

Health and Wellness Committee Meeting Minutes

December 8, 2016

Attendees: Matt Reppert, Committee Co-Chair, Eva Poliquin, Committee Co-Chair, Erika Ashman, Committee Volunteer, Noah Ashman, Sue Shobe, Committee Volunteer

Topic- New and Old Business, Revision of Mission Statement

1- Current projects on the horizon

Winter projects/suggestions

LVBG First Annual Soup Challenge- Dates considered Jan 21st or 28th. Healthy Soup options, Suggested to “Color code” Soups with appropriate veggies. Minimal ingredients with no additives/preservatives.

CPR class- Will consider a CPR class option for the public. Matt stated he may have some students that would attend.

Nutrition class- Not exactly sure how this would look by itself, but it was suggested to post weekly recipes on the website to help encourage nutritious eating.

OTHER Suggestions- Matt is interested in getting the ESYC gym utilized, more discussion is listed below under #5

2- Continued projects for Spring

Plan for Garden project at Allentown Rescue Mission and the Salvation Army Woman’s Shelter, Another – Erika put some leaf mulch on the Allentown Rescue Mission’ garden beds to prep them for the spring. It was decided that plans for the garden will start being well thought out beginning in January.

3- Committee needs

Need to organize teams for Soup Challenge. Suggestions and donations for door prizes for the men at the shelter, and a “grand” prize for the soup challenge winners. – Discussion on the Soup Challenge led to thoughts of a Chef Hat for the Winner with “**Souper Chef**” on it. Door prizes could include Wawa G.C. for the men. We want to stay away from unhealthy food G.C. like McD’s or Wendys..... We want prizes to stay within our mission as a committee. Eva and Kevin are meeting with the ARM tomorrow, the 9th to discuss the event.

4- Old Business:

In addition to the fitness link, we discussed putting recipes on the website.- Matt would like to be more responsible for “behind the scenes” activities due to his tight schedule. He would like to take charge of the fitness link, and post the recipes that Eva emails him. We will email Kevin about what is involved in the web activity.

Also Kevin would like us to consider the H&W mission on the LVBG website, and see if it needs to be altered.

Old 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.

Revised Mission Statement:

This committee is about helping to educate our community to have a healthier and balanced life. We look to provide information on health, nutrition, and fitness through community outreach events.

5- Other Issues/Comments/Suggestions for committee

How to integrate fitness at ESYC in Allentown-

Matt shared that he has access to a free fitness set up at the ESYC. It would have to be utilized by appt. only, but he thought it would be a great place to allow people that feel self-conscience about going to the gym, to work out without a lot of people. It was suggested to start with a target market to Bariatric and Diabetic patients. Matt will follow up with some of the physicians at LVHN and St Luke’s.

6- Next meeting- Matt is not exactly sure what his schedule is going to be like in the New Year... We will keep meeting on Tuesdays and hope he can make it.

Next Meeting Tuesday Jan 10th @ 6pm @ Panera on Tilghman....

Have a Safe and Healthy Christmas and New Year.

Blessings to all.....