

**Lighten Up Lancaster County
Quarterly Meeting Minutes
February 19, 2015**



- I. Beth Koser-Schwartz welcomed new members to the coalition meeting.
- II. Warm Up- This quarter's warm up was led by Amanda McFerren of the YMCA
- III. Updates
 - a. School
 - Sue Lackmann spoke about the Countywide Wellness Meeting scheduled for March 13, 2015. A representative from the Food Trust of Philadelphia will present.
 - CJ Freeman added that the Food Trust representatives will also attend the 2nd annual Lancaster Lebanon Health PE & Wellness Conference on June 15, 2015. Any community vendors interested in presenting their program should contact CJ at cjfreeman@lancaster.k12.pa.us.
 - Sue closed by stating the next Mental Health Workgroup will meet at 3:30 pm, March 12, 2015. If you are interested in attending, contact Sue Lackmann at selackma@lghealth.org.
 - b. Well Workplace
 - Beth spoke about the Well Workplace Application, which consists of 80 questions which will indicate a business's strengths and where improvements can be made.
 - Awards will be announced May 7 at the Health summit.
 - c. Workplace Wellness
 - Mental Wellbeing
 - Leslie Wireback updated the coalition about the inclusion of mental wellbeing into the Workplace Action Team.
 - One goal of the mental health component is to increase Employee Assistance Program (EAP) utilization
 - Leslie shared how EAP helped her not just personally, but allowed her to explain the experience employees can expect by using EAP.
 - Workplaces willing to share EAP utilization data should contact Leslie at LWireback@lcswwa.org.
 - Tobacco Update
 - Kick Butts Day is March 18, 2015
 - Businesses, schools and individuals are encouraged to participate in the #NotARepacement initiative. Click [here](#) or contact Sue Lackmann at selackma@lghealth.org for more information.

- d. National Start Walking Day
 - Wednesday, April 1st
 - Lighten Up will provide a toolkit for the event.
 - Asking workplaces to conduct walking meetings.
 - Take photos and share on our Facebook page.
 - A 1.5 mile loop around Franklin and Marshall College will be placed with signs with Healthy Tips will direct you.
- e. Maintain Your Weight Over the Holidays
 - Beth thanked all members for participating and for providing valuable feedback about the program.
- f. Active Transportation
 - Open Streets 2014 consisted of two blocks and 25 vendors
 - Open Streets 2015 will consist of 30+ vendors and additional streets. The goal is to have 75 vendors total.
 - Vendors are not charged to participate.
 - Vendors are asked to make their tables interactive and provide educational materials. Giveaway items are not required.
 - Setup will begins at 10 am, the event will start at 11 am, and continue until the 3 pm tear down.
 - Still accepting sponsorship funds and volunteers to staff the event.
 - Contact Audra Landers at alanders@lancasterrec.org with questions or to participate as a vendor, sponsor, or volunteer.
- g. Healthy Corner Stores
 - 5 new stores in Lancaster City will be recruited by March 31, 2015.
 - Please thank the stores listed in the presentation for participating.
- h. Bike Month
 - Bike to Work Day is May 15, 2015. There will be designated bike routes into the city.
 - Stay tuned for additional event details.
- i. Events
 - See presentation for list of upcoming event.
 - Contact Beth at bakoser@lghealth.org for additional planning details.
- j. Community Updates
 - emPower Training Systems
 - Hosting a 5k event on May 30 benefiting Lighten Up Lancaster.
 - To register, visit the race website at <http://www.empowertrainingsystems.com/5k.html>
 - Like the [emPower Facebook page](#) to receive up to date event details.

- k. Healthy Kid running Series
 - Held at the Manor Church community park on Sundays 4-5 pm for 5 weeks.
 - Online registration, no associated registration fee. \$35 for series, but you can do \$10 for individual race.
 - Visit the [Healthy Kids Running Series – Lancaster Facebook page](#) for details.
 - Contact Michelle Chaffin at Chaffin, @mchaffin2@pacollege.edu for additional information or to be a sponsor.

- l. Virtual Walk Across PA
 - Hosted by the Penn State Extension
 - Free – March 30 – May 24
 - Sign up is for individuals or teams
<http://extension.psu.edu/health/walk-across-pa>

- m. Mental Health
 - Mary Woolson spoke about Mental Health America's area support group offerings, Contact Mary at mdwoolson@gmail.com for more information.
 - Mental Well Being Collaborative
 - Make mental health stigma go away and increase openness.
 - Alice Yoder asked the coalition for tag line ideas
 - Submit your creative ideas to Beth or Alice at bakoser@lghealth.org or amyoder@lghealth.org.

- IV. American Heart Association
 - Terry Kraft provided a presentation on Heart Healthy Resources and American Heart Association (AHA) initiatives.
 - This presentation includes links and free resources for businesses and individuals.
 - Contact Terrie at terry.kraft@heart.org with any questions.