

# Healthy Active Klamath Coalition

1/10/08

## Attendees:

- Barb Templeton
- Kate Murphy
- Melissa Klegseth
- Patty Case
- Sue Schiess
- Jeremy Klegseth
- Dr. Machado
- Stephanie Machado
- Kay Lund

## **Meeting Agenda**

Patty explained that the purpose of the meeting today is to get some work group going and get tasks assigned so that we can move forward with this years projects.

## **Update on Projects**

### Healthy Active Challenge

Patty explained that most people probably know by now that we are not going to be having the Healthy Active Challenge this year. There was not enough support or anyone willing to chair the event. Without these key components, there is no way to carry this project out. We will be posting all of the challenge forms on our website so individual groups could do their own "mini" challenge if they chose.

### Community Forums – Kate Murphy (Chairperson)

Kate discussed how we would like to hold some forums similar to the one that was held with the school districts last September. There is a forum schedule for March 20<sup>th</sup> from 3:30 – 5:30 to discuss the Farm to School Program. She has contact a number of local individuals to participate in this including the school district food service directors and local growers.

### Worksite Wellness –

David Hudson with the ODHS will be in Klamath Falls on March 5<sup>th</sup> give a presentation on worksite wellness and ways to incorporate healthy practices into the workplace. Melissa will be sending out invitations around the end of January of first of February and Kate will be following up with phone calls. Barb will look into getting some businesses to donate money to cover the cost of lunch for the attendees.

Dr. Machado asked if David would be giving them any "tools" to take back to their workplace with them. He recommended some type of poster or something. Melissa mentioned that there are some toolkits that are available on line or will be soon. She will check with David on this.

### School Programs –

Teacher In-services – Dr. Steward Trost will speak to the County Schools on Feb. 15 and the City Schools in May 14<sup>th</sup> on incorporating movement into the school day.

Non Food –Rewards – Melissa Klegseth (chairperson)

Melissa will be going around the elementary schools during the months of January and February to do a presentation to teachers around the topic of non-food rewards. She is still trying to get all of the schools scheduled. If anyone is interested in helping with this project, there is work that can be done!

Posters –

Posters have been purchased for the elementary school cafeterias. Melissa will distribute these when she does the presentations on non-food rewards. Patty asked Kay if she would be interested in organizing some sort of contest where schools would use the poster and do some sort of display on the wall of the cafeteria. Kay will write up the rules and Melissa will attach them to the poster.

Family Food and Fun Night – Barb Templeton (chairperson)

Barb explained the success that she had with a family night that she did recently and she has another one planned at Fairview Elementary. She would like to somehow link this with the talk that Dr. Stewart Trost is going to do or with TV turn of week which is in April. She mentioned that it may be nice to do one city school and one county school to start. Fairview could be the city school and Ferguson or Peterson could be the county school. Chiloquin was also mentioned as a possibility.

Most all the individuals present at the meeting said that they would be willing to help with one of the booths the night of the events. Once we got a “template” going, it would probably be pretty easy to duplicate this at a number of schools and funds set aside for the walking school bus could be used.

Website –

Melissa is working on designing the website on paper, however needs someone who is familiar with website design to assist with getting it on the web.

**We need especially volunteers to help with the following projects:**

Non –Food Rewards  
Family Food and Fun Night  
Website  
Community Forms

If anyone is interested in assisting with these or any other projects, please contact Melissa Klegseth ([mklegseth@co.klamath.or.us](mailto:mklegseth@co.klamath.or.us) or 882-8846 ext. 3508)

**Next Meeting**

TBA