

Physical Activity and Nutrition Task Force Meeting Minutes

July 17, 2015

Members Present:

Kristi Adyniec, Aaron Bixby, Abby Demler, Allie Dorszynski, Genene Hibbler, Nan Owen Hoekman, Beth Nelton, Lynn Stoeveken, Katie Gajeski and Cheryl Orlando.

1. Introductions

New members to the task force; Abby Demler from Molina Health Care and Nan Owen Hoekman from the Community Garden.

2. Upcoming events and activities of the other HCC task forces reviewed.

Upcoming Events:

August 1	8:30 AM - 11:30 AM	Gardening Activity	Kelly Senior Center
August 6	4:00 PM - 8:00 PM	National Night Out	Cudahy High School
October 1	6:30 PM - 8:00 PM	Prescription Drug Abuse Forum	Cudahy Library
October 18	Time TBD	Zombie Walk	
October 28	6:00 PM - 8:00 PM	Internet Safety Presentation	St. Luke's South Shore Aud

3. City Employee Wellness Newsletter

A short survey to assess the effectiveness of the newsletter will be sent to city employees, the only group currently receiving the newsletter. Survey questions and content discussed. Katie Gajeski will develop the survey using the "Survey Monkey" tool and send to all city employees electronically.

Survey results will determine if change is needed and if the newsletter will be disseminated for use by all HCC members if they so choose.

Action Items:

- Aaron Bixby and Allie Dorszynski will continue to produce the monthly newsletter.
- *Upcoming events, suggestions and articles are welcome from all task force members. Submit to Aaron Bixby or Allie Dorszynski.*
- Katie Gajeski will develop survey to evaluate the newsletter and send to all city employees.

4. Physical Activity Discussion: Zombie Walk

- Date: Sunday, October 18, 2015.
- Venue to be determined between Kelly Senior Center and possibly the Cudahy High School. Cheryl Orlando will contact both venues.
- Time to be determined dependent on venue availability. Sunsets a 6:00 PM.
- County Park Permit to be submitted by Cheryl Orlando once venue is determined.
- Nan Owen Hoekman will assist with PR and signage for the walk.
- Aaron Bixby will design a logo for the walk and send prototypes to the task force for input by August 4, 2015. Logo to incorporate the HCC and Cudahy. Must not be family friendly.
- Fire personnel, Police, and equipment will be at event with an ambulance and transportation cart. Aaron Bixby will confirm with both fire and police.
- Pre walk activities:
 1. Zombie Make up application for participants by local make up artists for a fee. Cheryl Orlando will inquire with the theater groups at Cudahy, South Milwaukee, and Oak Creek High Schools. Abby Demler will investigate local cosmetology students.

2. "Warm up" for participants to the music of Thriller. May include; how to walk like a Zombie, How to sound like a Zombie, etc.
- Post Walk Activities;
 1. Possibly Post walk cool down/ stretches
 2. Campfire
 3. Food We continue to explore the possibility of food vendors such as local businesses and food trucks. Genene Hibbler reported on food trucks in use at the Milwaukee County Offices. She will contact some of the food truck vendors to investigate the use of food trucks, contracts, the procedure to request their presence at an event, and if they can offer healthy choices at this event. Cheryl Orlando will investigate local food vendors such as Skyline Catering, Refugee Smoothie Café, Etc.
Number of vendors to be determined.

Action Items:

- Cheryl Orlando will submit the Zombie walk permit with the County Parks.
- Genene Hibbler will investigate food trucks.
- Cheryl Orlando will investigate local food establishments
- Cheryl Orlando will contact high school theater groups for make up application
- Abby Demler will contact cosmetology students for make up application
- Aaron Bixby will design the Zombie Walk logo.

5. Nutrition Initiatives discussed.

- Nan Owen provided an overview of the Community Garden located at the United Methodist Church in Cudahy; the garden and the health initiatives such as cooking classes, nutrition and portions, etc.
- Lynn Stoeveken provided an update on the Community Garden under development at the Wheaton Franciscan Clinic in Cudahy; there will be an education component, walking paths and benches, produce, herbs, flowers. They have met with a landscape architect to design the garden. They hope it will be a community driven garden.
- The Farmers Stand in front of City Hall is present on Thursdays 8:30 AM to 4:00 PM.
- The task force is participating in the Cudahy Farmer's Market the third Wednesday of each month June through October with Abby Demler and Cheryl Orlando presenting food and nutrition information and food demonstrations. Market calendar attached.
- Flavored water is offered to the clients present in the health department to promote alternatives to sweetened beverages.
- Discussed the need to identify other nutrition outreach activities for the community in 2016.
- **Action Item:**
Cheryl Orlando and Abby Demler will continue at the Cudahy Farmer's Market.

6. **National Night Out** is on Thursday, August 6, 2015. HCC and health department will have booths with the following information: HCC, Immunizations, Hand Washing, Emergency Preparedness Kits, Children and Safety, and Prescription Drug Abuse.

7. **All Abilities Playground** The task force discussed future involvement in the support of the All Abilities Playground to be built in St. Francis. Cheryl Orlando will invite organizers to present at an upcoming meeting with information on the progress to date. Genene Hibbler offered several contacts/resources for the organizers.

8. **Task Force Goals.** Time did not allow for discussion of the present goals.

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

Action Item	Status Update
Monthly City Employee Wellness Newsletter submissions and articles	All members of task force Ongoing
Produce Monthly Wellness Newsletter	Aaron Bixby and Allie Dorszynski Ongoing
Develop newsletter survey	Katie Gajeski 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
Zombie Walk Food Vendors to be explored Food trucks and local food establishments	Cheryl Orlando (Local food establishments) Genene Hibbler (Food trucks) NEW
Zombie make-up artists to be recruited	Abby Demler (Cosmetology students) Cheryl Orlando (High School theater groups)
Zombie Walk Logo Design	Aaron Bixby
Zombie walk PR and signs for actual walk	Nan Owen Hoekman
Confirm Police and Fire participation at Zombie Walk and equipment	Aaron Bixby
Review Mayor's Fitness Challenge and what it involves	Cheryl Orlando On HOLD
Invite All Abilities Playground Organizer to present at future meeting	Cheryl Orlando NEW
Farmer's Market Participation once a month	Cheryl Orlando and Abby Demler Ongoing
Participate in National Night Out HCC related booths	Cheryl Orlando, Abby Demler, CHD staff, WIC staff, volunteers
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 July meeting	Cheryl Orlando/Katie Gajeski NEW

NEXT MEETING:

August 21, 2015 (Always the third Friday of the month)

9:00 AM – 10:30 AM

Cudahy Health Department Conference Room