

Live Healthy Lorain

Thursday, June 16, 2022

8:30 AM – 10:00 AM

Zoom: <https://us02web.zoom.us/j/88927042011?pwd=c055b0xUZG1MNE9JT2VKMG1iSmxoUT09>



| Agenda Items | Discussion/Notes | Action Items/Follow-Up |
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| Introductions | Attendance <ul style="list-style-type: none">- Tell us in the chat if your contact information is correct<ul style="list-style-type: none">- Catherine Mavrigh, LCPH- Sara Tillie, LCPH- Danielle Coward, LPL, South Branch Manager- Susan Spivey, LPL, Main Branch Manager- Alyssa Pranckunas, The Free Clinic (filling in for Kathy Janda)- Jessica Gioia, Population Health and Outreach Coordinator, Lorain County Health and Dentistry- Jennifer McClare, LPL (culinary and literacy center)- Erika Godmoski, Vista, Solidarity Urban Farms- Anthony Jones, Men of Courage<ul style="list-style-type: none">- mocinfo1@gmail.com- Dina Ferer, LCCC- Shawn Nixon, Certified Nurse Practitioner, Affinity Med Spa Owner- Donna Katrincsak, Lorain City Health Dept., volunteering Lorain Historical Society- Tosha Craighead, LCCAA, Assistant Director of Planning and Community Service<ul style="list-style-type: none">- scraighead@lccaa.net- Katie Cooley, LPL, Outreach and Community Engagement Manager<ul style="list-style-type: none">- kcooley@lpls.info- Polly Leland, SHFB, Nutrition Education- Max Schafer, Downtown Lorain- Good News Sharing- Future meetings - in-person or virtual?<ul style="list-style-type: none">- Let's try in-person at LCCC | <ul style="list-style-type: none">● Catherine schedule a September meeting at LCCC Lorain Downtown.<ul style="list-style-type: none">● Connect with Dina for room reservation. |

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| <p>Active Living</p> | <p>Lorain Park Improvements</p> <ul style="list-style-type: none"> - Signage at Fairless Park - Summer Concert Series <ul style="list-style-type: none"> - How can we promote LHL at this concert series? <ul style="list-style-type: none"> - Passing out bike lights and locks - Walking map or mile markers that promote how active you can get by walking around the parks. <ul style="list-style-type: none"> - For example: Walking 2 laps around central park 1.5 miles - Central Park has a water station. <ul style="list-style-type: none"> - Are they cutting grass? <p>Go Lorain Bike Share at Lorain Public Library Branches</p> <ul style="list-style-type: none"> - Improving South Branch checkouts - Partnerships with Oakwood Park <ul style="list-style-type: none"> - Improving the concession stand to loan out items during the summer - Increased promotions - Main Branch checkouts remain high <p>Little Library on the Beach</p> <ul style="list-style-type: none"> - started on June 4th and is open every day from 12-4 and then in July during concerts. - No lifeguard at the LCMP yet, so there is no swimming. This is impacting foot traffic. - 30 people per day stop by. - Water safety programming? What can we do? <p>Bike Friendly Businesses online system and recruitment</p> <ul style="list-style-type: none"> - LCPH interns working on business plans for Max Schaefer and Downtown Lorain. - Downtown Lorain would work to spotlight each of the businesses that is participating - Downtown Lorain would host things on their website. | <ul style="list-style-type: none"> ● Catherine follow-up with LCMP about water safety programs and potential partnerships. |
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| | <p>What else is going on? Connection LHL? 2023 project forecast? (CM)</p> <ul style="list-style-type: none"> - Jul 20 - LCCC tennis day for 6-11 year olds with lessons and free give-aways, in partnership with the National Tennis Association. - Library and Black River Landing Story Walk - people are currently enjoying this and Katie is planning for specific programming. <ul style="list-style-type: none"> - Outreach dept. is promoting healthy living and exercise. - Every other week, walking story time/story stroll at 10 a.m. - First one is coming up on June 17 - This is also going on at Kipton and most other branches - story walk passports - Lorain Historical society is updating the history by mid-July - LPL has applied for funding for responsible fatherhood fishing initiatives. <ul style="list-style-type: none"> - License is \$25.00 per year. - Cabela's in Avon donated 70 fishing rods. - This weekend is fish free weekend - fishing with no license. - Want ODNR available for animal friendly fishing lessons - Boy Scouts are involved. - Polish Fisherman's Club might be a good connection. - Men of Courage <ul style="list-style-type: none"> - Partnering with Domestic Juvenile relations court. - Mentoring juveniles that have committed misdemeanors but have not been charged - Looking for activities - potential ties - Working Jeremy from Ohio Means Jobs - mostly will be a referral and not a worksite themselves. - LCCAA youth are from OMJ | <ul style="list-style-type: none"> ● Dina will share the flyer. ● Dina will share contact information from Polish Fisherman's Club ● Katie will share story book stroll passport ● Donna will share updated history walk ● Catherine connect MOC, Shawn Nixon, LCCAA and LPL (Katie Cooley) on this initiative - warm handoff email. ● Sara give OEI grant people a heads up about this fatherhood initiative. |
| <p>Healthy Eating</p> | <p>Produce Rx Updates</p> <ul style="list-style-type: none"> - Cleveland Clinic Elyria and Amherst are on board, contracts are underway - Giant Eagle and DoorDash Contracts <p>Food Forward Lorain Updates</p> <ul style="list-style-type: none"> - Looking into improvements at Urban Solidarity Farms - Awaiting release of a USDA planning grant | <ul style="list-style-type: none"> ● Sara give ODM people heads up about Unite Us and Pathways HUB discussion in LHL ● Catherine reach out to Polly at Second Harvest and ask for Erika's contact |

