

Health and Wellness Committee Meeting Minutes July 11, 2017

Members present: Eva, Erika, Liz and Diane

Topic- New and Old Business

- 1- **Committee Chairs:** Eva Poliquin and Erika Ashman are committee Co-chairs
Contact info for Eva poliquie@gmail.com ph 484 547 4770:
Contact info for Erika esa3911@gmail.com ph 610 790 5257

2- Old Business

Allentown Rescue Mission- Garden project- raise beds built, have some plants, need to check on occasionally and plant new crops as weather permits

Any volunteers to set up times to check on garden, and update plants?- **Erika sent an email to Wendy and it appears that they are maintaining their current plants and harvesting them. Any interest in taking a look at future plants for them?**

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.

How do we want to serve the community moving forward?

Garden Bucket Project with inner city youth- Need to gather buckets for future events
Any updates on buckets/plant containers?

- 3- **New Business:** **This still needs to be addressed-** Kevin would like us to come up with 20 Different things that Health and Wellness members could do without costs. He wants to post the resources and have them hyperlinked for accessibility (**update?**)

Examples of the links- Hiking, Allentown parks, Hawk Mountain etc...

<http://lehighvalley.findandgoseek.net/category/outdoor-activities>
<http://visitpa.com/pa/lehigh-valley/outdoor-recreation-0>

Idea for New Projects?/ Events?-

Discussed the Fall event for kids/adults at Whole Foods-

Great ideas and discussion regarding the fall event. Thanks to Liz for reaching out to Matt personally and attempting to secure a date. We had thought of Oct 5th, but unfortunately Eva forgot she is away that week with her friend from South Africa! So we are looking at Sept. 28th as the day. Time would be 5-8pm

Ideas for event- Fruit/Veggie Carving activity/demo- Eva already spoke to co-worker Jean to help with this.

Penn State Ext- Nutritionist

Felted Animal lady- Diane knows

Yoga Instructor- Eva may be able to secure Pete from WF

Chris Practor

Soap making person?

Finger Knit demo from Circle of Season

Khainder Creations

Mock Bedroom for Heroin Awareness

CPR signups

Activities to also include would be a Basket filled with 10 odd fruit/veggies for kids to guess

Scavenger hunt to promote WF exploration- would have to find things in the store

Eva also spoke to Matt about ideas, and the pumpkin decorating and he felt he could get some things from his marketing budget. We can discuss with him further as we get closer.

Other events to consider:

We discussed moving forward with another “soup challenge type event” We will put our thinking caps on for a new venue, and if it will be soups or something different.

We would like to have a planned list of educational programs that we could start marketing to schools, and educate students in small groups.

4- Committee needs

Volunteers needed for projects -

We need volunteers for planting (when the time comes) and checking on ARM project. We also need to gather buckets for the projects. Chick-fil-A is a great location to obtain buckets. They are fairly easy to clean and they don't have any harsh chemicals- *We are growing with interest and volunteers, keep sharing the word with other like minded individuals. The more volunteers, the more community outreach.*

Social Media Specialist- The committee needs to have a volunteer(s) that will be committed to uploading events, recipes, wellness related information to FB and LVBG health wellness page and LVBG website. *Still have a need for someone who has time for social media to post content and upcoming events, and maybe a weekly blog/recipe/gardening tip...*

Also my co-chair is having difficulty with scheduling. We may need to find someone to take over for her.

Bucket collecting or containers for garden projects with kids.

5- Next meeting- August 8th, 2017 @ 530pm-? See you there with some thoughts/ideas. *Kevin mentioned maybe having a speaker come to a future meeting. Maybe someone from Rodale??? Of another interest? Any thoughts?*