



## Thursday, March 10, 2016 Meeting Notes

### I. **Welcome**

Leslie Wireback welcomed the group and all attendees introduced themselves by giving their name and place of work. Due to the number of attendees the LCSWMA space is limited and larger meeting space is needed. The following attendees suggested looking at their meeting space for future use:

- Victoria Jenkins at the IU-13
- Lori Michener at YWCA
- Nxtbook Media

Leslie and Brenda plan to follow-up on the options being offered.

### II. **Workplace Health Solutions** – presented by Amber Liptack, American Heart Association

Amber discussed the new program offered by the American Heart Association and shared two handouts “Workplace Health Solutions”, “A Suite of Evidence-Based Tools” and “The Benefits of Workplace Health Programs”. The focus on the new program is on heart health. Amber suggested visiting [heart.org/workplacehealth](http://heart.org/workplacehealth) to learn more about the program. This program is taking place of the “fit friendly” program that is currently in place and will be ending in 2016. The American Heart Association is working on marketing tools and volunteers are welcome. If your organization wants to “pilot” the Workplace Health Solutions tool, please contact Amber Liptack at [Amber.Liptack@heart.org](mailto:Amber.Liptack@heart.org).

### III. **Well Workplace Award**

Brenda distributed a notice announcing the upcoming Well Workplace Awards. This program celebrates local businesses that promote health and wellness in the workplace. The announcement outlines how to apply for the award and the optional Innovation and/or Impact Award. The application is due by April 15, 2016. The Impact Award is new this year and recognizes businesses that can demonstrate measurable program results. Please visit the website for more information on how to apply:  
<http://www.lightenuplancaster.org/In-The-Workplace/Well-Workplace-Award.aspx>

### IV. **Welcome Kit/Member Resources**

The Welcome Kit is in development, and should be finalized soon and utilized for all new members in the Workplace group.

Additionally, we worked on developing a method of sharing programs and resources within our group. Engle Printing & Publishing developed a program grid showing the wellness programs offered for their employees. The grid outlines the type of programs offered, program name, source/vendor, contact information along with helpful information. The majority of the programs they use are free or low cost. Lancaster General Health created a similar program grid showing the programs offered through their internal MyHealthyLiving program (which can also be provided to other companies at a cost).

We would like to develop one compiled list of programs that our Well Workplace members offer and would be willing to discuss with other members (for free or as a service provider). Please forward information to Rachel Whitlock at [rwhitlock2@lghealth.org](mailto:rwhitlock2@lghealth.org). She will be responsible for compiling the information into a user-friendly resource for all to use.

V. **LinkedIn – Lighten Up Lancaster Group**

The LinkedIn group for Lighten Up Lancaster will be revived to serve as a space for conversation about workplace wellness trends and ideas. Brenda reported the ownership of the LinkedIn group will be transferred to Rachel at LGH. Amy Jaros, Chelsea Greene, and Cheryl Harsh volunteered to serve as “moderators” for the group by posting monthly (interesting links, news stories, resources, etc.) Everyone is encouraged to join the group on LinkedIn and participate in the conversation.

VI. **Mental Well-Being**

- Let’s Talk Update

Brenda reported the Let’s Talk Lancaster Expo is scheduled for Saturday, May 21, 2016 at HACC-Lancaster. A “*Save the Date*” flyer will be distributed soon. This is a community event for the general public to learn about resources available in the community to support mental well-being. There will be 8 breakout sessions and one exhibit hall. The event is planned from 9 AM – 12 PM. It is free for exhibitors and the public to attend.

Leslie reminded the group of the Mental Health First Aid (MHFA) training program being offered throughout 2016. The plan is to schedule the 8 hour training (1 full day or 2 half days) quarterly. Marketing materials are being developed to distribute to businesses.

VII. **Physical Activity**

- National Walking Day

National Walking Day celebration is planned for Wednesday – April 6, 2016.

Walks will be held throughout the day at various locations and a final celebration will be held at the HACC Lancaster Campus from 5 pm until 6:30 pm. (See attachment for details.) We encourage you to promote the community event and/or have your own event at your workplace.

- **Bike Month**

May is Bike Month. May 20<sup>th</sup> is Bike to Work Day. (See attachment for details.)  
<https://www.facebook.com/Lancaster-Bikes-435980033218898/>

VI. **Healthy Eating**

- **2016 CSA**

A flyer was distributed to the group noting the local farms offering CSAs to Workplaces. The notice outlines the farm name, delivery and service area, Logistical requirements, number of shares, discounts/specials, types of shares and contact information. The Committee encourages businesses to promote this healthy opportunity to their employees. (See attachment for details.)

The group also discussed workplace, community and school gardens. On the Lighten Up website, under the school garden there is a Garden Toolkit that outlines the processes and specifics to start and sustain a garden. This type of gardening does not require a large space if space is limited.

- **Healthy Snacks Shopping Tour**

New program coming soon with information to follow.

VIII. **Tobacco**

Kick Butts Day is scheduled for March 16, 2016.

IX. **Next Steps**

Upcoming Meetings:

- Workplace meeting – **Thursday, May 5<sup>th</sup>** at 8:30 – 9:30am at LCSWMA
- LULC All Coalition meeting – Thursday, June 16<sup>th</sup> 8:30 – 10:00 am at Burle