

STAY HEALTHY

DOWNEY

Healthy Downey Meeting Recap
Meeting Date: Tuesday, August 12, 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	Vince Santillan
Downey Unified School District-TLC	Luz Perez
Downey Unified School District	Dr. Robert Jagielski
Kaiser Permanente- Downey Medical Center	Elizabeth D. Trombley
Downey Family YMCA	Anne Ullstrom
LA County Department of Public Health	Tonia K. Sandoval
Rancho Los Amigos Nat. Rehabilitation Center	Sarah E. Kirwan
Rancho Los Amigos Nat. Rehabilitation Center	LaVasha Floyd
Health Net of California	Dennis Carrillo
CareMore Medical Group	Brian Ballard
CareMore Medical Group	Kellie Sala
CareMore Medical Group	Carolyn Youssef
New York Life	Paul Jimenez
PIH Health	Vanessa Ivie
Human Services Association	Darren Dunaway
Human Services Association	Natali Robles
Human Services Association	Keshia Kirtz
Human Services Association	Yenni Arias
Food Help	Maria Maciel

Actionable items:

- Keshia Kirtz (MSW, MPH, CHLA Kids Project Coordinator) from Humans Services Association presentation- focus on Choose Health LA program to target ages 0-5, funded by First 5 to encourage restaurants to have a healthy kids menu
 - Participated in the 2012 London Olympics- 1600 meter relay prelim
 - Healthy eating recommendation= USDA Food Plans, My Plate, & enhance flavors of your meals

Attendee Roundtable discussion:

- **TLC/DUSD**-2015 3rd Annual Healthy Downey Fundraiser- Saturday, April 18, 2015 at 8 AM
 - Anti-bullying signs around the city
 - Healthy Downey subcommittee meeting- organizations and service clubs in October/November
 - Mental health services- positive behavior interventions to keep them in school
 - Major League Soccer- youth development league playing from Downey age 14-18
 - Fitness, wellness, teach soccer for high level IQ, 6-8 organizations
- **Health Net**- workshops to use health plan and benefits, what the number means in BMI, glucose, other tests
- **LA County Department of Public Health**- community health improvement plan with help of city officials, departments, etc
 - Forum event- Sept 30, 9 AM-12 PM (expecting about 100-150 people)
 - Choose Health LA restaurant program September 8, 9-10:30 AM at Gas Co. Energy Resource Center across Stonewood Mall
- **PIH Health**-1 year anniversary → October 18 10 AM- 1 PM
 - showcase hospital departments, interactive screenings, flu shots!
 - Healthy Downey table
 - hospital store tours to show changes that have happened
- **Rancho Los Amigos**-
 - wheelchair basketball past June- community education to show what's it like to be in a wheelchair, how it's like to do sports in wheelchair
 - future wise, wheelchair basketball will be open to the city of Downey
 - State of the Art Wellness Center-pool, open to community to use resources
 - Spinal Injury games Sept 13
 - Rebuilding Lives, rebuilding cars- car show Oct 4
- **YMCA**-diabetes prevention program is behavior changed based
 - starting in Oct, 7-15 people per class
 - Sat Oct. 11 Rotary Pancake- health booth, kids dance classes, adult Zumba, interactive activities at Downey High
 - *upcoming→ Halloween themed Dodgeball
- **Kaiser**-flu shots available!
 - Walking path event around Kaiser
 - Open enrollment for covered CA Nov. 15- Feb. 15, Oct 15 Medicare
 - Brokers can start October 1
- **Care More**-
 - October- Natural Disaster Preparation Month
 - November- National Diabetes month
 - Diabetic support group- first Tuesday of every month at 4pm
 - Psychology diabetes presentation- add stress into life
 - More per centality rate to diabetic person
- **Cal Fresh**-seniors eligible! Worked with DPSS & Tow?
 - Walking clubs in Lakewood next week
 - Participants get pedometers, reach milestone & get a prize
- **Healthy Downey**-
 - Host Town Announcement- Aug. 20, 6 PM @ Furman
 - Committee Meeting- Sept. 4, 3:30 PM @ Barbara J. Riley Community & Senior Center
 - World Special Olympics Host Town July 21-24, 2015

- Consultant coming onboard!
- CicLAvia- May 2016
- October 8- Walk to School Day
 - Partners to sponsor a school?
- **Food Help**- workshops 9 AM-12 PM on Saturdays
 - Getting community and youth involved, services available
 - Fresh fruits and vegetables for free

Meeting Outcome: Two meetings for Host Town Announcement: Wed. August 20, 6PM at Furman and Th. September 4, 3:30 PM at Barbara J. Riley Community and Senior Center

- Choose Health LA information session Mon. September 8 at 9-10:30 AM held at the Gas Co. Energy Resource Center across Stonewood Mall
- Rooftop Events held Wednesdays August 27, September 24, and October 22.
- International Food festival- September 20

Next meeting: Tuesday, September 9, 2014. Location: PIH Health Hospital 11500 Brookshire Ave. Downey, CA 90241 in Conference Room B (on the lower level)

Save the Dates:

- Summer Concerts at Furman Park- Wednesdays, August 13 and 20
- Golden Park Movie/Music- Saturday, August 16
- Sounds of America Rooftop Event- Wednesday, August 27
- International Food Festival- Saturday, September 20
- Toast of Mexico Rooftop Event- Wednesday, September 24
- Town Hall Meeting- Wednesday, October 15
- Havana Nights Rooftop Event- Wednesday, October 22
- Dia de Los Muertos- Sunday, November 2
- World Special Olympics Host Town- July 21-24, 2015