



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: 5-9-2011

Present: Barbara McCandless, Bob Hedberg, Cari Powell, Gary Caruthers, Bob Archer, Chris Omni, Jack Gray, Jim Ogle, Joe Hodgson, Kathy Fox, Larry Hinton, Dana Schoffelman, John Calbeck, Lenora Kinzie, Liesl Hays, Marianna Nothern, Mary Lynn McGee, Max Wilson, Nancy Johnson, Nancy Daniels, Rachel Pierson, Ralph Krumins, Roberta Wirth, Rosemary Menninger, Shelly Buhler, Tara Dimick, Thomas Luellen, Tom Sirridge, Tracie Neill, Webb Garlinghouse, Lissa Staley, Erin Mohwinkle, and Shannon Bergmann.

TOPIC	DISCUSSION	FOLLOW UP
Minutes Introductions	<ul style="list-style-type: none"> • Past minutes updated on the CRC website if needed. • Meeting was called to order @ 11:55am. • Everyone introduced themselves because there were a lot of new people present. 	
Jim Ogle	<ul style="list-style-type: none"> • State of Well-Being- There are 187 metropolitan statistical areas that are part of this survey. Last year Topeka ranked 178th out 187. In a 1 year period of time we moved to 30. Kansas is now ranked 16th according to the State, City & Congressional District Well-Being Report. 	www.well-beingindex.com
Chris Omni (The CLARA Project)	<ul style="list-style-type: none"> • CLARA (Changing Lives and Rising Awareness) about cancer. This project promotes 3 missions which are 1.) Educate the community about Health & Wellness. 2.) Elevate the spirits of cancer survivors and 3.) Celebrate our accomplishments along the way. • Operation Educate- is a 4 week comprehensive wellness initiative designed to help lower your risk of developing cancer. This is every Saturday starting August 6th, 2011. You will commit to walking 1 hour for 5 days a week. There are also weekly educational workshops and an innovative public awareness campaign • We are recruiting 156 people of this event (156 people are diagnosed with cancer every hour) so please come out and participate because the CLARA Project, Inc wants you. 	www.theclaraproject@cox.net
Tara Dimck	<ul style="list-style-type: none"> • Surveys-Conducted 2 surveys to see what your favorite activities are around the community and to test your knowledge about Shawnee County. • Blogs-Trying to show case partners and letting people know what we do as a group around the community. Going back and forth between partners and neighborhoods. • Lake Edun will be show cased as a partner as far as HHN in our 3rd set of blogs. 	Please contact Tara if you have any ideas for a survey topic (What else would you like to know?) 785-217-4836
Rosemary Menninger (Community Gardens)	<ul style="list-style-type: none"> • Will be opening 14 gardens this summer. We are working at Hillcrest Community Center, Abbott Community Center, and Oakland Community Center teaching a after school gardening and nutrition classes. We are in the ground and we are GREEN! 	



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<p>Joe Hodgson (Shawnee County Largest Workout)</p>	<ul style="list-style-type: none"> •A free and fun event bringing people together for a workout. Will be held at Washburn University on September 13, 2011 @ 6:30 pm. Will hold a press conference next week announcing the date and the time. Registration will start July 1st. This year we are going to add a Health Fair component event as well. •Strong Kids Program-New summer session June2nd-July 28th, Thursday's @ the Southwest Branch. This program is to help motivated kids and their families who are having trouble with weight gain to make a change in their lives. 	<p>If you are interested please contact Joe at 785-271-7979</p>
<p>Lisa Martin (Shawnee County Score Card)</p>	<p>A summer fitness program for kids. It lasts for 8 weeks starting Memorial Day Weekend thru the middle of July. This program asks the kids to be active for an hour a day; 5 times a week. They can do any type of activity they would like. They are asked to keep track of their hours and turn them in at the end of every week for a weekly prize. Each week earns them a chance for the Grand Prize drawing. This year the Grand Prize is an X BOX Connect.</p>	
<p>HHN Youth</p>	<p>To be discussed at the next meeting.</p>	<p>6-13-2011</p>
<p>Sodium Reduction Bob Hedberg</p>	<p>Bring a low sodium item from your pantry to the next meeting. Take the pledge to put the salt shaker down and flip the can.</p>	<p>6-13-2011</p>

Next Meeting: June 13th 2011