Kristi Whitesitt, BBFKC, Michelle Arellano, WIC; Rozsika Steele, KVH.

Members reviewed the notes from the KCBC Strategic Planning Retreat on October 2, 2017. While reviewing the major takeaways of that retreat, "action items" were identified and given deadlines and leaders. Two subcommittees were loosely formed, including the Assessment Task Force and the Breastfeeding Friendly Spaces Task Force.

The Assessment Task Force currently consists of Stacey Botten, Kristi Whitesitt, Moni Madjdi, Tristen Lamb, Rozsika Steele, and Tishra Beeson. The purpose of this task force is to explore a collaborative assessment to measure breastfeeding rates and experiences in Kittitas County. This group will convene sometime next spring. The Breastfeeding Friendly Spaces Task Force consists of Kristi Whitesitt, Maggie Patterson, and Tristen Lamb. The purpose of this task force is to increase environmental awareness and support of breastfeeding in public, and perhaps find opportunities to discuss employer support of breastfeeding staff. This group will convene in November.

During the strategic planning retreat, it was established that a quorum would be considered 5 KCBC members. Since there were eight members present, a vote was held to move the time of KCBC meetings to 9am. Meetings will be scheduled for 1.5 hours, although they may not last that long. This new meeting start time and length will begin in November. All present members agreed to move the date of the December meeting to December 13 (rather than December 20) to accommodate for Holiday schedules.

**Member Updates:**

Tristen announced that the KCPHD Annual Drive Thru Flu Shot Clinic was 10/20. Tristen also shared information about COAL, or Community Outreach And Life Skills, which is a faith based organization in upper county with a clothing bank. COAL facilitates the upper county weekend nutrition program for children. They will be holding an open house sometime this fall. Tristen will send out an invite to that when it is scheduled.

Moni has returned from her week in Idaho and will receive her CLC, Certified Lactation Counselor, certificate in 6-8 weeks. Her training was facilitated by a couple of nurses, who discussed details of the Healthy People statistics. Moni also shared information about her new office space on Water Street. She will be working on breastfeeding support and birth services there, and holding a baby wearing class lead by Laci. Moni will have more information about the baby café project next month.

Michelle announced that WIC will be closed for a couple days next week while she and other staff members are at a state-wide WIC conference and nutrition first training.

Gloria shared that she has identified a need for a new breastfeeding support group in our area, for mothers of nursing toddlers and/or tandem nursing. Moni and Maggie are interested in assisting with the formation of a group like this.

Tishra told the group to be prepared to hear from some of her students this winter. She is teaching a coalition building course this winter and students are asked to attend a local coalition meeting.

Our next meeting is November 15<sup>th</sup> at 9am in the KCPHD Conference Room. Agenda items for next month include:

- Reviewing action items.
- Review recruitment flyer and strategies.
- Coordinate meeting time for Breastfeeding Friendly Spaces Task Force.

If you would like to add something to the agenda, please email Tristen at [Tristen.Lamb@co.kittitas.wa.us](mailto:Tristen.Lamb@co.kittitas.wa.us).