



Jackson County
Healthier Together™

Vision: To create a sustainable culture of health and wellness throughout Jackson County evidenced by improved health outcomes data.

Mission: Collaboratively, create and promote a healthy environment to empower our Jackson County community to achieve improved health outcomes. We will do this through: Policies, Education, System and Environmental Changes.

Increasing Physical Activity Workgroup Meeting Agenda
January 21, 2020
11:30AM – 1:00PM
Schneck Professional Building Room 500

Members Attending: Tyler Henkle, Ryon Wheeler, Nancy Sterling, Stacey Findley, Patty Tormoehlen, Ashley Caceres, Mackenzie Wint, Bethany Daugherty

Topic	Lead	Decision/Action
Welcome	Bethany Daugherty	
Introductions & Healthy Happenings	<p>Tyler Henkle</p> <ul style="list-style-type: none"> • Cold Night Out Shelter is having a sneaker drive with the organization, Got Sneakers through December 2020. Got Sneakers recycles tennis shoes and reimburses Cold Night out for each pair. The money raised will go towards the Cold Night Out Shelter. Current collection agencies are Blush & Brush Beauty Bar, Schuler Bauer Realty, State Farm – Kayla Stice, Brownstown, and the Jackson County Visitors Center. Cold Night Out always needs more volunteers. <p>Ryon Wheeler, Boys & Girls Club.</p> <ul style="list-style-type: none"> • 250 K-4 participants in winter basketball. Teenage basketball starting later this month. • Fit 365 fitness program offered after school. • Toddler indoor open gym, birth-5 yrs. \$30/semester • Boys & Girls Club is accepting soccer registration <p>Nancy Sterling</p> <ul style="list-style-type: none"> • Pickle ball is a growing sport at Girls, Inc with several open gym times being offered. • Shared that she had been approached about the Bloomington Run club organizing a run through Jackson County on the Knobstone Trail. Tyler suggested contacting Jack Gillaspy. <p>Stacey Findley, Seymour Parks & Rec – Welcome to HJC, Stacey!</p> <ul style="list-style-type: none"> • Attending her first Trails Committee Meeting on Friday, January 24. • Upcoming sports programming includes youth baseball and kickball tournament. • Working on city 5 year Master Plan and will be seeking community input. • During the February park board meeting they will be taking a tour of all the 	

		<p>parks.</p> <ul style="list-style-type: none"> • Currently taking inventory and looking at ways to improve/add additional programming. <p>Patty Tormoehlen – City of Seymour</p> <ul style="list-style-type: none"> • Shared that if we want to continue with the Scavenger Hunt Downtown we need to schedule a date. Group decided the Scavenger Hunt would be April 25 with a back-up date of May 9. People can participate in the scavenger hunt in teams of 4 (families welcome!) and post pictures online tagging the downtown. <p>Ashley Caceres – Covering Kids and Families /United Way</p> <ul style="list-style-type: none"> • Leadership Jackson County ValenTimes 5K run/walk is February 15. Still looking for sponsors. Tyler may potentially look at a partnership for collecting shoes for Cold Night Out. <p>Mackenzie Wint – WellLife by Schneck – Welcome Mackenzie!</p>
<p>Old Business</p> <ol style="list-style-type: none"> 1. Fall Hikes 2. Fitness Center engagement 3. Webpage 4. Toolkit 	<p>Tyler Henkle</p> <p>Bethany Daugherty</p>	<ul style="list-style-type: none"> • Fall Hikes were all attended. Workgroup would like to continue doing these in 2020. Nancy Sterling interested in potentially leading a hike. • Local fitness centers were contacted and invited to HJC. Some requested to be on mailing list but could not commit to meetings. Workgroup decided that continuing to educate local fitness centers about HJC was still important though none are able to attend meetings. • Bethany will reach out to new yoga studio opening in Brownstown in March. • Bethany shared the HJC website will go live in Q1. • Reviewed physical activity toolkit that will be posted online. Mackenzie suggested adding the “Move Your Way” campaign. Bethany will add this when the website goes live.
<p>New Business</p> <ol style="list-style-type: none"> 1. Jackson County Fitness Classes Brochure 2. 2020 Goals/Action Plan 	<p>All</p>	<ul style="list-style-type: none"> • Reviewed fitness brochure that was created in 2018. The intent of this brochure was to make Jackson County residents aware of fitness classes available in the community at little or no cost. However, a brochure is difficult to maintain because details change to frequently. Discussed how beneficial it would be to have a community calendar that fitness classes would be added to. It was mentioned that the Visitors Center calendar might make the most sense for this. Bethany will contact Visitors Center about a potential collaboration. • The following 2020 goals were discussed: Need to approve via e-mail. <ul style="list-style-type: none"> ○ Continue to collaborate with DNR to provide guided hikes at the Forestry in Fall 2020. ○ Collaborate with Muscatatuck Wildlife Refuge, Starve Hollow and Jackson Washington State Forestry to plan a Youth Hiking Series in the summer of 2020. ○ Explore options to provide physical activity

		<p>opportunities to families on weekends and evenings.</p> <ul style="list-style-type: none"> ○ Start a community discussion about creating a community calendar that could include physical fitness opportunities.
<p>Announcements</p> <p>1. 2020 Meeting Schedule</p>	Bethany Daugherty	<ul style="list-style-type: none"> • The next workgroup meeting will be Tuesday, March 17 from 11:30AM-1PM at Schneck. • The next HJC All-Member Meeting will be Wednesday, March 4 from 11:30AM-1PM in the Schneck Auditorium