



## **Physical, Mental, Spiritual and Environmental Wellness**

### **Kent4Health Committee MINUTES June 24, 2011**

**Committee Attendees:** Pam Clark (Kent4Health liaison), Diane Javelli (dietician, UW Medicine), Liz Nolan (Valley Medical), Tiffany Ngo (King Co Housing Authority), Marge Williams (Life Nutrition NW)

**Guests:** Connie Appleyard (resident), Angela Brown (intern), Cyndi Mercer (resident), Rev, Rosella Turner (Unity Church), Tasha Bell (Unity Church), Claudin Quinn (Unity Church), Betsy Kirichenko (Valley Medical), Mari Dodge (Ergohealth USA), Mel Roberts (KBAB)

#### **Outdoor Walks**

Chris Ensor brought some proposed outdoor am walks and hikes to the group for review. This was not a planned event and came about from a few requests from the indoor walkers so if approved, would require a quick turnaround. Chris is an experienced hiker and is a member of the Mountaineers and works with the Senior Center and Kent Parks, coordinating hikes. The walk locations had the following criteria taken into consideration – paved trail, covered area, restroom and bus access. We thought it was best to keep them on Mondays from 9-11am to appeal to the existing ShoWalk audience, whom we have an email list established. Walkers will sign in to cover liability. A prize drawing ticket will be given every time a person participates on one of the walks. Chris has agreed to go on all the walks and we will need one more volunteer to sign people in and out. The Committee was enthusiastic about the idea and asked if Chris would consider some evening times. Suggestions for promoting the walk included the Kent Reporter calendar, a press release, flyer, VM Clinic and the Chamber. An update will be provided via email and at the next meeting.

#### **TV segments**

The Committee had a round robin on TV segment suggestions which included bicycling can be fun; nutritious snacking; exercise suggestions (walk during TV commercials and/or at your desk); Series: turn off the network and get outside, nature, gardening, etc. Will apply to youth and adults.

#### **Cooking Matters Cooking Classes**

Pam spoke to the Cooking Matters coordinator and the cooking classes are on schedule to start July 12 at Birch Creek apartments from 6:30-8:30pm. Gloria Vanzo of Kent Youth and Family Services will be on site during the classes. They will run until August 23, skipping August 2 for National Night Out. Future plans for classes include partnering with the Food Bank. Connie suggested a class oriented toward single household people.

#### **Food Access Work Group.**

In general, the group would like to be a resource for people who are interested in food system work such as community food access. It will be about policy and program and help connect people working on food access identify policy work needed. Caren Adams will provide an update at a later time. The next meeting is scheduled for Aug 9 from 9-11a at SeaTac City Hall.

## Activity Update/Calendar

**The Summer Cornucopia Fun Run/Walk** is a group activity the committee agreed to participate in. It is July 9 at 9am. The committee was to decide how to participate whether it is to walk the 5k, a presence walking around the Start/Finish area or have a table. It was decided to have a presence. Volunteers include Pam, Angie, Marge and Mari. We will hand out the outdoor walks flyer and stamp Cruzin Passports. Giveaways include Pop Chips and Frisbees. Angie will wear one of the Cruzin' Passport mascots, Super B, which is a banana with a cape.

Pam provided an update on the **Cruzin' Passport summer challenge** which was on June 12. The Kick off went well with approximately 200 in attendance, a smaller group than last year. We had a good volunteer turnout thanks to Gloria's contact with the Digital club. There were 22 booths offering interactive activities for kids. Kent4health had the Baby Rattle game. It was noted to provide earplugs for the booth volunteers in the future. The Cruzin' Passport Committee brought up the matter that since the kick off is in Kent that Kent4Health should lead the planning and coordination with Kent Station. The Committee will discuss this at the 2012 planning meeting. Suggestions for the event next year included moving it up a week when it won't fall on graduation and consideration to host it in the Town Square Plaza.

Playground and school lunch program visits were discussed. Colleen will provide a script for volunteers that want to participate so everyone has the same messaging. We have Frisbees to hand out and mascots available to accompany us. Marge suggested Kent4Health have a giveaway, such as a color changing pencil. Diane, Cyndi and Liz (August) offered to help out. A schedule will be coordinated and distributed.

Marge commented she has seen the Cruzin' Passport on school marquees messaging Eat Smart, Play Hard, Learn.

Despite the foul weather, the **International Festival** still had a good turnout of attendees. New items included a food court and two stages. Kent4Health was a stage sponsor and had a booth. Did I mention the weather was terrible?!

We had visitors from the Unity Church that shared their upcoming **health fair, Unity In the Community**, scheduled for August 27 from 10-3. They will offer a variety of activities such as a naturopath, massage, kid's activities and a walk prior, if possible. Tasha is the contact.

Other upcoming events noted are the **Emerald City Lights bicycle/walk** race on September 10. Participants can choose from a 18, 30, 65 mile bike route or a 5-K Walk along the White River. It was also noted that a new triathlon shop, **Northwest Tri & Bike**, has opened in Kent.

We have run out of the **Kent4Health brochure** so the committee reviewed for changes. Adding a Quick Response and the Facebook address were suggested.

### **2012 Considerations**

- Stacy Stadnik proposed a community Health Fair.
- Creating a recognition program for businesses that are being Kent4Health advocates was brought up. Mari said she would look into window clings. Pam brought up that a similar recognition program was designed earlier by a committee member who moved away and filed due to lack of interest. It was called 5-Star Recognition. Businesses that met certain criteria were given a certificate acknowledging them of their community advocacy, similar to a hotel 5-star rating. Mari will provide an update at the next meeting.
- Pam proposed a Kent4Health Geocache site. It was mentioned that Covington may have one. Pam will inquire.
- Giveaways - Color-changing pencil, grocery tote, pedometer. We currently get our pedometers from Valley Medical.

**The meeting adjourned at 11:00am. The next meeting is scheduled for Friday, July 22.**