

**Lighten Up Lancaster County
Quarterly Meeting Minutes
May 15, 2014**



- Warm Up- Float Yoga owner Stacy Nicarry lead our warm up and invited us to visit her new studio in Lititz.
- Local news highlights Manheim Township efforts around trail connectivity and the progress of the Lancaster City bike share initiative.
- Meet Mary LeVasseur, the new LiveWell Lancaster grant manager. Please contact Mary with any questions about LiveWell initiatives.
- Lauren Anderson from InGroup Associates spoke about the Well Workplace Award and the excellent feedback from applicants. Well Workplace Awards will be delivered at the Lancaster Health Summit on May 29, 2014.
- Workplace group leader, Leslie Wireback discussed the workplace team's new mental health initiative that focuses on connecting exercise with improved mental health. See below for details about the upcoming mental-well being challenge beginning June 1st. The workplace group is also focused on obesity and tobacco, contact Leslie if you would like to get involved. Next meeting is has deviated from the usual schedule and is being held **June 29th at 8:30am** at LCSWMA.
- No World Tobacco Day will be held to recognize businesses and community partners that have made advancements in tobacco cessation efforts across the county from **8-9am on Friday May 30th** in the 3rd floor conference room of the LGH Suburban Outpatient Pavilion.
- Please contact Beth if you are interested in bringing a farm-to-institution or health vending program to your workplace or school.
- Spoke about the Apple Award and this year's winners:
 - Cocalico- Innovative
 - Ephrata Middle School- Physical Activity
 - Columbia Jr/Sr. High- Nutrition
- Please contact Sue if you are interested in becoming involved with school wellness or beginning/enhancing a school wellness council.
- Food service director training August 4th details to be announced via email, contact Sue if interested.
- United Way Garden Coordinator funding will be announced on May 21st.

- Lancaster County Prison Garden in need of volunteers to help individuals in their work release program to maintain their ¼ acre garden located at
- Congratulations to VisionCorps, the 2014 AHA Teaching Garden recipient, please contact Beth if you are able to help get their garden up and running on May 28th at Church of the Apostles.
- Help us bring the new documentary “Fed Up,” on how sugar sabotages our health, to Lancaster! Contact Beth for more information. Betsey introduced the idea of a 10-Day Sugar Free Challenge to compliment the video.
- Mary L. & Sue Lackmann spoke about the Food Assessment being done along with the PA Food Trust that will work to engage corner stores in Lancaster City in becoming more healthy. If you would like to help with this initiative, please contact Sue.
- Beth spoke about the progress of the Central Market EBT initiative.
- May is National Bike Month! Get out and ride!
- May 16th is Bike-To-Work Day, mayor and county commissioner will read a National Bike Month proclamation at **9:30am on the corner of Duke and James Sts.**
- First annual Spoke and Gear Expo will be held at **100 S. Queen Street from 9-2pm.**
- Contact Mary L. if you are interested in becoming a Bicycle Friendly Business!
- Local school & municipal walk audits are being provided by LULC in partnership with Ben Craddock, C.S. Davidson engineer. Contact Beth if you would like to host a walk audit for your school or municipality.
- Join us and LiveWell Lancaster for a Complete Streets Forum: Making Our Streets Safer to Walk, Bike & Travel, **June 4th from 6:30-8:30pm** at the Farm and Home Center, Arcadia Rd.
- 129,000 miles logged in the Spring Step Up Challenge! Thank you for all who participated!
- We will be launching a **30-Day Mental Well-Being Challenge on June 1st** to raise awareness and deliver tips on mental health and wellness. Register through lightenuplancaster.fivi.com and select *REDUCE STRESS* as a health goal to start receiving emails.

- Annie Cocoran from M.O.O.S.E. introduced the Red Rose Run, a 5-mi run that begins and ends in Binn's Park on June 7th at 8am. Please contact Annie if you are interested in helping with registration or Elizabeth if you can help staff the Lighten Up booth.
- The 2nd Annual Lighten Up Lancaster Day with the Barnstormers Tony DeMarco, VP of the Barnstormers, joined us to deliver \$2 vouchers for the 1:00 game and to share the new healthy food options available at the stadium!
- Member Alice Yoder is running for State Representative of the 41st District. Betsey Sterenfield is hosting a casual gathering to promote Alice's campaign on June 4th, please email Betsey at Betsey@essenccooking.com if you are interested in attending or contact Alice to learn more about how you can help. Most importantly, Get Out and Vote if you live in the 41st district!!
- Mike Burcin spoke about the Lancaster County Nature Preserves and their availability to the public. Please visit their website for more information: www.lancasterconservancy.org
- Ben Craddock, engineer with C.S. Davidson spoke about his Lancaster County Trail adventure to run, rate and review all of the trails in the county. You can follow Ben's reviews on Twitter @bencraddock and we encourage you to review the trails yourself and post to LULC Twitter @ LightenUpLanc.
- LiveWell Lancaster has launched their App, feedback is appreciated!
- Mary Woolson, holistic lifestyle coach and owner of Synchronessence, and Amanda McFarren of the Lancaster YMCA gave a wonderful presentation on the connection between Mental Health, Mindfulness and Movement. Their presentation is attached.