

# Physical Activity and Nutrition Task Force Meeting Minutes

June 19, 2015

## Members Present:

Kristi Adyniec, Aaron Bixby, Allie Dorszynski, Genene Hibbler, Beth Nelton, and Cheryl Orlando.

### 1. Introductions

New member to the task force; Allie Dorszynski, PT from Athletico Physical Therapy.

### 2. City Employee Wellness Newsletter

The task force agreed to continue the letter using current publisher format. Allie Dorszynski has volunteered to assist with the newsletter. *Upcoming events, suggestions and articles are welcome from all task force members. Submit to Aaron Bixby.*

Discussion held regarding distribution of the newsletter beyond the city employees. It was decided an evaluation/assessment of the newsletter will be done using a short survey of the city employees prior to increasing distribution.

#### Action Items:

- Aaron Bixby and Allie Dorszynski will produce and format the monthly wellness newsletter using Publisher trying to keep it to one page but two will be acceptable as necessary. Draft is due the Monday prior to the first City employee paycheck of each month to the health department for editing, printing, and distribution.
- Cheryl Orlando to develop survey to evaluate the newsletter.

### 3. Physical Activity Initiatives

- The Firefly walk was evaluated by the task force. It was decided to make this an annual event. Location for next year was discussed with the possibility of an increase in the number of people participating in the walk. The size of the Kelly Sr. Center and it's capacity was of concern. Suggestion was made to explore the possibility of moving the event to the Cudahy High School with the use of the field house in the event of rain. The walk could then continue indoors in inclement weather. A suggestion was made to provide an incentive for participants to visit each vendor in the fitness fair such as a "passport" to stamp and a gift if all booths were visited. A comment was made that the walk on the paved path was a good idea for those who are disabled allowing all to participate. The written evaluations of the participants were summarized. See Attached.
- A fall "Zombie Walk" along the same paved path was agreed upon. Suggested date: Sunday, October 18, 2015. County Park Permit to be submitted by Cheryl Orlando. Possibility of Food Trucks providing health food options discussed. Genene Hibbler will investigate the use food trucks and the procedure. Details of event to be discussed at next meeting.
- The members present agreed the second walk in 2015 is the final physical activity to be planned for this year by the task force. Future events for 2016 will be discussed at the next meeting.

#### Action Items:

- Cheryl Orlando will submit the Zombie walk permit with the County Parks.
- Genene Hibbler will investigate food trucks.

### 4. Nutrition Initiatives discussed.

- The task force will participate in the Cudahy Farmer's Market 1 day a month for 2015 season. Each week will have a food topic or theme. Moliina Health Care will provide a

food demonstration. The health department will supply display board with topics to coordinate with the topic and possibly giveaways.

• **Action Item:**

- Cheryl Orlando will submit our participation form with the Farmer’s Market.

5. Discussed participation in the National Night Out on Thursday, August 6, 2015. Topic, display to be determined. Volunteers needed. To be discussed at next meeting.
6. Discussed future involvement in the support of the All Abilities Playground to be built in St. Francis.
7. **Task Force Goals.** Time did not allow for discussion of the present goals. Based on the activities discussed today the goals will need to be updated.

**Action Item:**

- Cheryl Orlando and/or Katie Gajeski will revise the Task Force Goals and present to the group at the next meeting for discussion or revision.

**ACTION PLAN**

<b>Action Item</b>	<b>Status Update</b>
Monthly City Employee Wellness Newsletter submissions and articles	All members of task force Ongoing
Produce Monthly Wellness Newsletter	Aaron Bixby and Allie Dorszynski Ongoing
Community Fitness and Nutrition events to be submitted to City Hall; Kelly Sobieski.	All members of task force Ongoing
Permit to use County Park Trail for Zombie Walk to be obtained	Cheryl Orlando NEW
Use of Cudahy High School to be explored for Zombie Walk.	Cheryl Orlando NEW
Mayor’s Fitness Challenge	Cheryl Orlando to review website for details NEW
Partner with Recreation Department for programing promoting fitness and nutrition. Discuss with Tina Kreitlow	Cheryl Orlando NEW
Farmer’s Market Participation once a month to be confirmed with organizers	Cheryl Orlando Completed
Community Garden development through Wheaton Franciscan Medical Clinic	Lynn Stoeveken Ongoing
Explore city ordinance requiring calories to be indicated on restaurant menus	On hold
Task Force Goals to be revised to reflect new initiatives to present to task force at June meeting	Cheryl Orlando/Katie Gajeski NEW

**NEXT MEETING:**

**JULY 17, 2015 (Always the third Friday of the month)**

**9:00 AM – 10:30 AM**

**Cudahy Health Department Conference Room**