LIVINGSTON COUNTY DEPARTMENT OF HEALTH

**Be Well in Lima Meeting Minutes**

**Wednesday, August 7th, 2024; 10:00 – 11:00 a.m.**

**PRESENT: Bridgette Guild**, LCDOH; **Mark Petroski**, Lima Town Board; **John Skiptunas**, Mayor of Lima; **Erika Reinhardt-Roggow**, Embrace Fitness and Health

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| **TOPIC** | **FINDINGS/DISCUSSION** | **ACTION/FOLLOW-UP** |
| **Roles and Outreach** | * Steering Group and Helpers Group –   + There is room in the budget to do a penny saver ad to try to get more community members to join the group, would like it to go out before August 24th if possible   + The group would like to incorporate the Pumpkin Fest in October and the Rotary end of summer bash in the ad as well, if possible   + Penny Saver Ad can also be sent to Chris Carosa (partner editor for community services) who would print it for free and post it on Positively Lima Facebook page, the Rotary page, the village and town websites * Positively Lima Facebook –   + Would be good to utilize this page to reach the younger population as opposed to the penny saver   + Bridgette has sent Positively Lima Facebook link to Diane Deane to be added to the GVHP Be Well Lima page | *-Bridgette confirmed penny saver ads go out every Friday, the due date would be the Monday prior to the Friday you would like to have the ad placed*  *-Bridgette to find out what criteria need to be met to be posted on be well calendar* |
| **Timeline for Next Steps: assessments and policy/practice change** | * Kim Arnold (from PIVITAL) will be attending our September meeting to present on the data collected from the Community Survey, focus groups, and School Health Index |  |
| **Other business** | * Where to Play Brochure –   + The group decided on using the thicker brochure paper.   + Would like to highlight Tubbs Park and all of the amenities at the park as opposed to different locations as Tubbs Park is the only park in Lima   + Would like to highlight Tubbs Park and its amenities on the right side and Festivals/events on the left side   + Tubbs Park amenities:     - Playground     - Walking trails     - Fishing pond – catch and release     - Would also include the historical museum on this section   + Festivals to include:     - Crossroads Festival (always the 1st weekend in August)     - Pumpkin Fest & Ag Day (always the 1st Saturday in October)     - Tree Lighting (always the first Saturday after Thanksgiving)     - German Festival (always 2nd Sunday of June)     - Dyngus Day Parade (always the Monday after Easter)     - 4th of July celebration     - Battle of the Crossroads (always 3rd weekend in July)     - Farmers Market * “Move More” Resources –   + The group decided to set up a Be Well Lima table/zone at the Pumpkin Fest on Saturday October 5th     - Erika volunteered to table at the event     - Will have the Lima yard games from GVHP and Be Well goodies as well as a sign up sheet and flyers to hand out   + There are possibly a couple of people wanting to get trained to teach tai chi   + The county does not have a volunteer instructor to teach classes in Lima but has classes nearby in Livonia and Avon starting in September and October. They would be willing to go to Lima once a week for a few weeks and provide tai chi basics. They cannot commit to a full series at this time.   + Erika is willing to do a “tai chi” related class involving stretching and balancing (would have to be another name such as “Healthy Movements” “Stretching with Be Well” or “Balance with Be Well”)     - She could do a shorter 6 week program, with 30 minute classes once a week or whatever would work best     - Could be held upstairs at the Lima Town Hall   + Lima Bean 5K:     - Went very well, there were about 110 runners with about 80% that showed up. It was very well organized. Had 70-80 shirts and they ran out, so will need to have more for next year. They announced everyone’s name as they finished, times along with names were posted almost immediately. Overall it went very well. * Other event/resource sharing –   + The group would like to purchase a 5 foot banner/table cloth for Lima like the Be Well in Livingston table cloth for events | *-Erika to call Steve to reserve a section at the Pumpkin festival*  *-Bridgette to make flyers and a sign up list to have on the table to get more community members*  *-Bridgette to get more Be Well goodies/stickers from DOH for Erika to bring to the event* |
| **Next Meeting** | Wednesday, September 4th, 2024 10am at the Lima Town Hall and via zoom:  <https://us06web.zoom.us/j/83292611099?pwd=ggSPr2ILimcUKrk9ZgIbuxgdqeEth5.1> |  |

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