

Consent Agenda for March 3, 2016 Membership Meeting
Please print, review and bring the Consent Agenda to the March 3, 2016 General Meeting.

Steering Committee Update:

The CHNA 15 Steering Committee met on December 3, 2015. Among other business the Steering Committee considered the following items:

- ❖ Approved a \$2,000 Capacity Building Grant to Lincoln Sudbury Community Resource Awareness Network for *2016 Website and PR Support for LS CRANE*.
- ❖ Approved a \$750 agency Professional Development Scholarship to Burlington Youth and Family Services for an on site training with Dr. Christopher Willard.
- ❖ Approved a \$1,000 agency Professional Development Scholarship to Concord Children's Center to send their entire staff to the Center for Parents and Families 2016 Conference.
- ❖ Heard a report on the Social Media 201 Training held on January 21st.
- ❖ Engaged in a preliminary Strategic Planning Session with JSI
- ❖ Planned the March, 2016 General Meeting;
- ❖ Received updates from all FY'16 Action Teams.

Action Needed:

The following items need member approval:

- ❖ Minutes from the January 7, 2016 General Meetings (see below)

January 7, 2016 CHNA 15 Healthy Communities Resource Forum/ DRAFT MINUTES

Attendees: Alison Cservenschi, Amy Tarlow-Lewis, Carla Olsen, Catharine Joyce, Christine Shruhan, , Cindy Worthington Berry, Dan Pereira, Doreen Crowe, Fran Spaye, Heidi Porter, Jacquelin Apsler, Jan Stewart, Joyce Cheng, Joyce Shetler Holt, Kristin Light, Laurie Ganberg, Lauren Abraham, Lexi Ladd, Linda Smith, Louise Zornoza, Marcia Rasmussen, Marge McDonald, Pat Nelson, Patty Ochoa, Randi Epstein, Roberta Gullage, Sally Quinn Reed, Sheryl Ball, Stacy Carruth, Sue Baldauf, Susan Rask.

Pat welcomed members, and asked attendees to sign in, and complete an evaluation. Pat also reminded members that those who bring a guest to a CHNA 15 General Meeting are entered into a raffle to receive an individual Professional Development Scholarship

Consent Agenda

- Minutes from the November 19, 2015 meeting were approved.
- CHNA 15's draft disclaimer statement was approved and will be added to the CHNA 15 Operating Principles. **CHNA 15 DISCLAIMER STATEMENT:** *Resources, trainers and experts hired and shared by CHNA 15 are offered to provide a variety of perspectives, research findings and experience, and are meant to be informational. CHNA 15 and its Steering Committee do not endorse or recommend any specific organizations or services, and encourage members to evaluate resources to ensure that they meet your specific needs.*

Finance Report

Pat provided a brief finance report and informed membership that CHNA 15 is on target with FY'16 spending and income.

Training and Grant Opportunities, Updates and Upcoming Events

Randi reported on the following:

- Collaborative Grant – Released on Monday, January 4th and Information Session on January 12th
- Professional Development Grants – continue to be available
- Capacity Building Grants – continue to be available
- *Social Media 201 and Social Media Deeper Dive* Trainings – Part 2 coming up on 1/21 – registration is open
- *Emotional Consequences of the Internet* Training – February 8th – registration is open.

Speaker, Q&A and Breakout Sessions

Pat introduced Halley Reeves to speak about 8 to 80 Communities.

8 to 80 Communities strive to inspire elected officials, key stakeholders and residents to work together to create age-friendly and accessible communities ready for residents of all ages to move about safely and enjoyably. Halley will introduce the ingredients of 8 to 80 communities, provide an overview of low cost initiatives that work, and identify where opportunities may lie in our communities.

Halley Reeves works in the Office of Community Health Planning and Engagement within the Division of Prevention and Wellness at the Massachusetts Department of Public Health. Halley's particular expertise is in health in the built environment and has worked on projects ranging from environmental and occupational health, disaster

preparedness, organizational quality improvement initiatives and strategic placement of community resources both domestically and abroad. In her current position, she works on cross-sector collaboration building, helping to inform the healthy transportation initiatives in the state and other Health Impact Assessment Work as well as providing technical assistance to Mass in Motion communities. She holds a Master of Public Health from the University of Washington and a Master of City Planning from MIT. Whether it's playing mountains, frolicking through the plains of her native Oklahoma, or walking along the Massachusetts' waterfront she loves topographically diverse areas of the world. In Boston she often finds herself playing outside in whatever form she can get: running, hiking, biking, and more.

Halley thanked CHNA 15 for inviting her. Halley shared that the person who started the 8to 80 initiative had recently visited MA.

Halley posed the following questions:

- **What is 8 to 80?** The idea that if everything we did in our cities was good for kids and older adults (known as indicator populations) it would be good for everyone, and the benefits would be healthier, stronger communities and economics.
- **What impacts health – what are the social determinants of health?** Anything that impacts your health. Many things other than health care impact health. The area we are most interested in is living and working conditions: education system, economics, general socio-economic and cultural environmental conditions, individual lifestyle conditions, what we eat, etc.

Halley shared projections of where the populations are going in CHNA 15's area. Census information indicate that by 2025 and by 2035 we are projected to have a much older population – particularly in Concord.

