



Wellbeing Advisory Committee

Water Administration Building, Steven J. Cook Memorial Conference Room North

Wednesday, October 11, 2017

12:00 pm

MINUTES

Committee Members present: Emily Barnard, Steve Dolezal, Kaitlin Emrich, Heather Fleming, Kelsey Logan

Committee Members absent: Mindi Dixson, Shannon Keller, Sofia Mehaffey, Stephanie Neff

Staff Members present: Sandi Fowler and Stephanie Schrader

Steve Dolezal called the meeting to order at 12:03 p.m.

Heather Fleming moved to approve the minutes. Kaitlin Emrich seconded. There were no objections to the September 13, 2017 meeting minutes. Motion passed.

Stephanie Schrader stated she has been communicating with Scott Kruger, from NewBo, about Happier Hour programming. They would like to invite Blue Zones Project Cedar Rapids volunteers to a planning meeting in early November. This will be a great opportunity to connect with the Blue Zones volunteer base, while helping NewBo with weekly programming. Steve Dolezal met with Nicole Gingrich from NewBo to share Happier Hour programming opportunities offered by the YMCA that are consistent with Power 9 principles.

The group discussed the workplan goal of increased visibility. Kaitlin Emrich mentioned the Public Health recognition campaign that involves the public placing red stickers on things that remind them of public health, taking a picture, and sharing it on social media. The group thought this could be a good way to launch possible rebranding in the future.

Kaitlin Emrich summarized the community garden proposal presented to the group in May by Linn County Public Health practicum student Audrey Tran Lam. The group reviewed the draft versions of the community garden letters of support and encouragement. Kaitlin suggested adding a link to Audrey's proposal in the letter. Stephanie Schrader will mail the letters of support/encouragement to the organizations identified in Audrey's proposal. In addition, she will provide a copy of the community garden letters to the FEA organizations cited as resources in the letter. Heather Fleming suggested sending a similar letter to Blue Zones Worksites.

Stephanie Schrader noted the Healthiest State Walk held October 4 was well attended. Governor Reynolds led the walk from McGrath Amphitheatre. Sandi Fowler did television interviews before the event and the walk received coverage on the evening news. The NewBo City Market starting point drew the biggest crowd.

Sandi Fowler stated there is no new information on the potential for Blue Zones recertification. She will have a conference call with Jon Werger, from Healthways, on October 16.

The next Wellbeing Advisory Committee meeting will be held November 8, 2017.

The meeting adjourned at 1:08 p.m.

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