

Lifespan Wellness Team  
4:00 PM - Wednesday, January 14, 2009  
Burkhiser #226 – CSC Campus

Minutes

In attendance: Sandy Roes, Joni Jespersen, Chuck Kutschara, Celeste Lee, Ann Dockweiler, Dawn Brammer, Jay Sutcliffe

**Old Business**

1. Walking Routes Update
  - a. Brochures: Ann reported that the brochures are nearly ready to go to press at the CSC print shop. The students are working on few modifications. Distribution sites were discussed: Chamber, fitness centers, restaurants, motels, etc... We will also put pdf files on our website for people to download and/or printout.
  - b. Equipment:
    - i. Mobius Communications presented us with a \$500.00 check towards our outdoor fitness project. Joni Jespersen (team member) represented Mobius and we took a photo for a press release.
    - ii. The consensus is that we need to order the equipment from Greenfield Sport Parks. This would include 4 pieces and an announcement board to be placed behind Armstrong Arena next to the Sandoz Trail. The quote is for \$10,035. Funds from BC/BS & Mobius will be used for this purchase. Jay will follow through with placing the order this week.
    - iii. Sarah & Jay met with the LB840 committee regarding the placement of an additional 3 pieces of equipment from Landscape Structures at Wilson Park and 3 pieces at the same sight of the Greenfield equipment on the CSC campus. We will wait to hear back about our proposal.
2. Website update
  - a. Calendar: Chuck has been posting all the information he has been provided regarding events in the area.
  - b. Donations: Chuck has added a section on the website where donations can be made using PayPal.
  - c. Chuck will contact Bev Bartlett about hosting a link for Boys & Girls Club on our website.
3. Lose & Win – Part 2 Update: Dawn has the Buddy Challenge starting January 22 at the Health Fair.
4. Fit4Life Update: starts on January 19<sup>th</sup> – go to NPAC for forms or find them on the CSC website.
5. Early Childhood Annual Conference: Jessica & Bobby are presenting on Feb 21 on CSC campus.
6. Wellness Fair
  - a. Worksite Wellness – PPHD: Promotion: letters, invitations, KCSR, Chadron Record, Chamber, Rotary, etc...:
    - i. Letters of invitation will be sent to us this week for inviting people to Jessica's presentation on worksite wellness.

- ii. All of our entities will be represented at the health fair with a booth or booths.
- iii. Discussion about an N-Lighten kickoff at the Health Fair. Celeste will talk with Jamie about this.

7. Other

**New Business**

1. Planning for the future: 2009 Calendar
  - a. January 22, 2009: Wellness Fair. CSC Student Center (2:00 – 7:00 PM). We will be represented at this event.
  - b. The Journey to Wellness seminar: 8 weeks. Wednesday evenings starting January 28 at CSC (Burkhiser 208 – 7:00 PM – Jay Sutcliffe). Coming soon: [www.fullcircleofwellness.com](http://www.fullcircleofwellness.com) also see at the Health Fair.
  - c. February – May 2009: N-Lighten Nebraska (need a lead person)
  - d. March 25-29, 2009: Cheri Peters on addictions, etc.. (Celeste Lee) Presenting on CSC campus March 25 & 26, in area schools as well, some additional presentations TBA.
  - e. April 25, 2009: Adventure race (Donna Ritzen)
2. Next meeting: February 17, 2009 in Burkhiser #226 on CSC campus.

Minutes recorded and submitted by Jay Sutcliffe