

**Lighten Up Lancaster County
Quarterly Meeting Minutes
February 18, 2016**



- I. Live, Work, Play Activity
- II. Brenda Buescher welcomed new members to the coalition meeting.
- III. Warm Up - This quarter's warm up was led by Chad Franciscus of Cause and Effects Fitness
- IV. Updates
 - a. School
 - Teaching Garden awarded to Lancaster Mennonite School - New Danville Campus. Contact Amber Liptack of the American Heart Association at amber.liptack@heart.org for more information about AHA Teaching Gardens.
 - Interested in starting a garden? Check out the garden toolkit located on the Schools section of the LULC site.
 - Countywide Wellness Council meeting will be in April. Contact Sue Lackmann at selackma@lghealth.org for more details.
 - b. Well Workplace
 - Save the date for Health May 12 Summit. The Well Workplace Awards will be given at the summit. The application deadline for the Well Workplace Award is April 15, and the application will be posted next week at lightenuplancaster.org.
 - 5 seats remain for the Mental Health First Aid training on 2/29 and 3/1. Contact Lin Varga at vargal@csgonline.org to register.
 - 'Tis the season to think about workplace CSAs and the 2016 guide will be available at the March workplace meeting.
 - The team is in the process of planning Healthy Snack shopping tour for the summer. Contact Leslie Wireback at lwireback@lcswwa.org to receive details when they are available.
 - c. Active Transportation
 - Walkability Audits return this spring. Contact us at coalition@lightenuplancaster.org to nominate your municipality or township for a pedestrian makeover!
 - May is Bike Month! We will provide a month long event schedule. Stay tuned for event details.
 - There is grant funding available to support schools interested in hosting a Bike to School Day event on May 4. Contact Brenda Buescher at bbuescher2@lghealth.org if you're interested.
 - d. Community Events
 - We will be celebrating National Start Walking Day, an annual American Heart Association holiday, at the HACC campus on old Philadelphia Pike. Lace UP & GO! Event at 5pm on April 6 will be held on the new fitness trail and exercise stations will be available. This event is open to the community. Full Start Walking Day event schedule will be made available in the next two weeks.

- Open Streets returns Sunday, May 15 from 11am -3pm. Many event sponsors have been secured, but we need more community organizations and activities to line the streets. Visit OpenstreetsInc.org to register or contact Audra Landers at alanders@LancasterRec.org to participate. Need guidance on an activity station for your organization? Reach out to Mandy McFerren at the YMCA, Audra Landers, and Brenda Buescher for creative ideas.
- Bike to Work Day returns May 20. Stay tuned for more information regarding the annual ride downtown and proclamation reading with Mayor Grey.

V. LULC Events & Partner Updates

- a. Evolution Yoga project comes to Lancaster. Based on Africa yoga project, The Evolution Yoga Project will be offering scholarships to individuals interested in becoming yoga instructors and committed to teaching. In addition, Julie's team is interested in bringing yoga to community sites throughout Lancaster. Any organization that is interested in being a host for yoga should contact Julie Mathers at julie@evolutionpoweryoga.com.
- b. Linda Woods Huber of Wellspan Health spoke about the 10 Pound Throwdown program beginning this March 15. Program includes goal tracking, physical activity, nutrition and weight tracking. Visit www.10poundthrowdown.com. In addition, Linda highlighted the Speak Out for Healthy Kids day event on May 2. The event will consist of a press conference and vendors stationed at the state capital.
- c. Tansy Rodgers of be U complete spoke about the Lancaster Orthopedic Group's free Race Day Ready workshop at 6:30pm on March 9. This event will provide individuals with the information and techniques to be physically ready to be runners. Contact marketing@lancasterortho.com for more information and to register.
- d. Lancaster Bible College offers students and faculty a weekly health and safety challenge. The challenge requires participants be involved 5 days of the week. Participants were entered to receive a 50\$ gift card weekly and a \$100 gift card was awarded at semester's end. Stay tuned for additional details about this program.
- e. Chad Franciscus of Cause and Effects Fitness highlighted the one-on-one personal training they provide as well as the in person and phone health coaching they offer.
- f. Amber Liptack reminded the coalition that businesses applying for the Well Workplace Award should also consider applying for American Heart Association Fit Friendly award. Visit ffc.heart.org for more details. There is also a new Healthiest Worksite Award available.

VI. Healthy Places & places2040

- a. What Makes Healthy Places?
 - Brenda reviewed two distinctly different cities and the impact of a planned environment on decisions and healthy choices. Planning affects health in many ways: transportation options, spaces for

physical activity, access to healthy food, access to goods and services, spaces for socializing, etc.

b. Places2040

- Scott Standish and Lindsay Graham from the Lancaster County Planning Commission spoke about the cultural and physical diversity of Lancaster County - which makes this a special place.
- The purpose of places2040, the new comprehensive county plan is to ensure Lancaster County stays a special place.
- LCPC's goal is to create a comprehensive plan that creates a vision for the county in 2040 and objectives to accomplish the vision.
- New plan will address Communities, Corridors, and Landscapes.
- Reviewed the process for creating the plan.
- The plan will be reviewed and revised every 10 years.
- Please visit places2040.com to learn more and get involved.

c. Love It/Make It Better Activity

- The activity allowed input from the coalition members in the room about places in the county they enjoy or felt needed additional attention.
- If you weren't able to attend, we encourage you to participate in **#PlacesWeCareAbout**. It is a social media campaign that allows you to print signs and take that to a location you love or want to improve, snap picture and post that picture online. Visit <http://www.places2040.com/placeswecareabout/> for more details.

Next Coalition Meeting:

Thursday, June 16, 2016

8:30 - 10:00 a.m.

Burle Business Park