



Healthy Downey Meeting Recap
Meeting Date: Tuesday, October 15, 2013

Attendees:

Agency	Name
City of Downey	Mario A. Guerra
City of Downey - Department of P & R	Arlene Salazar
City of Downey – Department of P & R	Gloria Basulto
Downey Unified School District	Luz Perez
Kaiser Permanente – Downey Medical Center	Elizabeth D. Trombley
Downey Family YMCA	Anne Ullstrom
Downey Unified School District	Dr. Robert Jagielski
Care More Medical Group	Karen Dixon
LA County Department of Public Health	Tonia K. Sandoval
New York Life Insurance Co.	Paul Jimenez
Downey Bicycle Coalition	Lars Clutterham
Health Net of CA	Dennis Carrillo

Actionable items:

- Initiate Healthy Downey Corner
- Complete Walk to School Day registration for all participating school sites

Pending items:

- “Education to Medicare 101” classes presented by the City of Downey and Care More Medical Group
 - Kick-off event will take place on October 23, 2013 from 12p.m. - 1p.m.
 - Location: 1000 Lakewood Blvd., Downey, CA
 - Registration is required by calling 888-426-8169 or via email CMGInfo@caremore.com

Shared Ideas/challenges:

- Walk to School Day Recap
 - Overall the event was nicely organized and executed well
 - Total of 13 schools within Downey Unified School District participated
 - Raffle prizes included: 1 mini- iPad per participating high school, 1 iPod Nano per participating middle school, 1 bicycle per participating elementary school.
 - ASPIRE Staff, Volunteers, YMCA Staff and City Council assisted various school sites.
 - Reduction of traffic congestion in school sites

- 5K Run/Walk for TLC Recap
 - New Year's Resolution Price: Sign up between Jan-Feb and enter for only \$20
 - Group Themes will be encouraged but not mandatory
 - Timing chip method will be introduced as well as a distance certified course

- Choose Health LA Restaurants
 - Chamber introduced announcement for the Choose Health LA Restaurants on front page of Business Newspaper
 - Email blast to all restaurants in Downey to encourage participation
 - Planning future meeting inviting all restaurants in Downey
 - Choose Health LA Restaurants speaker
 - Joint invitation from Downey Chamber of Commerce and City of Downey

- Ideas for a Healthier Downey
 - Photo Voice Project
 - Bike event similar to CicLAvia
 - Community forum to engage Downey Residents/ HD Teen Ambassadors
 - Empower community for sustainable change

Attendee Roundtable discussion:

- Healthy Downey Awareness Night
 - October 15th, in conjunction with Community Meeting for Health Reform in BJR Community and Senior Center
 - Opportunity to spread the word on Healthy Downey and have residents Like us on Facebook /Follow us on Twitter for a promotional item/giveaway

Meeting Outcome:

- Healthy Downey Partners are collaborating to take our mission to the next level. Focused on finding a way to measure outcomes and positively impact the community. Planning future events to increase community involvement and health awareness.

Next Meeting: Tuesday, November 12, 2013 Location: TBD

Save the Dates:

- Día de los Muertos- November 3, 2013
- Downey 5K Run/Walk for TLC – Saturday