

Lifespan Wellness Team Meeting Minutes
February 9, 2010
Burkhiser Room #226

Present: Aubrey Soester, Celeste Lee, Jamie Goffena, Jay Sutcliffe, Sherri Blome, Don King

Promotion/Website

We discussed reinitiating the banner ad on chadrad.com. We are able to do so for \$35.00 per month which is a big discount. Since we have BCBS funds left we will do this for six months and see how it is going. Last month we had discussed how the hits to www.chadronwellness.com have gone down since the banner ad was removed.

Other promotion ideas discussed included having Celeste Lee start a Facebook page for Chadron Community Recreation's Lifespan Wellness Team. Then we can each "become a fan" and it will be another way to let people know about wellness activities. Each time something new is added to the page it will pop up on our facebook pages.

CCR Report Update

Next meeting is Wednesday, February 10, 2010 at 7:00 p.m. Discussion will include the possibility of CCR taking over the Men's Basketball League. This is in the preliminary discussion stages.

Grant Opportunities Update

Sandy Roes has information on a Bicycle Grant but she was unable to attend today.

We were not funded by the Home Depot.

Blue Cross Blue Shield contacted Jay about who our vendor for Outdoor Equipment at CSC was. There is a group in Omaha interested in doing something similar and Blue Cross really liked our equipment.

Health Fair Update

In general the group liked it better all in one room. There was great attendance. Some of the sessions did not seem well attended. One idea was to do Tai Chi right in the room with the booths. There was a good mix of people. The time of year was good. Some people commented on missing the bone density screening van.

Other

Jamie Goffena reported that her Tai Chi class is full with 22 participants and a waiting list of 35 people.

The group had a lot of discussion on community needs and how we can fill the gap. Space continues to be an issue and ideas such as doing Tai Chi or Aerobics in the armory or at the Elk's or above the Heritage Grille were brought up. Again we thought that an intern would be a great option for the group. This person would research what the gaps

are for wellness activities and work to fill the gaps by providing a service such as aerobics. We need to look at the survey PPHD did a couple of years ago that showed what was offered in Chadron.

Next Community Center Meeting

February 22, 2010 at CHS Commons at 5:30. This does seem to be conflicting with a Parent Teacher Association group at East Ward.

Trails Meeting

Don King and Jay Sutcliffe will be meeting with a group from the college on February 25 at 7:00 p.m. to see where we stand on the trail plan.

Next Meeting

The next meeting is March 22 at 4:00 p.m. in Burkhiser Room 226