Halley introduced tools referred to as: IMPATIENS vs. ORCHICDs

Impatiens are shorter term short lived flowers. Orchids take a longer time to develop but they last longer. Both beautiful, but different. The idea is that some of the projects/goals we take on fall into those categories. For example: ORCHIDS:

- Concord: Zoning by-laws, Complete Streets Policy,
- Bedford: Pedestrian Bicycle Master Plan, infrastructure grant through Mass DOT,
- Acton: Middlesex 3 Coalitions work (transportation)

Halley suggested that communities think about place-making – meaning making a place more exciting for people to come. She shared examples of Impatiens, as these are projects that are easier to implement:

IMPATIENS:

- **Ciclovía:** closing streets temporarily / regularly / permanently at certain times. Result outgrowth of use of public places. Don't have to have a lot of movement – some examples include:
 - Time Square. The area was too busy and merchants were suffering. Businesses cooperated with lawmakers, but got lawn chairs, etc., and made people feel safe and that they could enjoy the environment. It allowed businesses to prosper because visitors had a better experience.
- **Better Blocks idea** – taking things you want to see happen and making it happen on a temporary basis. Green spaces always great for mental health outcomes. Some examples include:
 - Planting flowers
 - Painting the types of storefronts you would like to have in un-developed areas. These were painted on the streets.
- **Parklets:** Take a parking space and make a little park. People took pallets and made benches, created Zen gardens, etc. Montreal has tons of parklets and restaurants have taken them over/sponsored them and used them as extra seating

- **Wayfinding Signs.** These signs tell you how far it is from one part of town to another by foot and how much time it would take to get there. Break down the myth that driving is faster – it may not be. Ex. Walkability audit. Surprised by how much faster walking was and group now hosts walking clubs and uses shortcut routes to do it.

Halley created breakout groups, facilitated by Steering Committee members, based on the area members were from to think about things that they could possibly address in their communities. Consider who, what, where (and who pays)
Report Back:

BEDFORD area:

Talked about expanding public playground - which is working as a small child space but considered how they can make it ready for seniors – crosswalk, more seating, path from library to playground (accessible surface). This would create a larger connection to the whole campus. Lighting – may help accessibility. They could also add senior play spaces which are modular and could be built in parts and extend into play space. For example, one on each side with intergenerational stuff in the middle. Could also include: seasonable planting.

Burlington area:

Lots of great things in town but getting there is a disaster. They have Lahey and the mall. Group talked about walkability signs because the two are so close and Lahey is a great partner. Also, Burlington has so many restaurants. The group talked about benches along routes to get people to notice everything that is along the way. Group talked about transportation to get them to and from if walking is not an option, and talked about lighting. Group shared that there are a lot of other thoughts around the town, but felt this is a great place to start and we go from there. Halley agreed and said that their ideas sounds easy and low cost!

Acton Boxborough area:

Group shared that they settled on talking about Boxborough because it's so rural and risky to walk on busy streets with no center or gathering space. Sidewalks on 111 are a huge need and goal. Idea was to have a flash park one day every summer with drinks, seat, activities, etc. that would involve and invite everyone, involve camps schools COA, etc. This would be a "trial balloon" to show people how to get together and how it could be. Halley shared an idea that an easy way to include healthy food is to use food trucks. Low cost for organizers and they feed folks who pay them.

Concord area:

Group identified a lack of transportation in town. Thought they could start by looking at trails and letting people know info about the trails addressing walkability, accessibility, etc. and that they could get an intern to possibly work on this. They could start by looking at 5 specific trails. Halley said that a great way to open up these ideas to the community is to let people know what the build environment can offer them.

Halley thanked CHNA 15 for inviting her and share that she hopes that these can become actionable steps or things you can continue to ruminate on.

Halley's full presentation can be found at:

https://www.dropbox.com/s/xilel05m1u07q8f/880_hreeves_1-7-15.pdf?dl=0

CHNA 15 New Website Preview

Pat introduced Dan Pereira. Dan presented CHNA 15's new website highlighting some key features and pages. Dan shared that the goal was for us to have a presence and put everything we have in one place Focused on our 3 major areas: Programs, Grants and Trainings. Feedback indicated that the website was nice and easy to navigate.

Needs and Leads

Pat invited members to share information about their work, resources, needs and/or upcoming events, and reminded everyone to send info to Randi for posting on the website.

Sue Baldauf from Bedford shared that they had completed a Pedestrian Master Plan, and thanked CHNA for helping them do that. Sue shared that, as a result of those initiatives, Carla Olson is now a half time employee, and Bedford wanted to say thank you to CHNA 15.

New Member Raffle Award

Mary Beilman received a \$300 individual scholarship for bringing a new member to the meeting.

Plus-Delta/Meeting Evaluation & Close

Pat asked members to share Plus-Deltas from the meeting.

- Great breakout groups,
- Wonderful networking opportunities.
- Liked starting with smaller stuff, and liked to break out by town – this more informal way that allows for more creativity,
- Phenomenally creative,
- Nice to see towns come with a cohort.
- Learned a lesson.
- Wish we had more time for breakout sessions.

Next CHNA 15 Meeting will be our Healthy Communities Resource Forum on March 3, 2016.

Thanks for coming!

Meeting adjourned at 4:30.

Respectfully submitted,

Randi Epstein