

HEARTLAND HEALTHY NEIGHBORHOOD

April 13, 2009

Present: Bobbe Mansfield, Glea Ashley, Jack Gray, Jennifer Church, Jim Ogle, Joe Hodgson, John Homlish, Karen Peterson, Larry Hinton, Linda Voss, Madhvi Jayarao, Max Wilson, Michelle Schulte, Mike Wilson, Ralph Krumins, Roberta Wirth, Tim McManus, Bob Hedberg, Gary Caruthers, Nancy Johnson, Shelly Buhler, and Dianna Davis

Nancy Johnson opened up the meeting with a welcome and invited all to share in the lunch.

Nancy made everyone aware that the Leadership team had met at CRC and had a conference call with Linda Tracy. Nancy handed out a brochure "*Guide to Organizing and Laying the Foundation for a Complete Streets Workshop*."

Jim Ogle reported on Complete Streets and expressed what a golden opportunity with the passing of the 1/2 cent increase in sales tax that we would need to push and act fast to get Complete Streets implemented in our city and county. HHN's plans, providing all parties and time elements coincide, is to set aside June 1 – June 3 from 8:00 am to 4:00 pm to hold sessions to educate political leaders, county commission, city council, school boards, Westar, Kansas Gas, KDOT, engineering, bicyclist, joggers and walkers about our goal of making Topeka a Complete Streets' City. Jim also said he was going to make time on Prime Time WIBW to help educate the public about Complete Streets.

Bob Hedberg reported that design standards historically was valued on how many cars could get from A to B and how fast verses contributing to the healthy approach. Bob also reported that there were three targets involved:

- 1) Make policy (school board – city – county)
- 2) Implement Policy (engineers – planners)
- 3) People who are most effected by and advocates of the policies

Shelly Buhler addressed that the county and city were having serious talks about merging the two Parks and Recreation groups.

Gary Caruthers reported on the Clean Air Initiative. He handed out a couple of brochures about Smoke Free for a Healthy Community. Importance was stressed on voting and how one vote can count. He greatly impressed upon the group to address Clean Air with our Representatives. Gary gave us a website to make it easier to "take action" from our homes. Website: <http://www.kslegislature.org/legsrv-legisportal/.do> (To contact your legislators at home, right-click on website and open hyperlink).

Nancy Johnson reported that Community Gardens was meeting at CRC on 6/13/09 at 6:00 pm. There were connecting with VIDA and another group and plans were being made to start a garden to work with low income children during the summer.

Scorecard incentive was to reach children ages 8 – 15. The Scorecard program begins May 25. Scorecard involves 60 minutes a day for 5 days a week for a 4 week block of time. Goal is to get 8,000 children involved in this summer activity. They have all types of gifts and prizes. The grand prize drawing will include a Nintendo Wii with Wii Fit, iPod Touch, Gym Memberships and Sporting Goods Gift Cards plus many other neat items.

Mike Wilson suggested that we make sure Scorecard and Strong Kids brochures were made available at the library for distribution.

Joe Hodgson reported on a YMCA summer program “Strong Kids”. All of these programs were promoting a much healthier and more active environment. Discussion and thoughts were shared about the ideas of a Healthy Kids Workshop with the idea of a sponsor in a School District getting the support of 4 or 5 students to promote healthier attitudes toward vending machines and activities. All ideas focusing on motivating, kids teachers, counselors and pediatricians.

Nancy Johnson reported that the City Council was inviting public comments on the proposed budget on Wednesday April 15 at 6:00 – 7:30 pm at Crestview Community Center, 4801 SW Shunga Drive, April 22 at Garfield Community Center, 11600 NE Quincy, May 6 at Hillcrest Community Center, 1800 SE 21st.

Jennifer Church with Topeka City Wellness Committee welcomed CRC to be a part of the Farmers Market that met on Wednesday from May 20 – October 14. Jennifer had also mentioned that she had approached several art classes with the hopes of getting some unique designs for bicycle racks to put in the down town area of Topeka, but had not had much response as of yet.

May 12 - After Hours YWCA, Jane Elliott will speak on Public Health Education. 501 Health Council Results, nutrition and physical activity.

May 11 – CIT Training police officers on mental safety issues