



Rochester Epidemiology Project Community Advisory Board Meeting Notes January 28, 2016

In attendance - Board Members: Ashley Borgschatz, Marie Cano, Ken Caron, Carissa Eppens, John Mahanna, Liz Morice, Milena Nunez, Fatima Omer, Joan Rose, Dee Servick, Charlie Shaner, Harold Stewart, Denny Uthke, and Andy Yue. (14 attendees)

In attendance – REP Team: Walter Rocca, Jennifer St. Sauver, and Lori Klein

The January 2016 meeting began with the distribution of the striking new REP coffee mugs featuring the updated logo. Denny shared an overview of a medical study in the news that discussed the benefits of drinking water in cases of sleep apnea and heart attack. Denny challenged CAB members to find the name of the doctor that published the Mayo Clinic study he described and told the group that he'd pay \$10 to the first person who emailed him with the name of the doctor. Denny distributed a revised meeting evaluation form to board members that coincided with the meeting agenda topics. Board members were encouraged to write comments and questions on the form as the meeting progressed. Denny initiated the change in the evaluation form and it was a valuable improvement that allowed us to gather more information which is attached to these meeting notes.

Next, the group discussed the CAB's participation at the Good Life Expo and Women's Expo held in October 2015. In general, the consensus was that the Women's Expo reaches a large crowd and that it is still beneficial while the Good Life Expo is a limited crowd and is not as beneficial. Also, an idea was presented to potentially set-up a table at the Senior Center for free in lieu of attending the Good Life Expo in 2016. During the discussion of the expo participation there were also a few comments about reaching other populations that we have missed in the past, such as younger generations and diverse populations. Any CAB member that has ideas for smaller, low cost venues that will reach groups of interest, please contact Lori Klein to discuss the viability of participating in 2016.

Walter provided an update on REP grants and funding. In September 2015, the REP was notified that the National Institute on Aging (NIA) would provide funding for the REP infrastructure for 5 years via a special funding award. The REP will revise and resubmit the multi-morbidity grant application that was scored well, but unfunded in June 2015. The revised application will be submitted in March and will be scored in the summer of 2016.

Next, Jenny led a discussion about the current mission of the CAB and the shift in emphasis as the CAB moves forward after a year of transition. The topic of conversation brought up the potential need for more orientation on the REP as well as a better definition about the mission of the CAB and how board members can contribute to the mission. The candid questions and feedback during the meeting as well as the answers on the evaluation have helped the REP leadership create a new direction for the mission of the CAB. Included here is the proposed outline for revising the mission of the CAB and CAB members:

Rochester Epidemiology Project (REP) Community Advisory Board (CAB)

Mission: To contribute to research and community projects by sharing personal perceptions, expectations, and concerns with the REP leadership as informed representatives of the local community.

The mission will be met by:

1. Staying informed on REP research and infrastructure issues through:
 - a. Monthly email/mail communications
 - b. Participation in large group meetings 3 times per year
 - i. Meetings will include information about on-going REP studies
2. Providing input on key REP projects, such as
 - a. Grants
 - b. Community-related projects
 - i. Community Health Needs Assessment priority rankings
 - ii. REP data sharing portal
 - c. Communications (website, articles for the press, Facebook)
 - d. 50 year anniversary input and participation
3. Engaging with the local community
 - a. Participate in local expos (2016: Women's Expo)
 - b. Meetings of key populations
 - i. Senior Center
 - ii. Latino Fest
 - iii. Younger population (to be determined)
 - iv. Diverse populations (to be determined)

In summary, REP leadership is proposing a more defined mission, more communication and direction, and specific opportunities during regular meetings to contribute to research and/or community projects. In addition, it is proposed that the REP provide additional background education and training about the Rochester Epidemiology Project and medical research.

Please feel free to provide feedback to proposed changes to the mission and related activities by emailing Lori Klein at klein.lori@mayo.edu or mailing to: Rochester Epidemiology Project, PO Box 115, Rochester, MN 55903.

NEXT MEETING: Thursday, **May 12, 2016** at **5:30pm** at the **Rochester Public Library**.