

STAY HEALTHY

DOWNEY

Healthy Downey Meeting Recap

Meeting Date: Tuesday, May 13, 2014

Attendees:

Agency	Name
City of Downey	Fernando Vasquez
City of Downey	Mario A. Guerra
City of Downey- Department of P & R	Arlene Salazar
City of Downey- Department of P & R	Denise Adricula
Coca Cola	Frank Macklin
Coca Cola	John Tang
Coca Cola	Vince Santillan
Downey Unified School District	Dr. Robert Jagielski
Kaiser Permanente- Downey Medical Center	Sheri D. Bathurst
Downey Family YMCA	Anne Ullstrom
Apple Care Medical Group	Christina Alosi
Downey Bicycle Coalition	Lars Clutterham
Health Net	Dennis Carrillo
New York Life	Paul Jimenez
The Juice Plus + C	Monica Nunez
PIH Health	Kelsey McCarthy
Department of Public Social Services	Jason Taw
American Financial Edu Alliance/Strategy Wealth Mgmt	Brandon Rivera
Premier Fitness	Ellis White
Viva Low Carb	Miguel Esquitin
Strategy Wealth Mgmt	Isai Juarez
Downey Adult School	Leonor Gonzalez
Downey Adult School	Cindy Grafton
Downey Adult School	Julie Spathopoulos
Human Services Association	Darren Dunaway
Human Services Association	Natali Robles
Human Services Association	Leticia D. Chacon

Actionable items:

- June 14- Tour de Downey bike event

- June 6-8- Special Olympics at USC
- July 13- World Cup 8:30-3/5:30 in Los Angeles
 - Local exhibition games
 - Water dunks
 - Photo booth and more!

Pending items:

- Brookshire Park trail and playground next month
- Furman Park- new fitness equipment
- Wellness fitness center at Furman by YMCA
- International Food Festival- restaurants to provide healthy food options

Shared Ideas/Challenges:

- Smarter Lunch Rooms (Cornell University)- Cafeteria eating= eat more healthy. Advertise food so it looks more attractive.
- Choose Health LA Kids (started April 1)- First 5 LA Funding: food demonstrations, outreach, parent collaborations

Attendee Roundtable discussion:

- **Downey Unified**- positive behavior and intervention for students next year (local control funding) *low income individuals
- **YMCA**- online registration for classes are available
- **Department of Public Social Services**- Cal Fresh month. Register for Medi-Cal
- **Apple Care**- Cal Medi-connect for seniors (under Obama Care)
 - Make sure seniors have the right information
- **Downey Adult School**- 10 career paths at affordable price
 - workshops after graduation
 - on-the-job training
 - May 31-June 1- Relay for Life event
- **Kaiser**- new office in Cerritos, grant for healthy initiatives *strategic planning*
 - Smarter Lunch Rooms (Cornell University)
 - Cafeteria eating= eat more healthy. Have food appear more attractive for advertisements
- **Downey Bike Coalition**- Monthly community bike rides for about two years
 - Heading up to San Gabriel/Azuza this month
- **Health Net**- health literacy. Health care providers educate and train
 - provides meal for seniors at BJR
- **Human Services Association**-
 - Choose Health LA Kids- First 5 LA Funding: food demonstrations, outreach, parent collaborations
 - Teach parents, store tour, healthy eating, plant gardens

- **Healthy Downey**- Tour de Downey bike event:
 - 24 families registered for community ride
 - 20 registered for long distance
- **Juice Plus**-healthy class to incorporate fruits and vegetables
- **Viva Low Carb**-“diabetic food store”, healthier grocery food items
- **PIH Health**-Healthy Living magazine, work on Community Needs Assessment
- **Strategy Wealth Management**-Healthy Downey and financial literacy- “Educate to Achieve”: Mental aspect involving debt
- **Coca-Cola**- coordinate youth empowerment summit with YMCA, held May 31 at USC
 - Shuttle to transport kids from southeast Los Angeles
 - Does have healthier drink options such as low carb and no carb
- Mayor Healthy Heart Award-nominate an individual who has helped out others’ mental, physical health
- Master Bike Plan- workshops have been held. Provide surveys out to the community on how do people envision bike lanes in our city.

Meeting Outcome: Encourage others to register for the Tour de Downey bike event and attend events occurring in the summer, especially the summer concerts and rooftop events.

Next meeting: June 10, 2014

Save the Dates:

- Tour de Downey bike event- Saturday, June 14, 2014
- Summer Concerts at Furman Park- Wednesdays, July 2, 9, 16, 23, and 30
- Summer Concerts at Furman Park- Wednesdays, August 6, 13, and 20
- Golden Park Movie/Music- Saturday, August 16, 2014
- Rooftop Event- Wednesday, August 27
- International Food Festival- Saturday, September 20, 2014
- Rooftop Event- Wednesday, September 24
- Dia de Los Muertos Event- Sunday, November 2, 2014