

Healthy Franklin County
Physical Activity Task Force
Community Engagement Work Group
Monday, June 12, 2017

Meeting Minutes

In attendance: Shannon Lee (Waynesboro YMCA), Christy Unger (Healthy Communities Partnership), Cherry Arvin (SCCAP), Barb Houpt (Chambersburg YMCA), Jamie Goetz (Summit Health), Jim Boyer (Appalachian Running Company), Jon Raber (SCCAP), Heather Myers (Summit Health), Krista Sollenberger (Healthy Communities Partnership), Samantha Stratton (Borough of Chambersburg Recreation Department), Noel Purdy (Healthy Franklin County)

Welcome and Introductions: Everyone introduced themselves and their affiliation.

Overview/Purpose/Goals/Objectives: Christy Unger reviewed the physical activity task force goals and objectives as well as the proposed activities that the community engagement work group created six months ago. The committee discussed each activity / action step, outcomes to date and plans for the 2018 program year. Noel Purdy explained that the Healthy Franklin County program year is ending and all groups are working on their respective action plans for the next year.

Christy facilitated a more in depth discussion reviewing the community engagement work group action plan for 2017 and ideas for 2018:

Activity/Action Step	Person Responsible	Date to be Completed
Expand community walking parties through collective promotion to the community	Physical activity task force <ul style="list-style-type: none"> • Beer running group • Community walking parties/SCCAP • CFAR • YMCA(s) • Research Healthy Adams County & Community Wellness Connections • Added summer and winter mini-series, more outreach (poverty run; sign up emails), #'s lower but consistent group emerged • average 45-50 each walk (check with Cheryl) • weather a variable • cultivate volunteer capacity can increase load/programming (need greeters) • adding health element with Biometric services and blood pressure was good connection 	July 2017 (and July 2018)

	<ul style="list-style-type: none"> offer both structured and not so structured options to facilitate social connections 	
Expand Go Girls Go by promoting the need for more adult mentor runners in the community.	<p>Physical activity task force</p> <ul style="list-style-type: none"> HCP expanded to 90 girls; 3 schools & increased # mentors Need more funding; discussed possibility of handing off to schools / district to own in the future if desire is there; possibly school to pay stipend for instruction. HCP building volunteer capacity/culture in schools. Possible partnerships with Shippensburg University or Wilson College for exercise science/health students Planning for 3 schools 2018 fall Summit help recruit volunteers through employer relations 	<p>July 2017</p> <p>(do we need to tweak action step for 2018)?</p>
Develop relations with medical providers of adults to promote the Federal physical activity guidelines	<p>Physical activity task force</p> <ul style="list-style-type: none"> HFC & Summit CS to research feasibility, models, etc. Culture change/shift needs to happen to get providers to encourage physical activity-----toward quality 	July 2018
Develop relations with medical providers of children and adolescents to promote Federal physical activity guidelines		July 2018
Compile walking and running routes in communities throughout Franklin County as a resource to community members	<p>Physical activity task force</p> <ul style="list-style-type: none"> Committee members to send mapped routes/narratives to Shannon; she will organize (see notes below) Christy / Noel to research production costs/format 	<p>July 2017</p> <p>(extend to July 2018)</p>
Develop relationship with Franklin County Cyclists and partner where appropriate.	<p>Physical activity task force</p> <ul style="list-style-type: none"> Jon to reach out to Don Hendrickson Noel to reach out to Hugh Grant 	July 2018

Other tasks:

Noel to send online community calendar tools and apps out to groups to view.

<http://www.healthymontgomery.org/index.php?module=Tiles&controller=index&action=display&alias=calendar>

<https://itstimetexas.org/>

<http://www.healthwilliamsoncounty.org/index.php?module=Tiles&controller=index&action=display&alias=calendar>

NEXT MEETING IS ON MONDAY, JULY 10 AT 9AM AT THE CHAMBERSBURG YMCA.

Locations/walking routes

Chambersburg

- Rail trail (rework)
- Falling Spring elementary – Jon
- Norlo Park – Heather
- Greene Township Park
- Memorial Park – Samantha
- Mike Waters Park -Samantha
- Soccer Complex/Nitterhouse – Christy
- Scotland Campus – Jon
- Marion / Rhodes Grove – Noel
- Park by Lantern/Hollywell (Mill Creek) – Jim
- Walking trail near Norland/Walking (Falling Spring Meadows) – Christy

Waynesboro

- Shannon already has a map
 - Renfrew- Cherry
 - Washington Township (soccer fields to Wal Mart) – Shannon
 - Memorial park (connect to Renfrew)
 - Otterbein -Shannon
 - PSU Mont Alto – Christy/Karen
 - Penn National – Christy?

Greencastle

- Tayamentasachta – Jon – Christy
- Ruritan (Kauffman Station) & Rhodes Grove – Noel
- Antrim Township Park – Jim
- Martins Mill Bridge Park – Jim

Mercersburg

- Historic Fort Loudon- Jon
- Trail at JB HS – Heather
- Streamside Trail (MACWell) – skip

Shippensburg

- Trail trail – CVRT – Noel - <http://www.cvrtp.org/TrailMap.htm>
- Park on Airport Road – Noel to Christy – South Hampton Township
- Memorial Park – Noel to Christy – South Hampton Township
- Roxbury – Noel
- <http://shippensburgparkandrec.org/the-three-hikes/>

Other (map a few of these but reference other sources for complete lists)

- Caledonia - <http://www.dcnr.state.pa.us/stateparks/recreation/hiking/>
- Cowan's Gap - http://www.dcnr.state.pa.us/cs/groups/public/documents/document/dcnr_004762.pdf
- Michaux - <http://www.dcnr.state.pa.us/forestry/stateforests/michaux/maps/index.htm>