

## **The Heartland Healthy Neighborhood Minutes for 8/10/09**

Meeting opened by Nancy Johnson, CRC Executive Directory, with a welcome and introduction of Ruby Carson, and will now be working part-time for CRC.

Thirty-one persons were present, each person was asked to review the contact list, double checking the list to make sure that their information was correct.

Nancy reported that the Clean Air Initiative was going to be coming up before the City Council and more information would be available next month.

Lisa Martin, gave a report on "Scorecard." There were at least 100 kids who turned in complete score cards. A celebration at the SW YMCA was held on Aug. 31. Joe Hodgson stated, "There was a good turn-out for the event, better turn out then last year." Amber from HyVee sent out weekly e-mails, and approximately 400 youth registered. This was a big improvement, the year before there were 25 kids registered for the event. Nancy commented that the increase was a tribute in whole to the HHN.

Joe Hodgson reported on "Strong Kids." The next upcoming event will be taking place December 15<sup>th</sup> of 2009. The event will be at three different sites this year. There are 50 available slots for families. Joe has registration brochures. This is a good event for families to learn more about nutrition and physical activity, and how to incorporate that into their family life. Tuesday night it will be at the South West branch, Wednesday it will be downtown, and Thursday night, it will be at the NW YMCA. The a new coordinator is Brook Miller, who ran the SW Discovery Day Camp. She is a graduate from Washburn, with a degree in Exercise Physiology. Nancy commented, "the most important thing is; this is not just a low income program, anyone can take advantage of it; and if they complete it they get a years membership with Y, this has changed a little bit, if they are not already members, and they complete 10 sessions, they get 6 months family membership to the YMCA. Don't have to be members to join. There is a \$20.00 registration fee, which is not a lot, however if this amount is an issue, we will look at the cost on a case by case base.

Alice Weingartner or Bob Hedberg : Consuming Kids, which is a documentary on how advertisement affects kids from the day they are born. Basically kids are consumers from the day they are born. The documentary is one hour long, the next viewing is going to be a two part starting August 20<sup>th</sup> and 21<sup>st</sup>, on Thursday and Friday, from 12:15 till 1p.m., held at the Shawnee Country Health Agency Auditorium. Nancy encouraged everyone to bring their lunch and enjoy the show. Talk to Tammy to see if the PTO's or PTA's could view the documentary. To view the showing the PTO's or PTA's would have to work with Kansas Health and environment. Flyers have been sent out.

Clean-Air: A meeting will take place this Wednesday, August 12<sup>th</sup>, it is expected that the ordinance will be introduced soon, maybe by the end of the month. HHN members were

encouraged to send City Council representative post-cards, letting them know that they support the Clean Air Ordinance, post-cards appear to be effective.

Rose Mary Menninger: Community Garden's had an active summer. There is a proposal that HHN help put together a Vista person to be involved with schools, Parks and Rec's community centers, and the Community Garden's. The addition this summer was adding a lot of youth to the existing Community Garden's and outreach. In the month of July, a total of 93 different children were involved. Some from Let's Help, Passport, Mothers and Children. There was a total of 242 times persons were working in the gardens during that month. The challenge is: there are new Vista guidelines, for the next cycle, the guidelines have changed, no direct service for youth is allowed by Vista's. Work is being done to the Vista program. To staff the next program, money needs to be raised or recruit volunteers to sustain the program. There are similar programs for low income persons, Nancy will gather information and get it to Rose Mary. We do want school gardening to be placed in there. Master Gardener's will be involved.

Tammy Austin is a new Executive Director for K-12 schools. HHN is partnering with the schools, there is a grant being written to the Topeka Community Foundation for fifth graders, which will equip them with pedometers, the program is based off of the "Kid Walk Kansas program," the following will be provided them with inter activity with in the school and then the following year with both, and then we would see if there was a weight change or activity level change. This is still in the preliminary stages.

\$5 to Override: As of this morning we have \$1045. in the bank without any large expenses. Alison with the Kansas Department of Transportation discussed the activities of the Metropolitan Planning Organization. Nancy commended all persons involved for all of the hard work that has been done to receive funding for the Complete Streets Project.

Joe discussed the World's Largest Workout activities including 5k Run, Health Fair and Bicycle Ride. There has been some scheduling conflicts but all events may take place in October and November. Some of the events will be combined with Complete Streets and National Heart Month. Several locations were discussed for the Heart Walk and 5k Run to be scheduled with concerns regarding parking. Berkshire was a previous location that was suggested and will be researched. Collaboration of these events may need more time to plan. The American Heart Association will be contacted for input. After discussion, the events may need to be planned in the spring. A committee was designated to research and plan the location of the events. The positive impact of the Complete Streets Project on the community was discussed and commended.

The HHN new brochure was distributed for viewing and discussion.

The next meeting will be held September 14, 2009 at 11:45 AM at Southwest YMCA.

Meeting adjourned.

Minutes prepared by Ruby Carson CRC Office Assistant