

STAY HEALTHY

DOWNNEY

Healthy Downey Meeting Recap

Meeting Date: Monday, November 10, 2014

Attendees:

Agency	Name
City of Downey	Fernando Vasquez
City of Downey- Department of P & R	Arlene Salazar
City of Downey- Department of P & R	Sonya Meacham
City of Downey- Department of P & R	Denise Adricula
Coca Cola	Vince Santillan
Downey Unified School District	Dr. Robert Jagielski
Downey Family YMCA	Anne Ullstrom
Rancho Los Amigos Nat. Rehabilitation Center	LaVasha Floyd
Downey Police Department	Jennifer Burkhardt
CareMore Medical Group	Carlos Castillo
CareMore Medical Group	Omar Osornio
CareMore Medical Group	Kellie Sala
CareMore Medical Group	Carolyn Youssef
CareMore Medical Group	Charla Hawkins
CareMore Medical Group	Veronica Sanchez Perez
PIH Health	Kelsey McCarthy
LACOE	Ursula Ng
Human Services Association	Karina Diaz-Infante
Human Services Association	Yenni Arias
JWCH Wesley Health Centers	Vanessa Landin

Actionable items:

- Rancho Los Amigos- Native American Heritage Month Celebration Thursday, November 13 at 11:30 AM to 1:30 PM in Café Amigos at Rancho Los Amigos National Rehabilitation Center 7601 East Imperial Highway Downey, CA 90242

There will be:

- organic jewelry
- food
- music/dancers
- entertainment

Opportunity drawings: 2 Wii games

- Human Services Association Grocery Store Tour- Friday, November 14 at Walmart in Downey 12270 Paramount Blvd Downey, CA 90242 at 9 AM
 - how to shop healthy

-read food labels

- YMCA- Dodgeball Friday, November 14. Check-in: 5:30 PM, starts at 6 PM
6-10 people per team and registration is \$10; for Beginner and Intermediate
- CareMore- senior concerts to entertain and educate their wellness
Plaza Mexico- November 15 and another on November 20
- Wesley Health Center- LA Care Health Enrollment Fair once per month (one in Downey coming soon)

Pending items:

- Downey Unified School District- Character Counts Week 2015- 3rd week in October
- YMCA- Diabetes Prevention Program in September for a week, another in December or January 2015

Attendee Roundtable Discussion:

- Telecare Discoveries- target age group 16-25 focusing on mental health, covering SPA 6 & 7
 - Rancho Los Amigos-Native American Heritage Month Celebration Thursday, November 13
 - Organic jewelry
 - Food
 - Music/dancers
 - Entertainment
 - Wesley Health Centers-in Bellflower and LA, other locations
 - New location in Downey collaborating with PIH Health, enrollment period is November 15-January 17
 - Cal Medical and My Health LA are a few services provided
- *People who don't have insurance, not a resident, or isn't a citizen can be seen by an Enrollment Specialist*
- families with children ages 6 and up
 - LA Care Health Enrollment Fair once per month (one in Downey coming soon)
- DUSD- Character Counts Week 2015- 3rd week of October=will have prizes, health information, and marketing
 - Mental Health Services- threat assessment tests in schools; address and train including lockdown protocols= know how to handle a situation
- YMCA- had the Diabetes Prevention Program in September for a week, another in December or January
- CareMore- senior concerts to entertain and educate their wellness
Plaza Mexico- November 15 and another concert on November 20
 - Working on different initiatives, how to deal with mental health, and health and wellness
 - Work with Police and Fire department to see symptoms for the mentally ill

-Senior scam stopper

*Walking Clubs to use trails at parks, many pedometers to give away

- Human Services Association- Grocery Store Tour in Downey Friday, November 14 at Walmart
 - how to shop healthy
 - read food labels
- City- Master Bike Plan- bring back in January, implement bike lanes throughout Downey
 - Master Park Plan- in April 2015, what areas need improvement
- Healthy Downey- TLC 5K on April 18, 2015
World Special Olympics hosting Ireland
 - *in need of funding, promo materials
- Police- new Neighborhood Watch Design, need leaders for neighborhoods
- PIH Health- Needs Assessment available
- LACOE- 193 classes and 156 teachers use Nutrition Education Prevention in DUSD
 - Nutrition education implemented into curriculum, reached about 100,000 students

Next Meeting: Tuesday, December 9, 2014

Save the Dates:

- TLC 5K- Saturday, April 18, 2015
- World Special Olympics Host Town- July 21-24, 2015