Wellbeing Advisory Committee

City Hall, Blairs Ferry Conference Room
Tuesday, September 20, 2016
12:00 pm

MINUTES

Committee Members present: Emily Barnard, Steve Dolezal, Kaitlin Emrich, Heather Fleming, Kathy Keane, Shannon Keller, Stephanie Neff, Tim Stiles
Committee Members absent: Jennifer Hougen
Staff Members present: Sandi Fowler, Stephanie Schrader, Anne Russett

Tim Stiles called the meeting to order at 12:02 p.m.

Heather Fleming moved to approve the minutes. Emily Barnard seconded. There were no objections to the July 19, 2016 meeting minutes. Motion passed.

Stephanie Schrader reviewed plans for the Healthiest State Initiative walk on October 5th. The City will host three downtown routes. Groups will depart at noon and convene at Greene Square for a tailgate-style celebration. Grilled food, mascots, and music will be part of the festivities at Greene Square. Wellbeing Advisory Committee members were encouraged to take part in the downtown walks.

Heather Fleming discussed relocation packets distributed by the Cedar Rapids Metro Economic Alliance. Blue Zones Project Cedar Rapids could be promoted in this packet. Sandi Fowler suggested including the "Cedar Rapids Success" summary. Heather Fleming and Stephanie Schrader will collaborate to update this document to be included in the Economic Alliance packets.

Sandi Fowler mentioned the Journey to Wellbeing meeting on September 29th at City Hall. The Wellbeing Advisory Committee, City Officials, Power 9, and Advisory Committee members have been invited. The meeting is a retrospective of what Cedar Rapids accomplished with respect to the Blue Zones Project and future steps with Blue Zones Project. Stephanie Neff noted Healthways has compiled a book that summarizes Cedar Rapids' successes; this will be a good tool to maintain visibility for the Blue Zones Project.

Anne Russett, Planner from the City's Planning Services Department, facilitated the work plan prioritization session. The group came to a consensus on a work plan goal: Promote Cedar Rapids as a place that supports wellbeing. Next, the group prioritized objectives. "Strengthen existing/build new community partnerships" and "Provide information and educational opportunities for public" were selected as top priorities. Tim Stiles noted a challenge is that the committee is dependent on human resources, as the group has no financial resources. The group devised actions to achieve the objectives. Collaboration/alignment with other organizations and marketing were key themes of the discussion.

The next Wellbeing Advisory Committee meeting will be on October 12, 2016. The group will determine responsibilities for work plan action items at this meeting.

The meeting was adjourned at 1:28 p.m.

Respectfully submitted,
Stephanie Schrader
Wellbeing Intern, City Manager's Office