



Wellbeing Advisory Committee

City Hall, Training Room

Wednesday, April 20, 2016

1:30 pm

MINUTES

Committee Members present: Emily Barnard, Steve Dolezal, Kaitlin Emrich, Jennifer Hougen, Shannon Keller, Kathy Keane, Stephanie Neff, Tim Stiles

Committee Members absent: Heather Fleming

Staff Members present: Sandi Fowler, Stephanie Schrader, April Wing

Sandi Fowler called the meeting to order at 1:35 p.m.

During public comment, Sandy Stewart informed the Committee that she is looking to become involved with the community's wellbeing initiative and volunteer. Kaitlin Emrich shared a concern of the Cedar Rapids Bicycle Advisory Committee that she has heard there is a long waiting period to obtain a permit to install a bike rack on City property. Shannon Keller announced that Daniel Dennis is interested in continuing his involvement with the wellbeing initiative and Chef at the Market. She also announced that she is working with the History Center to launch a walking tour app.

Stephanie Neff moved to approve the minutes. Steve Dolezal seconded. There were no objections to the March 23, 2016 meeting minutes. Motion passed.

Sandi Fowler asked the Committee for nominations for Chair and Vice Chair. Tim Stiles nominated himself as Chair and Shannon Keller nominated herself as the Vice Chair. There were no other nominations. Stephanie moved to accept Tim Stiles' nomination as chair and Shannon Keller's nomination as vice chair. Kathy Keane seconded. Motion passed.

Sandi Fowler introduced the City's Wellbeing Intern, Stephanie Schrader, who will serve as a liaison to the Committee and will help coordinate efforts between the Committee and existing community Blue Zones groups as well as the City.

Jon Werger and Sara Mentzer from Healthways gave a presentation on the Blue Zones Project to give committee members a background of Blue Zones, recount actions taken in the past three years to achieve certification, and resources as the Committee takes the next steps after certification. A copy of the presentation and supporting documents are located in the packet. Jon Werger explained that Blue Zones is the organization that Dan Beutner created and it is where the research comes from. Blue Zones Project is the program delivered through Healthways that uses the Blue Zones principles as the driving force for the initiative. Wellmark funded the project. He further explained that the Blue Zones Project focused on three areas; people, places and policies. Additional areas they presented included the 5 "hot spots" of the Blue Zones, the "Power 9" principles, and "life radius". Sara Mentzer distributed copies of "Volunteer Roles and Job Descriptions" to show members what the structure used to look like and to use as a resource as the Committee looks to their next steps. Jon Werger and Sara Mentzer reviewed the Certification Review Summary and explained that the "Future

Opportunities” listed in the document could be consulted during the creation of a new work plan.

The committee discussed the need to develop resources locally and the first steps would be to find out what community groups currently exist and what needs to be created. Stephanie Schrader will help the committee identify what groups currently exist, help them access groups that are not represented by a Wellbeing Advisory Committee member, as well as identify gaps that exist and what needs to be created.

The next Wellbeing Advisory Committee meeting will be Wednesday, May 11 at 12:00 noon at City Hall, Blairs Ferry Conference Room. Items that will be discussed include a review of the existing community groups, identifying and addressing the gaps, and assignment of tasks and subcommittees.

The meeting was adjourned at 3:30 p.m.

Respectfully submitted,
April Wing
City Manager’s Office