

**Lighten Up Lancaster County
Quarterly Meeting Minutes
June 18, 2015**



- I. Warm Up- This quarter's warm up was led by Tansy Rodgers of beU complete
- II. Beth Koser-Schwartz welcomed new members to the coalition meeting.
- III. Updates
 - a. School
 - Sue Lackmann reminded everyone to review their worksite tobacco policy. Every business must have a tobacco policy in place. Contact Sue at selackman@lghealth.org if you have any questions or would like assistance with your policy.
 - The June 15th Lancaster Lebanon Health PE & Wellness Conference had 146 attendees.
 - Healthier US School Challenge will take place this fall. The challenge will evaluate schools on current practices and provide recognition and monetary rewards to highest ranking schools.
 - b. Well Workplace
 - Beth reviewed the Well Workplace Award winners and explained that the extra initiatives and policies implemented in their workplace secured the top rankings. If you would like to find out how to increase your well workplace standing, contact Leslie Wireback at LWireback@lcswma.org.
 - Based on feedback, the Annual Health Summit will be modified to allow ample celebration of business and their workplace achievements.
 - Leslie Wireback reminded members that anyone is welcome to join the bi-monthly workplace meetings. Julie Weaver will give an overview of the mental health first aid program at the July 9 meeting.
 - c. Active Transportation
 - Bike Month was a huge success. A big thank you to Commissioner Leaman and Mayor Grey for participating in the event. Check out the [Common Wheel](#) for upcoming slow ride events.

d. Healthy Eating

- Beth provided the Garden Initiative update. Free seeds are available for those developing a school, workplace or community garden. Contact Beth at bakoser@lghealth.org if you would like seeds.

e. Physical Activity

- If you weren't able to join the Trail Day event on June 6th, we encourage everyone, whether rider, runner or walker, to get on the Northwest Lancaster County River Trail and see the amazing scenery.

f. Partner Updates

- Audra Landers provided an Open Streets event update. The event had around 3000 people and 75-80 vendors. If you have feedback or interest in participating in a future Open Streets event, contact Audra at alanders@lancasterrec.org.
- The Lancaster Rec launched free park workouts on May 1st. Visit [Lancaster Rec webpage](#) to view the individual park workouts.
- Will Kiefer spoke about the Bench Mark Program, which provides juveniles with an outlet to work out and support for a positive future. The Benchmark BFit (Business Fit) program brings a certified personal trainer along with student trainers into the workplace. They provide functional training and equipment to employees while giving the students the opportunity to earn an income. Contact Will at willkiefer@benchmarkprogram.org or visit www.benchmarkprogram.org for more details.
- Tangela Garvin of Aetna is offering free healthy eating and activity materials. Contact Tangela at GarvinT1@aetna.com to receive materials for your presentations or fairs.
- Francesca Kirk provided information about CPRS Physical Therapy and Diabetes Center's Diabetes Support Group, which provides free resources to diabetics. The next one hour program will be held on August 12 in Heart of Lancaster's Multi-purpose room. Contact 717-492-9532 to RSVP. Visit www.CPRSWEB.com for more information.
- Sarah Shetler of Mazzitti & Sullivan Counseling Services, an EAP certified and LCBGH preferred vendor, explained how they provide more affordable EAP services for small companies by forming a coalition of business for cheaper rates. Contact Sarah at SShetler@mseap.com to find out details for your business.

- Tia Carter spoke about the upcoming Lancaster Bike Club Bike to 30K program. Visit <http://www.meetup.com/Lancaster-Bicycle-Club> for more information. Event will be at a 10MPH pace, so no one gets left behind.

IV. 2015-2018 Strategies and Goals/Brainstorming

a. The coalition was asked to review and provide a list of what is missing from the CHNA 2015-2018 plan and who needs to be around the table, and the follow is what was collected.

- 1) Update Well Workplace Tool-kit in partnership with the AHA
- 2) Promote Parks and Trails in Lancaster County (update Lancaster On the Move guides, link to DCNR website, etc.)
- 3) Promote LULC website, social media sites and event calendar
- 4) Provide simple food preparation resources (create short YouTube video links for LULC website and share Cooking Demo partners info, e.g. Lancaster General Health, Wellspan Ephrata Community Hospital, YMCA, Essen, Smart Partner Solutions)
- 5) Start a Healthy Youth Initiative (promote partner programs, assess what is out there for youth supporting healthy lifestyles, start school wellness youth champions)
- 6) Gather and share partner and coalition wide successes (via website, social media and announcements at action team meetings and all-coalition meetings)
- 7) Partner with newly developed community and neighborhood groups such as Lancaster Unity, Faith based organizations, etc.
- 8) Integrate LiveWell work into LULC meetings and newsletters as appropriate
 - a. Add Livewell update to meetings
 - b. Share broader physician and payer goals and strategies with workplace group
 - c. Share preventive health strategies including PALCO, DALCO, etc.
- 9) Explore a more comprehensive coalition approach (New Mission? Vision?) since LULC is now working on more initiatives than HWM
- 10) Make Personal asks to these groups to join:
 - i. Faith Based Communities
 - ii. Superintendents
 - iii. Medical Providers BEYOND LGH
 - iv. More Businesses

Next Coalition Meeting:

Thursday, October 15th, 2015

8:30 – 10:00 a.m.

Burle Business Park