

Lifespan Wellness Team Meeting  
February 17, 2009  
4:00 p.m. – Burkhiser Room 226

Present: Jamie Goffena, Ann Dockweiler, Kristi Johnson, Chuck Kutschara, Jay Sutcliffe, Sherri Blome, Sarah Thomas

George Ledbetter of the Chadron Record took a photo of the group for inclusion with a story in the upcoming Progress Edition.

### **Old Business**

1. Walking Routes Update
  - a. Brochures – Ann Dockweiler will provide the final information for the brochures to be finished. This will include the two sites (CSC Campus and Wilson Park) that will have fitness equipment.
  - b. Equipment:
    - i. Green field Sport Parks – four pieces of equipment have been ordered and will be placed at the Trail Head behind Armstrong Gym on the CSC Campus. A 50% down payment has been made.
    - ii. Landscape Structures – LB 840 funds were appropriated for three pieces of equipment to be placed at Wilson Park. These pieces do not have moveable parts and are being purchased from a company the City recommended. LB 840 funds are typically given on a reimbursement basis so we will need to check into some options because we do not have the funding to purchase the equipment and then wait to be reimbursed. We will see if the City can pay for the items directly or check into options with Chadron Community Recreation or a loan from First National Bank North Platte.
2. Website Update – be sure to check out the website [www.chadronwellness.com](http://www.chadronwellness.com) – Chuck is just finishing up the steps for people to be able to make Pay Pal donations online for anyone wishing to donate to the team. Be sure to get information on wellness events to Chuck Kutschara which can be done right from the website by clicking on the Questions button. Sherri will contact KCSR to change the wording on the banner ad on [www.chadrad.com](http://www.chadrad.com) to say “Wellness Activities” instead of “Outdoor Fitness Equipment Coming Soon” and when you click on the ad it takes you to [www.chadronwellness.com](http://www.chadronwellness.com).
3. Lose & Win – Part 2 Update – There are 33 teams (66 people) participating. Dawn is needing help with weigh ins on the third Thursday of each month. An email will be sent out to the wellness team list serv for assistance.
4. Fit4Life Update – There are only 6 people participating this semester. This competition is open to anyone. There typically seems to be one slow semester each year. Last semester some classes were required to participate assisting with the numbers. People win prizes for turning in sheets showing 30 minutes of activity 3 times a week. There was discussion on how we can help promote this great activity.

5. Early Childhood Annual Conference – The conference is Friday and Saturday and Bob Griesse from Chadron Community Hospital will be doing a presentation using stretch bands and providing stretch bands to the participants. Jessica Davies from PPHD will also present on Tai Chi.
6. Wellness Fair – review – We discussed the wellness fair what worked well...what could be better
  - a. Good turnout – both college students and community members....not very good turnout from CSC faculty and staff
  - b. Could be better advertised – flyer in the program of a home basketball game was a great way to promote it
  - c. The brochure was very professional
  - d. We would like to see more students (Elementary, Middle School, and High School) attend....coordinate with the school.
  - e. We would like to have the High School Health Professions Club participate in this health fair similar to the set up they had when they put on the health fair for the Middle School.

## **New Business**

Financial Information was shared – we have had the following income

Buddy Challenge	\$650.00
Mobius Grant	\$500.00 (for Greenfield Sports Equipment)
BC/BS Grant	\$10,000 (for Greenfield Sports Equipment)

We have made a payment of \$5,035 for half of the cost of the equipment from Greenfield. Current balance \$6675.34

1. Update from Sub-Committees
  - a. Events
  - b. Facility – Kristi Johnson shared that the Library Planner has been one time. Kristi and Sandy have met with the Library Board to share with them our vision of one facility housing both the library and the Community Center. The Library Planner will be back for a community meeting and we should be prepared to mobilize the community to be there.
  - c. Fundraising
  - d. Legal
  - e. PR/promotion
2. Planning for future: 2009 Calendar
  - a. Wellness Series: 8 Weeks. Wednesday evenings continues through March 18 CSC (Burkhiser 208 – 7:00 PM Jay Sutcliffe) The fourth night is this week and there have been 25/30 people attending. There is a website with information on this class – [www.fullcircleofwellness.com](http://www.fullcircleofwellness.com). You can view the outline, power point, worksheets and audio from the course.

- b. The Small Steps to Health and Wealth Class is taking place and they have an online option available at [www.smallsteps.unl.edu](http://www.smallsteps.unl.edu). This is being taught by UNL Extension – Jamie Goffena.
- c. February – May 2009: N-Lighten Nebraska – We do not have much information about this. Linda Rischling promotes this well for the schools but we don't really have a “champion” on our team promoting it to the broader group. If anyone is interested in taking this on please let Jay know.
- d. March 25-29, 2009 – Cheri Peters – Celeste Lee is bringing in Cheri Peters to present on additions during this time frame. Celeste was not in attendance to give us more specific information.
- e. April 25, 2009: Adventure Race – This is now part of the Angry Cow Adventure Series. It will be held at Chadron State Park with awards and shower facilities available at the NPAC on the CSC Campus.
- f. July 17-26, 2009: Cornhusker State Games: promote and/or sponsor athletes? We did not have much information on this. If someone knows of an athlete needing sponsorship and what that would entail (entry fee, mileage, ???) let the group know. It is something we would be interested in if the need is there.
- g. BC/BS: RFP – There is a new RFP out and Blue Cross Blue Shield has doubled the amount you can request this year to \$20,000.00. The deadline is April 1. One potential project discussed was funding for the trails behind the college.
- h. CSC Trails Project – SarahThomas shared that several people have been working on where the multi-purpose trail would be and a couple of options. The trail needs to be marked out before 50,000 trees are planted this spring. Some funding has been allocated.

### 3. Other agenda items

- a. BRAN – Bicycle Run Across Nebraska
- b. Torch Run – the Torch Run is May 29 and 30. The Wellness team would be interested in helping line up the runners...another good contact would be Eric Calkins who is the Cross Country coach at CHS.

### Next Meeting

Tuesday - March 17, 2009 – 4:00 PM in the Burkhiser 226 Conference Room at CSC.

Reported by Sherri Blome