


INCREASING PHYSICAL ACTIVITY WORKGROUP

AGENDA

August 20, 2019

10:00-11:30am

Schneck Medical Center

WELCOME!	
Bethany Daugherty, Schneck Medical Center	Welcome! THANK YOU! Thank you for your support and serving on the “Increasing Physical Activity” workgroup of Healthy Jackson County.
RECAP OF HEALTHY JACKSON COUNTY EFFORTS - 2019	
Bethany Daugherty	<p>Continue workgroup efforts with focus on the current Mission & Vision of HJC</p> <p><u>Vision:</u> To create a sustainable culture of health and wellness throughout Jackson County evidenced by improved health outcomes data.</p> <p><u>Mission:</u> 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.</p>
	<p>Recap of Collective Impact / Our Role in <i>Increasing Physical Activity</i></p> <div style="text-align: center;">  </div>
HEALTHY HAPPENINGS	
	<p>Introductions to take place:</p> <p><i>Name:</i></p> <p><i>Name of Organization Representing:</i></p> <p><i>Healthy Happening Announcement(s):</i></p> <p>Please share current efforts through your specific organization/personal volunteer work that are in relation to <i>increasing physical activity</i> in our community through promotion, engagement, community events, etc...</p> <p>Bethany Daugherty – Registered Dietician at Schneck Carrie Morrison – Physical Therapist at Schneck Jack Gillaspie – Retired veterinarian</p> <ul style="list-style-type: none"> • Represents Brownstown Township • Was part of the original Obesity Committee and involved with early projects • Working to get more county officials involved

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	<p>Ryon Wheeler – Boys & Girls Club of Seymour</p> <ul style="list-style-type: none"> • Kick-off of Todd’s Playground providing a positive outlet for the young children of the community age 6 months–6 years; Open 9:00-noon M-TH; Running a special cost of \$50 for the whole school year for 2 kids and 2 adults. • Accepting sign-ups for soccer league • Partnering with the high school for flag football • Fit 365 – after school program that focuses on fitness and healthy lifestyle for kids. A grant with Anthem will help with this program. • Looking at things for teens and adults • Monthly Family Nights – launch in September • Goal is for the Boys and Girls Club to be used as a community center. • Opportunity – Guatemalan / Hispanic population would like to rent Boys and Girls Club for basketball and indoor soccer leagues. Has been rented for a dance. <p>Tyler Henkle – Treatment Support Center at Columbus Regional Health</p> <p>Patty Tormoehlen – Clerk’s Office, City of Seymour</p> <ul style="list-style-type: none"> • Scavenger Hunt <p>Bob Tabeling – Seymour Parks & Recreation Dept.</p> <ul style="list-style-type: none"> • Volleyball and Softball Leagues • Aquatic exercises at the high school • Pickleball – looking at building pickleball courts (Kasting Park) • Partner with Seymour Soccer Association; fall rec and travel season has started at Freeman Field • Crossroads Community Park - gaming tables • Kickball League <p>Ashley Caceras – Bilingual Outreach and Enrollment Specialist, CKF of United Way</p> <ul style="list-style-type: none"> • Party in the Park
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WORKGROUP GOALS - 2019

Tyler Henkle	<p>What specific goals do we want to set for Increasing Physical Activity in 2019?</p> <ul style="list-style-type: none"> • Physical Activity Toolkit? <ul style="list-style-type: none"> ○ Bethany will email an example toolkit to review and discuss at a future meeting. ○ HJC website will be within the Schneck Website on a community wellness page. The toolkit can be accessed on this page. ○ Bethany will check into revising the logo to say ‘Healthy Jackson
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	<p>County’.</p> <ul style="list-style-type: none"> ○ Bethany will reach out to local fitness centers to invite them to be involved with HJC. If they do not wish to be involved, why not.
Hikes	<ul style="list-style-type: none"> • Jackson/Washington Hikes: Meet early afternoon @ 2:00; Sept 22 – meet at the Knob Lake dam and hike to Pinnacle Peak; Oct 13 – meet at Jackson / Washington State Office and hike trails 6 & 4; Nov 3 - meet at Jackson / Washington State Office and hike TBD by the group on the Oct 13 hike. • DNR (Brad Schneck) will co-sponsor the three hikes to avoid the insurance and paperwork; DNR staff will participate and lead the hikes. • HJC to help with advertising the hikes; suggest adding the DNR to the advertisement as a co-sponsor. Bethany will work with SMC Marketing Dept to create poster. • Tyler will reach out to local fitness centers by October 1st for sponsorship interest or giveaways.
Fitness Fridays	Fitness Fridays at the Crossroads Community Park – led by Crossfit
Plogging	Advised by Jackson Co Solid Waste not to pursue due to dangerous substances found along the roadway.
Adult Recess	<ul style="list-style-type: none"> • Funding may be a stumbling block. • Participation could be hard based on workplace setting. • Ryon Wheeler will talk to the Oktoberfest Committee about offering an event on Friday of the Oktoberfest.
WORKGROUP AGENDA ITEMS	
Bethany Daugherty	<p>Brainstorm <u>standard</u> agenda items that should occur at each workgroup meeting moving forward.</p> <ul style="list-style-type: none"> • Healthy Happenings
WORKGROUP MEETING SCHEDULE - 2019	
Bethany Daugherty	<p>Increasing Physical Activity Workgroup:</p> <hr/> <p>Purpose: To work collaboratively and make an impact together that increases physical activity throughout Jackson County.</p> <p>Next meeting: Tuesday, November 19, 10-11:30AM, Schneck Professional Building Classroom 500</p>
HEALTHY JACKSON COUNTY MEETING SCHEDULE - 2019	
Bethany Daugherty	<p>Purpose: To reconvene biannually to recap/celebrate successes and accomplishments and to discuss current and future opportunities and discuss action plan.</p> <p>Next meeting: Wednesday, November 6, 11:30AM-1PM, Schneck Medical Center Auditorium</p>

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NETWORKING/NEW MEMBER POSSIBILITIES

Healthy Jackson
County – New
Member Discussion

Do you have anyone in mind that would be a great fit for Healthy Jackson County?
Would the individual enjoy making an impact and changing the culture of health in
our community? If so, please let me know and I will reach out to them!



Jackson County
Healthier Together™