

# Richland Fit Coalition Meeting Minutes

Monday, April 28, 2014

Richland County Health and Human Services - Conference Room A/B

5:30 – 6:30pm

## 1. Introductions

Henk Newenhouse, Linda Gentes, Mallory Bender, Megan Dischler, Randy Jacquet, Kay Cunningham, Brett Iverson, Monica Maronich, Julie Whitney, Gail Hoffman

## 2. Community Garden Update – Sara Richie

- a. Park and Rec Board meeting update-Dana, Sara, Linda, and Chelsea attended the Park Board meeting on April 14 to pitch the idea of a community garden on the Old Community Center plot. The group asked a lot of questions and overall was very supportive of the project. They mentioned quite a few locations within the city that the city owns that would be potential sites for gardens. The only issue that came up with the Old Community Center location was that it is in a flood plain which means nothing can be put there that would impede water. We were told to contact Melinda from the city (Shane Stibbe said he would help as well) to figure out what the zoning of the area is and what would/would not be allowed. Currently the plans for the Old Community Center plot is to make it into a park with a shelter, and Shane thought he could still do that with the garden being there.
- b. Next Steps: Sara will talk with Melinda and share the general plan of the garden boxes to get her opinion/approval and any next step we will need to take. Once we get approval from Melinda we will need to go back to the Park Board with our detailed plans. When the Park Board approves the plans they will take the plan to the city council for final approval of location/garden plans. Once the location is finalized the coalition can begin planning for the rules/regulations/waivers/prices etc. following the outline from the Marshfield Clinic toolkit that we have. The timeline we are following will have us constructing the beds and placing them in Spring 2015.

## 3. Pi-Tri and Thunderpaint 5K Update

- a. Jodi Mieden looking for volunteers for the events on July 5<sup>th</sup>. A volunteer registration sheet was passed around and will be attached to the minutes.

## 4. Fitness Champion Update

- a. Doris Eck is the FITness Champion for May, Tanya Webster is in the process of interviewing her.
- b. Randy Jacquet gave an update on his interview with Dean Jewell for June. He mentioned that the stock questions were not very helpful since Dean has always been active and not really gone through a transformation of his health. He

suggested that everyone who interviews people write down the questions that they ask so we can build a list of questions that could be used for all different types of people.

5. Newsletter

May: Richland Medical Center – Malory Bender (due by noon May 2<sup>nd</sup>)

June: Sherry Hillesheim (due by noon June 6<sup>th</sup>)

6. Group Meetup Ideas for May/June

- a. Kayaking/Canoeing on the Pine River: could talk to Dean Jewell or the Rockbridge Store has kayaks and allows people to rent them. Would need to pick a date and then get a sign up going. Mallory is going to contact Dean to see about kayaks.
- b. Horse shoe; a group meets at the Horse Shoe Pits at Krouskop park at 5:00 pm on Wednesday nights in the summer. Everyone is welcome.
- c. Walking Group; it was brought up that we need to also plan events that are focused on people who are new to exercising and aren't up for big/long events. We thought having mapped out routes around town with the distance would be helpful to people. Monica mentioned if we had a hand out that the Physicians could distribute them to patients interested in physical activity. We can also post them online and maybe have them available in the newspaper/shopper to be clipped out my people interested. Also having groups that would meet and walk together on certain nights was discussed.
- d. The Medical Center is still discussing if they will host the weekly community bike rides like they did last summer. Monica will let us know specifies when details are finalized.

**7. For next meeting: everyone should bring one mapped out walking route. We want distances  $\frac{1}{4}$ ,  $\frac{1}{2}$   $\frac{3}{4}$  an 1 mile long, preferably where there are sidewalks or are safe to walk ( not a lot of traffic etc.)**

One resource is [www.mapmyrun.com](http://www.mapmyrun.com) and that allows you to make maps pretty easily.

8. Next meeting date:

Monday May 19, 5:30-6:30 pm

Richland County Health and Human Services Building

5:30 – 6:30 pm