



501 SE Jefferson, Suite 30  
 Topeka, KS 66607  
 785-233-1365  
 785-233-1905

Actively promoting neighborhood well-being by mobilizing people, idea & resources

**DATE: 2-14-2011**

**Present: Alan Apel, Beth Kuhn, Bob Trepinski, Bob Hedberg, Danette Tipton, Gary Caruthers, Heath Glenn, Jack Gray, Robert Soria, Tom Sirridge, Tava Weidenbaker, Misty Jimerson, Janlyn Nesbett-Tucker, Jim Ogle, Joe Hodgson, Kathy Fox, Kevin Siek, Larry Hinton, Lenora Kinzie, Liesl Hays, Lisa Martin, Marianna Nothern, May Lynn McGee, Michael Bradley, Nancy Johnson, Nancy Daniels, Rachel Pierson, Roberta Wirth, Rosemary Menninger, Shelly Buhler, Tara Dimick, Tim McManus, Webb Garlinghouse, Luellen Thomas, Danielle Baxter, Krista Lierz, Katie Blevins, Natasha Hedrick, Bill Riphahn and Larry McDowell.**

TOPIC	DISCUSSION	FOLLOW UP
<b>Minutes Introductions</b>	<ul style="list-style-type: none"> <li>Past minutes updated on the CRC website if needed.</li> <li>Everyone introduce themselves because there were a lot of new people present.</li> </ul>	
<b>Lisa Marin (KSU Extension)</b>	<ul style="list-style-type: none"> <li>Presented a display on less sodium and how it affects our body and health. She handed out a couple of worksheets on how we can eat better for less and a quiz to test our salt and sodium knowledge.</li> </ul>	How can we as a community reduce our salt/sodium intake? 3/14/2011
<b>Sodium Reduction Grant</b>	<ul style="list-style-type: none"> <li>Bob Hedberg- KDHE explained a 3 year grant to Shawnee County. We as a county are one of 6 communities to be awarded the sodium reduction community grant. During the first year of the grant a phone survey will be given to ask at least 800 people in the community to make an appearance at the Shawnee County Health Agency so we can perform a biometrics to determine how healthy we are as a community and give a baseline of health.</li> <li>Tara Dimick- Every one that participates in the survey will be given a \$25 gift card to a Hy-Vee grocery store. \$20 is from the grant and \$5 from Hy-Vee</li> </ul>	<b>Bring the lowest sodium item you have in your cupboard Take the pledge flip the can.</b>
<b>Gage Park</b>	<ul style="list-style-type: none"> <li>Bill Riphahn- Renovations on the sidewalks around Gage Park. Plan to do a perimeter walk around the whole park. Would like to design the play land and for better equipment which encourages young users to get physically fit.</li> </ul>	
<b>Beth Kuhn</b>	<ul style="list-style-type: none"> <li>A concerned citizen wanting to put a sidewalk in on the 6<sup>th</sup> street side to prevent any future accidents. Gave an idea about connecting the sidewalk to the 2 trails that lead into the park.</li> </ul>	
<b>Shawnee County Largest Workout</b>	To be discussed at the next meeting	Review next meeting
<b>HHN Youth</b>	To be discussed at the next meeting.	Review next meeting



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**Next Meeting: March 14, 2011**