



Physical, Mental, Spiritual and Environmental Wellness

**Kent4Health Committee
MINUTES**

May 27, 2011

Attendees: Glenna Clendenen, Diane Javelli, Gloria Vanzo, Stacy Stadnik, Liz Nolan (joined via conference call)

Guests: Lori Nevin, Chris Ensor, Monica Whitman, Trenaye Turner

Kent-Kangley Pedestrian Safety Grant

A Kent-Kangley Pedestrian Safety Grant update was given by Monica Whitman of City of Kent Public Works. She announced \$20,000 was awarded for education and asked the committee for suggestions. At a previous meeting walking ambassadors were suggested. Lori suggested contacting the Seattle Art Institute to see if their drama department would like to get involved with the messaging and will contact them to start the conversation.

ShoWalk

The ShoWalk season, which ended April 25, was reviewed. This was the pilot season. To summarize the program, the indoor walking "ShoWalk" was every Monday from 9-11am. Ran from November 1 (daylight savings) to February. Was extended by popular demand to end of April. Upper and lower level was open. Upper level open to walkers only. Every second Monday was WalkTalk and a speaker presented a 10-15 min. education on a health related topic. Volunteers from the community hosted the weekly "sessions" and in return were allowed to display product.

There were 83 walkers in attendance on the last day. There were prizes awarded to the people with the most steps and attendance. Goodie bags were handed out to the first 80 attendees and we ran out. Lori from Urbia Fresh said a lot of the walkers are bringing in their coupon.

On average, we had 70 walkers weekly that were made up of returns and/or new walkers. In total, we had 326 people register, the majority visited once. Most walkers kept track of their steps. A survey was offered the last two weeks in addition to pre-registration. The survey went out in an email and registration will be available online in September. Survey results are attached. Key items noted were to open the lower level to a full loop (closed during hockey season); most walkers were there to walk, and adding an additional day. Some requests to continue walking during the summer were made.

Suggestions for next season discussed by the Committee were:

- Cross marketing with Urbia Fresh Café and Jamba Juice
- Info/kiosk with information of events and health topics
- Be clear with session host volunteers the primary objective is promoting health. No demonstrations. Law is reviewing the application form. Encourage non-profits like the Heart Association, etc.
- On last walk have a big event health related – health human services.
- Stretch sessions lead by VisionQuest or LA Fitness.

During the season break walkers are invited to join in the Run/Walks with Roadrunner Sports located in Kent Station. K4H will create a walking marathon made up of Kent trails. Chris Ensor has agreed to lead some outdoor walks and will meet with Pam to discuss further. He brings to us years of Mountaineer experience.

Nutrition Education

Cooking Classes

The first run of **Cooking Matters** classes started in some South King areas in June. We had asked for July but may have to wait until the Fall. The process has been very slow. King County Housing has agreed to donate the measuring spoons. The tag on the spoons will have the K4H logo and website on one side and "Healthy Choices Last a Lifetime" on the other. Thank you Trenaye for the suggestion.

Food Access Work Group

A group of South County organizations called the **Food Access Work Group** has been meeting to discuss food access for this area. Caren Adams of King County Public Health has been involved. Their next meeting is June 14, 9am SeaTac CH. The city of Kent's focus is on neighborhoods gardens. Areas of consideration are on the East and West Hill. A small fee will be charged for a space. It is yet to be determined how K4H will/may be involved but would like to keep updated.

CPPW (no update).

Cruzin' Passport

The **Cruzin' Passport** starts June 1 with the participating Kent School District elementary kids getting their Passports in class. The Kick-off event on June 11 was briefly reviewed. Kent Station will host a number of booths offering activities. A mini Passport will be offered for the day with prizes given at the end. Pam proposed three different games for the Kent4Health booth. The Committee chose the "Baby Rattle" game. Two 2-liter bottles are attached; one is half filled with gumballs. The objective is to "rattle" all the gumballs from one bottle to another within a minute. Little giveaways will be provided as prizes such as sidewalk chalk and bubbles, to name a few. New features to the program this year are a new passport format, more online participation and an updated website. For more Cruzin Passport info, visit the website at www.cruzinpassport.com.

Volunteers are being requested for the Cruzin' Passport and International Festival event. K4H will be participating during the Passport program at playgrounds. Birch Creek will have a poster in their computer lab encouraging the online activities. Gloria mentioned she has a group of kids that may be interested in helping us at the Cruzin Passport event.

TV Segments

Committee members were asked to bring topics to the next meeting to start the process. Pam will email the form.

New Business

Stacy wanted to discuss with the Committee the possibility of K4H sponsoring a community-wide health fair. We could charge vendors a small fee as a K4H fundraiser. His original thought was to start with the City of Kent employees. Pam had a conversation with the Employee Service Director who thought since K4H is community-based the fair should be community-wide. February was a month suggested to host the fair. We could invite other company wellness organizers to help. Liz suggested partnering with an existing event, such as the You Me We Fest that the Parks Department hosts.

Calendar

June 11 - Cruzin Passport Kick off booth
June 18 - International Festival booth
July 9 - Summer Cornucopia run 9am
Sept 22 - GLOW Anniversary booth
Nov 7- ShoWalk starts
Dec - Winter Dash?

Next Meeting – June 24