

Meeting At Salvation Army 11/09/2016

Attendees: Eva Poliquin, Health & Wellness co-chair, Erika Ashman, committee volunteer, Kevin Cope, President of LVBG

Topic: New Location for Meeting place for winter, and set a time that will be consistent every month

- We discussed having the meeting at Panera on Tilghman, and during December, possibly having a Conference Call, or if interested a Christmas gathering. Input from the rest of the team is needed. **Also we need input from Matt regarding his upcoming schedule.**

Current Endeavors:

- Allentown Rescue Mission- Eva and Erika met with Wendy Bendict, the Dev. Mgr at Allentown Rescue Mission. We looked at the raised beds, and discussed with Wendy the goals of the mission for the garden beds. She expressed interest in growing their own food, but also shared that the building behind them was recently purchased. This means their time at the current location will not be long term. We discussed the idea of utilizing a minimum amount of investment of this location, and utilizing an intensive planting/rotational crop design, so maximize food sources.

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- The Salvation Army @ 344 N 7th St- On Oct 28th, Eva, Erika and Sai met with Eleana to discuss the garden area at the Salvation Army. This location needs a lot of work, and Sai was going to discuss with the scouts about cleaning it out first, and then we can work with it in the spring. He was to get back with us so we can set some plans in motion. He was also interested in a sustainable water supply in the front or back corners.

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Additional Discussions:

BooFest was decently attended considering the bad weather on Sat. Health and Wellness table was a big hit. Pumpkin dip was a success.... Should use next year, as well as the muffins. Thanks to Linda for helping out despite the weather.

New Opportunities:

Moving into fall/winter- will work towards establishing some CPR classes for the community, and establishing the fitness document for a resource for the community. Linda Sharkley spoke to her friend that had developed a link for fitness activity.

Here is her email reply and comments: **I connected with the person whom I thought had developed an online directory of LV health and wellness providers. His name is Scott Mulvaney.**

About two years ago, Scott launched a FB group and a website. The FB group carries content that is primarily used fitness instructors and wellness providers, not the general public. He the website, was designed to connect "Health, Wellness, and Fitness" professionals, organizations, and customers in the

Lehigh Valley, within a professional atmosphere through mutual support and participation. The LVFN website, which can be found at <http://lehighvalleyfitnessnetwork.com>, does have a directory.

Scott said although there was interest and support for the organization, he said it was hard to get businesses to follow through by adding listings to the directory. He said it is a free platform and has been in autopilot. He would be open to continuing to host the site if we have interest in administrating the site.

As shared- Scott is interested in continuing to host the site if we have an interest in administering it. Is this an interest of yours Matt?

New Business: We discussed a winter activity, or maybe a few.... We thought since the homeless is in need of hot meals, that perhaps we could do a healthy cook-off challenge. We thought we could use a venue already set up to feed the homeless, teach them about healthy cooking, feed them, and let them cast votes for the best menu item? We considered doing a few simple soups.... Kevin mentioned having the event on Jan 25th to coincide with another event? We need to secure the date, time so we can market to outside companies to request donations. Kevin can you secure the date, time, location?

In addition to the fitness link, we discussed putting recipes on the website. Also Kevin would like us to consider the H&W mission on the LVBG website, and see if it needs to be altered.

Current mission states: This committee is about helping to educate provide hands on workshops, fun events for the entire family. We want our community to have a healthier and balanced life. We look to provide information on health, nutrition, outdoors, environment, fitness, along with supporting a healthy lifestyle.

Any thoughts on what should be included on eliminated?

Next Meeting: ?????? Do we want to have a physical meeting in December, or just a conference call???? Please give input. We also need a meeting place for the next meeting. Are you good with Panera? Can we resume the 2nd Tuesday of the month Matt?

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