

## **Loup City Wellness Committee Meeting “Stay in the Loup” Community Wellness Program**

**Committee’s Purpose:** Volunteers join together to explore ways to improve the health of the community through wellness projects and activities.

### **CNCS Conference Room**

Monday, Feb. 9, 2015; 12:00 to 1:00 p.m.

### **Meeting Minutes**

Present: Elsie Kieborz, Dennis Welty, Shirley King, Sue Bochart\* - \*Minutes Recorder

#### **Welcome, Introductions, Purpose**

#### **Approval of Jan. 12, 2015 Minutes**

The group reviewed the minutes of the last meeting. A motion to approve the January minutes as written was made and seconded. Minutes were approved. The current fiscal report shows our account balance is \$294.41.

#### **Next Wellness Matters Newsletter – Continue Topic Discussion**

Sue will contact Loraine and ask if she will continue to put the newsletter together for us. Distribution was discussed. Some hard copies are distributed around Loup City and surrounding towns. It is placed on Loup City’s website. All members receive it by e-mail and are asked to forward it on to interested individuals and groups.

#### **Future Activities**

##### Community Walking Challenge

At the January meeting, the Wellness Committee decided to sponsor a community-wide wellness challenge to encourage physical activity. The members continued discussion and planning. Any group would be eligible to enter the competition with any number of participants. The winner(s) will be based on logging the most steps or logging the most time participating in physical activity. Possible age groups will be 18-40; 41-60; and 61 and over. To even the playing field, younger participants will be required to do more physical activity than those who are older. Shirley will research the recommendations or healthy guidelines for completing physical activity. She will also draft a spread sheet poster groups will use at their business or location to log their members’ physical activity. From this, we will draft the challenge rules or criteria, the news release to announce the event, and an invitation letter.

It would be helpful if we could have pedometers available to whoever wanted one. Sue said she contacted Loup Basin Public Health Department and Blue Cross Blue Shield to request 100 free pedometers. The health department does not have any. She is still waiting to hear from BCBS. She will let members know when she hears from the contact there.

It was decided to have the challenge run for 3 weeks from March 30th through April 18th. The tentative schedule would be to announce the contest in the Sherman County Times the third week of March. Progress updates using group pictures would be published each week as encouragement and motivation to the participants. Possible prizes could be donations of food, chamber bucks, or trophies. All groups should be awarded participant certificates. Wellness Committee members need to think of a name for the contest.

##### Polish Days Event

Dennis said the Polish Days Committee already has our group down to sponsor a 5K Run/Walk this year. A theme will need to be decided and a location. Elsie said she will contact Sarah at the Health Department to see if she can help us organize the event again this year.

#### **Committee Member Updates**

Shirley will check to see if the Winter Wellness Health Fair is going to be held again this year.

Dennis announced Nebraska Life magazine's May/June issue will feature Loup City. The Kearney Hub will be featuring the Historical Society Museum in its February 16<sup>th</sup> issue. Dennis mentioned the 1917 Loup City Girls Basketball Team would be an interesting topic to research. The team went undefeated and even played some college teams.

**Plans for the Next Meeting**

The next meeting will be held the usual second Monday of the month, **March 9, 2015** from noon-1:00 pm at CNCS. Plans for sponsoring the Community Wellness Challenge will be finalized.

If you have any questions or agenda items for the meeting contact Sue at [sbochart@cennecs.org](mailto:sbochart@cennecs.org) or 745-0780 Ext.145.

**Meeting Adjourned**