

Lifespan Wellness Team Meeting
Tuesday, January 12, 2010
4:00 p.m.

Present: Chuck Kutchara, Joni Jespersen, Don King, Kristi Johnson, Celeste Lee, Sandy Roes, Sherri Blome, Jason Funk, Jerry Moss, Jamie Goffena, Terry Owen, Jay Sutcliffe

Old Business

Website Update

Chuck Kutchara gave an update on the website. Committees involved with the Community Center planning can post minutes to this page if they choose. Chuck said the banner ad on chadrad.com is no longer there and that was providing a lot of hits to the site. Sherri Blome will follow up with Kathi Brown to see if we can get it back up.

CCR Report/Update: meeting next week

Grant Opportunities Update

- A \$2,500 grant application was submitted to Home Depot for items to use on the trail such as trash containers or trees and shrubs.
- Information on a Bikes Belong Grant was provided. The website is www.bikesbelong.org. Don King may be interested in working on this.

Grant Application Schedule

Bikes Belong reviews applications on a quarterly cycle. Applications must be e-mailed by the due date in order to be considered for the ensuing decision date.

Upcoming Grant Cycles

Applications e-mailed by:
November 23, 2009
February 26, 2010
May 28, 2010
August 27, 2010
November 26, 2010

Committee decision by:
Early February 2010
Early May 2010
Early August 2010
Early November 2010
Early February 2011

New Business

Events known or planned for 2010

January 21

Health Fair

Begins January 14 – March 24

Live Healthy Nebraska

<http://www.livehealthynebraska.org/> - Cost is \$20 per person

January 26 – March 5

Tai Chi – United Methodist Church, Tuesdays and

Fridays from 5:30 – 6:20, cost is \$12.00

Spring

Small Steps to Health and Wealth

<http://smallsteps.unl.edu/smallsteps> - Jamie Goffena will hold this class locally

July 10 (Fur Trade Days)
will coordinate with Jim Cope

Obstacle Course at Memorial Park – Kristi Johnson

August

Try-athlon

Fall

CCR hosting Adventure Race

Wellness Fair

There will be a Community Center booth with Jerry Moss staffing it and possible John Chizek as well. Sandy Roes will contact John. Sandy Roes will do the set up from 9:00 – 12:00 on January 21. She will do the normal set up we use at the Community Center meetings with the floor plan, handouts for next meeting notice, the sheet with pros and cons on sites explored, and a sign up sheet for others interested.

Wellness Team will have our own booth. Celeste Lee will schedule the volunteers to man it. Jay Sutcliffe will send out an email to have people contact Celeste. Sherri Blome will get the items ready for the booth and Sandy Roes will set up. This will include: Banner, Walking Brochures, Business Cards with website address. Jamie Goffena will also supply some brochures and fat models for the table.

Community Center

The next community center meeting is January 25 at 5:30 at the Chadron High School Commons Area.

Funds

Currently the Wellness Team has \$2,604.71 in checking with no outstanding bills

Next Wellness Team Meeting

February 9, 2010 @ 4:00 p.m. @ Burkhiser 226