



Wellbeing Advisory Committee

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

Wednesday, February 08, 2017

12:00 pm

MINUTES

Committee Members present: Emily Barnard, Jennifer Hougen, Kathy Keane, Stephanie Neff, Tim Stiles

Committee Members absent: Steve Dolezal, Kaitlin Emrich, Heather Fleming, Shannon Keller

Staff Members present: Sandi Fowler and Stephanie Schrader

Tim Stiles called the meeting to order at 12:04 p.m.

Stephanie Neff moved to approve the minutes with one minor clarification. Kathy Keane seconded. There were no objections to the January 11, 2017 meeting minutes. Motion passed.

Tim Stiles stated the committee is looking for ways to tie-in promotion of health and wellness with what's already occurring in the community. As a result, several guests were invited to the meeting to discuss collaboration opportunities.

Scott Kruger, Executive Director of NewBo City Market, was introduced. Scott noted NewBo City Market is a non-profit venue seeking to positively impact economic development, while complementing health and wellness efforts in the community. Scott cited Meet Me at the Market, Winter Workouts of the Week, the learning garden, and the fact that the market is a popular starting point for bicyclists as examples of wellness activities. In addition, NewBo advocates for food security, healthy foods and sustainability. He continued there is room for more educational content related to wellness, nutrition, pollinators, etc. Volunteers and partnerships are being sought out.

From the City of Cedar Rapids, Eric Holthaus, Sustainability Coordinator and Sara Baughman, Utilities Communications Coordinator, discussed the City Manager's One Bag Challenge. The One Bag Challenge has synergies with wellbeing, as folks can be active while also picking up trash. Working together is an opportunity to reenergize the One Bag Challenge, while providing exposure and engagement opportunities to Blue Zones Project Worksites and individuals. Eric stated organizations will be invited to be pacesetter groups to kick off the challenge on March 20th, and then challenge other groups to participate. Sandi Fowler mentioned inviting Blue Zones worksites and Cedar Rapids' largest organizations to be pacesetters. Sara noted clean-up kits are available at Hy-Vee, NewBo City Market and various City buildings. Organizations are able to call Solid Waste to have kits delivered. Tim Stiles suggested having a presence at a May Meet Me at the Market event to increase visibility. Emily Barnard recommended a holding a wrap up to the One Bag Challenge at NewBo. Scott stated a Saturday would be best, possibly in conjunction with the Freedom Festival kickoff on June 24th. Tim Stiles commented a wrap-up event would be a good opportunity to remind people we are a Blue Zones Community. Eric and Sara will continue the discussion with the Blue Zones Project Worksite Roundtable group on February 15th.

The next Wellbeing Advisory Committee meeting will be held April 4, 2017.

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

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