



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: 9/12/11

Minutes By: Camille Cushinberry, CRC

Present: Bob Hedberg, Chris Omni, Dana Schoffelman, Erin Henderson, Jack Gray, Joe Hodgson, John Calbeck, Karla Hedquist, Kristi Pankratz, Tammy Adams, Larry Hinton, Lenora Kinzie, Liesl Hays, Lisa Martin, Mary Lynn McGee, Max Wilson, Nancy Johnson, Ralph Krumins, Roberta Wirth, Shelly Buhler, Tara Dimick, Tom Sirridge, Webb Garlinghouse, Kate Hohmen, Kirk Schottler, Lynn Gentine, Erin Tynon, and Misty Jimerson.

TOPIC	DISCUSSION	FOLLOW UP
<p>Minutes Introductions</p>	<ul style="list-style-type: none"> • Past minutes updated on the CRC website if needed. • Meeting was called to order @ 11:55am. • Introduced all visitors and welcomed them to the meeting. • There will be a topic every meeting and then a short panel discussion about what the topic means to you and the community. <ul style="list-style-type: none"> ○ October-Low Income & Transitional Housing ○ November-Obesity ○ December-Legislative Issues concerning health, nutrition & environment • If you have any topics that you would like to discuss or any concerns with the topics if the future months please contact Nancy, Misty, or Joe. 	<p>10-10-11</p> <p>Nancy Johnson (crcexec@crcnet.org)</p> <p>Misty Jimerson (crcproj@crcnet.org)</p> <p>Joe Hodgson (JoeH@ymcatopeka.org)</p>
<p>Misty Jimerson Max Wilson</p>	<p>Topic- Recovery Introductions- Dr. John Calbeck (PARS), Tammy Adams (Value Options), and Kirk Schottler (Valeo).</p>	
<p>Tammy Adams (ValueOptions)</p>	<ul style="list-style-type: none"> • Is currently working to prevent and educate individuals on substance abuse but will soon switch over to the recovery and wellness aspect of substance abuse • Conduct several surveys and the overall results are really positive, which means the treatment services around the community are helping people move in the right direction. • Local Substance Abuse Treatment Providers and ValueOptions® to Launch 105 Balloons to Raise Awareness of Substance use disorders in Kansas. The balloon launch is part of the 22nd observance of September as National Alcohol and Drug Addiction Recovery Month. The balloon launch was a huge success and we had a great turn out. 	<p>www.valueoptions.com</p>



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John Calbeck (PARS)	<ul style="list-style-type: none"> • PARS offers alcohol and drug abuse information and prevention education to individuals and the community-at-large • Help promote public safety and increase safety around the community. We know it as Safe Streets. 	www.parstopeka.org
Kirk Schottler (Valeo)	<ul style="list-style-type: none"> • Valeo offers a wide range of services to treat chemically dependent individuals and their families with a primary goal of lasting abstinence. • Has seen an increase in homeless patients in the past 5 years. • It's important to get the recovering patients in houses that have other patients working towards the same thing. 	www.valeotopeka.org
Announcements	<ul style="list-style-type: none"> • CRC Awards of Excellence will be Monday, October 17th @ The Ramada Inn from 11:30am-1pm. • Next meeting will be held at WIT (Washburn Institute of Technology) in the meeting room behind the cafeteria. Lunch will be served. <ul style="list-style-type: none"> ○ 5724 SW Huntoon Street ○ Topeka, KS 66604 • Florence Crittenton presents FREE Group Fitness coming this October. They will offer a variety of exercise methods like: Yoga, Zumba, Kickboxing, etc..... • KOHP (Kansas Optimizing Health Program) – Tuesdays, October 11- November 15th @ Southwest YMCA, Topeka from 8:30-11:00am. 	<p>If interested about the CRC Awards please contact Nancy Johnson at crcexec@crcnet.org</p>

Next Meeting: October 10th, 2011