



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

**Kent4Health Committee  
MINUTES  
August 26, 2011**

**Committee Members Present:** Caren Adams (King Co Public Health), Pam Clark (Kent4Health Liaison), Betsy Kirichenko (Valley Medical), Marge Williams (Life Nutrition NW)

**Committee Members Absent:** Glenna Clendenen, Harpreet Gill, Diane Javelli, Tiffany Ngo, Gloria Vanzo, Liz Nolan

**Guests:** Frances Hosmun, Coreen Jones, Lori Nevin, Dave Hobbs

**Pam began the meeting at 9:35am.**

**World Wide Day of Play**

Dave Hobbs, Program Coordinator for Kent Parks, shared with the group the Nickelodeon World Wide Day of Play scheduled for September 24 at the Community Center at Phoenix from 5-8pm. Worldwide Day of Play is an annual event designed to encourage kids and parents to turn off the television and play, especially outdoors. The yearly event officially began on all US Nickelodeon channels. Plans are in progress with indoor and outdoor activities for kids age 5-19. Pam will contact Colleen to see if the Cruzin' Passport will want to participate and her contact from Boeing to inquire about games used at the Special Olympics. Kent4Health has offered to loan the rattle game and nutrition wheel if there are not any K4H volunteers available.

On another topic, Dave mentioned discussion of a community center opening on West hill that will be "late night" center for teens. Stay tuned.

**Outdoor Walks**

The outdoor walks are in progress and a complete schedule is available online at the K4H website as well as weekly email reminders to participating walkers and Facebook reminders. Attendance ranges between 4-27 walkers. Chris Ensor, our volunteer guide, will attend our September meeting and provide an update/recap. The last walk is scheduled for September 26. It will be an a.m. and p.m. walk on the Green River Trail.

**Indoor Walk (ShoWalk)**

Most of our meeting was dedicated to the planning of this season's ShoWalk. Thank you to walkers, Frances and Coreen for their input.

Discussion included promotion, attracting new/diverse walkers, acquiring volunteers for the sign-in table, and possible transportation. Highlights of this coming season include:

- A stretch area on the lower level. Betsy will talk to the Medical Valley exercise team regarding instructional signs with stretch images
- Monthly health screenings provided by Valley Medical and possibly Kent Fire
- Two walking days a week (Mon and Wed) 9-11am
- Translation of the flyer into Spanish, Vietnamese and Russian (front/back format)
- Online registration
- Drawing tickets for prizes will be given to walkers for attendance instead of prizes for steps.
- Pedometers will be offered again with the option for walkers to track

**Betsy** will work with staff at Valley Medical for the stretch images, coordination of the monthly health screenings and outreach to the Russian population since she has connections. The committee will assist overall with general outreach. The online registration will be active by mid September on the Kent4Health website. All promotion is planned to be in place by end of September, first part of October.

Pam will look into an intern studying health to see if there is interest to take on the program as a project for the season. She noted there is an increased need for volunteers with the added day.

Detailed notes of the walk will be sent to the committee for review and their files.

## **Cooking Matters – Nothing to report**

### **5-Star Recognition**

Mary was going to provide additional information that the committee requested however, after further review and in realization of the time commitment, Mary has decided it is best for her to focus her energy on the needs of her business and clients. The 5-Star Recognition will be shelved until the committee decides otherwise.

### **Cruzin' Passport Update (June 1– Sept 1)**

The **Covington Walk and Roll** event on August 13 had a higher attendance than last year despite the chilly weather. Kent4Health was there representing the Cruzin' Passport and had a sugar display for attendees to get a visual of the added sugar in their favorite drinks. A worksheet was also provided that they could take home. We also stamped passports, handed out drawstring packs, Pop Chips and Frisbees. The City of Covington did a great job coordinating the event and all the extra activities. It was suggested to get flyers handed out prior to the event to the apartments nearby, which have a lot of kids.

**Urbia Fresh** is hosting a Board Game day on the 27<sup>th</sup>.

Passport visits to sites has been light this year and although the playground and school visits are successful, we lack the volunteers to make it as great as it could be. We also struggle with measurable results. Currently, the Passports are the primary means of tracking the program when they turn them in at school but they tend to lose them by the end of the summer. We are gathering post-survey information and Colleen is picking up the Passports by September 15th. More discussion will follow at the recap meeting on September 30th.

The Coalition for a Healthy Community is hosting their annual **Summers End Fun Run** on Sunday, September 18 at Kentwood HS. Start time is 8am. This is also the last Cruzin' Passport event. Proceeds benefit the CHC. More information and registration is on the Cruzin' Passport website.

### **Additions:**

- Lori Nevin announced that Urbia Fresh Café will be closing at the end of the month. Kent4Health has appreciated Lori's support of Kent4Health with coupons and community support
- Reminder that Unity in the Community is this weekend and if anyone attends to please take pictures.
- The afternoon Kiwanis club has invited us to visit their meeting and share information about Kent4Health on October 14. Pam noted this would be a good place to talk about the ShoWalk and if they have an interest to host a walk session. Pam is waiting for confirmation from Caren Crowley.

**The meeting adjourned at 11:05. The next meeting is scheduled for September 23.**