



Physical, Mental, Spiritual and Environmental Wellness

Kent4Health Committee MINUTES

July 22, 2011

Committee Attendees: Caren Adams (King Co Public Health), Pam Clark (Kent4Health liaison), Glenna Clendenen (Two Men and a Truck), Harpreet Gill (Punjab Sweets), Marge Williams (Life Nutrition NW)

Guests: Mari Dodge (Ergohealth USA), Angela Brown (intern)

Outdoor Walks

Several 2-3 mile outdoor walks and hikes have been scheduled at various parks in Kent. Parks are located on the East and West Hill as well as in the valley. Walk times are 9-11am, 6-7:30pm and 9am and 6pm for hikes. Volunteers have been assigned to work with Chris at the table and on the trail. Pam and Chris put together signs and wooden stakes with the K4H logo to mark the trail for walkers. The first walk is scheduled for July 11. A full schedule is on the website and reminders will be sent to the walk group email list and posted on Facebook. Prizes were discussed again and in consideration were gift baskets, or gift cards. REI said they would donate a prize. It was decided recipients did not have to be present to win.

Indoor Walk, ShoWalk

ShoWalk has been scheduled to begin Monday, November 14 from 9-11am. The ShoWare Center has agreed to add Wednesday so walkers will have two days a week to walk. This is good but also means securing volunteers for an additional day. There was discussion regarding a stretch session for the kick off and throughout the season as well as offering a stretch area or stations with posters. Pam will ask Tim, the manager at ShoWare, if there is a corridor sign available Kent4Health could promote the walks on. Details of the ShoWalk format will be discussed at the next meeting.

Cooking Matters

The Cooking Matters classes will be concluding early due to Ramadan. Pam will contact the coordinator about scheduling a class in the Fall.

Food Security Work Group

Caren Adams, King County Public Health, provided an update of the group's activities. They meet every other month in SeaTac. Their goal is to be a resource for South King County projects such as policy change, accessing property, zoning, etc. Marge brought up there is concern at the food bank and people not knowing what to do with the food. Food banks are working on food donations that are cultural specific.

5-Star Recognition – Mari Dodge

Mari Dodge, ErgoHealth USA, continued the discussion from our last meeting regarding the 5-Star Recognition program. The program would recognize businesses for meeting specific criteria. The program design was started by a previous committee member that moved out of the area and not continued. The committee's main question was how would you get the community on board when businesses already have enough to remember? Other questions were, How would you design the

program to accommodate small business versus big business? How would it benefit employers? What does the program accomplish? More business or to show how to businesses can build wellness programs? Caren suggested more research be done to determine the focus of the program, how it fits the Kent4Health mission, and how would it be distributed to the business community? Pam will send out the current list of criteria for the committee's review and work with Mari on a putting together a plan for committee to consider.

Activity Update/Calendar

Pam gave an update of the lunch program visits that were an added item to the **Cruzin' Passport Challenge** this year. Colleen McMeekin from the Cruzin' Passport Committee, Pam and other volunteers have been taking turns visiting the various sites to share nutrition education and Cruzin' Passport information. Hope Heart Institute has been visiting the sites as well. There have been as many as 4-50 kids at the sites.

Pam mentioned that the First Evangelical Presbyterian and St. Stephen the martyr Church are offering **Terrific Tuesday Meals** from 6-6:30 for the homeless and low income. They also provide a shuttle service and give people a breakfast bag for the morning. Pam had a conversation with Deacon Carol Lowell about the dinner program. There are three churches that share the responsibility and the cost is \$350/month but only two have the kitchen to accommodate the meal service. The meals are well planned and healthy. Carol stated that there is a place in Kent that a homeless or low income person could receive a meal every day of the week. The churches in the community share resources and have the medical van come to their locations as well.

Reminders about the **Unity in the Community Health Fair** on August 27 from 10-3 on State Street and the **Emerald city Lights bicycle/walk** on September 10 (www.emeraldcitylightsbikeride.org).

The meeting was adjourned by Pam at 11:00am. The next meeting is scheduled for Friday, August 26.