



**Wellbeing Advisory Committee**  
**Water Administration Building**  
**Steven J. Cook Memorial Conference Room North**  
**Thursday, January 9, 2020**  
**8:30 am – 10:00 am**

## **MINUTES**

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**Committee Members present:** Emily Barnard, Steve Dolezal, Kaitlin Emrich, Sofia Mehaffey, Stephanie Neff, Zach Schladetzky

**Committee Members absent:** Kelsey Logan, Joshua Moreno, Katherine Read

**Staff Members present:** Chrystal Kohl

Kaitlin Emrich called the meeting to order at 8:31 a.m.

Steve Dolezal moved to approve the December 5, 2019 minutes. Zach Schladetzky seconded. Motion passed.

During public comment, Emily Barnard wondered if it would be feasible to have a bus stop near Olson Marriage and Family Clinic. Staff will provide transit contact information to Emily. Kaitlin Emrich noted Linn County Public Health is currently working on a built environment map related to physical activity, which may help reveal accessibility concerns. Zach Schladetzky discussed his involvement with the Long-Term Planning Commission and will discuss Wellbeing Advisory Committee work plan challenges with that committee at their January meeting.

Stephanie Neff moved to approve the letter of support criteria, with the removal of the word “for” at the end of the first sentence. Sofia Mehaffey seconded the motion. The motion passed. A letter of support may now be submitted for requests that require action prior to the committee meeting, per the outlined criteria.

Work plan discussion centered on Cedar Rapids’ recent enrollment in the AARP Network of Age-Friendly Communities. Steve Dolezal provided information on an AARP Smart Driver course to be held at the YMCA. The group discussed potential partnerships, including with congregate meal sites to offer other smart driver courses and using the Healthy Cedar Rapids Facebook page to advertise events. Emily Barnard will reach out to AARP about programs and events that could be communicated.

Kaitlin Emrich noted both Aging Services, Inc. and Mercy Medical Center are interested in participating in Age-Friendly Community planning. The committee would like Lindsay Glynn with Aging Services, Inc. and Melissa Cullum with Mercy Medical Center to speak at a future Wellbeing Advisory Committee meeting.

Additional Feel Better discussion included the possibility of homeschool program speakers from Marion Homeschool and Cedar Rapids Community School District to discuss programs and opportunities; isolation and benefits of volunteerism; and smoke-free playground ordinance updates.

Stephanie Neff noted Pierce Elementary, from the Cedar Rapids Community School District, is a Healthy Hometown award finalist. Sofia Mehaffey stated a black maternal healthcare summit will be held at the Doubletree Hotel on April 17, 2020.

Kaitlin Emrich noted Worksite Wellness Assessments will be available by the end of January. Stephanie Schrader will send these to the committee.

The group would like the Healthy Hometown communication tools from Wellmark to be shared with the committee along with the meeting agendas, to facilitate future discussions.

The next Wellbeing Advisory Committee meeting will be held February 6, 2020.

The meeting adjourned at 10:01 a.m.

Respectfully submitted,  
Stephanie Schrader  
Community Development