- City of Lorain
- Project Dash
 - 10 miles as the crow flies
 - Seniors +60, income eligible
 - Call Second Harvest Foodbank for referrals

What else is going on? Connection LHL? 2023 project forecast? (CM)

- South Branch Library and Main Branch Library
 - Gardening
 - Eat Play Grow preschool group - early childhood
 - City Fresh stop, accepts EBT
 - Freedge - free fridge
 - Free summer lunches M-F, provided by the schools.
- Free Clinic
 - Just planted the community garden
 - Last year - 100 lbs of produce
 - Blessing box for non-perishable foods.
- Main Branch Culinary Literacy Center
 - Cooking Classes, making people comfortable in the kitchen
 - Cost-effective meals
 - Seaweed Tastings - 15 attendees
- Summer Program run by ACES
 - Science and Arts camp beginning in June
 - ABout 100 attendees at Greater Victory Church
- Solidarity Urban Farms
 - Wednesdays Community Cook out
 - Geared towards introducing produce to people who are not accustomed to eating things.
 - Produce Stand will be open on Monday, accepting EBT
 - 336 14th St.
 - Farm Managers are currently working with a lot of people - they are staffed well and have a good amount of volunteers.
- Lactation Pod at the Library
 - Grant from LCPH to purchase Mamava pod for breastfeeding

~~(even if its a phone). Work out a time to attend Wednesday Community Cook Out.~~

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| | <ul style="list-style-type: none"> - Located at Main Branch, but want more programming surrounding this. - Culinary literacy for healthy family cooking, pregnancy diet classes. - Looking for mental health supports for postpartum - Very early literacy, baby story time. - Unite Us <ul style="list-style-type: none"> - Community based referrals - Pathways HUB at LCCAA <ul style="list-style-type: none"> - Through Ohio Commission of Minority Health - Network of Care Coordination that addresses risk factors - Involving Community Health Workers - Working with Mercy - Mens and Womens check-ups and physicals <ul style="list-style-type: none"> - Adult females in May - Adult males in June - Dina offered to use the LCCC Downtown Lorain Space for this event. | |
| Other | <p>What do we want to get out of LHL and these meetings going forward? (CM)</p> <ul style="list-style-type: none"> - "I like..." - "How about..." - Meet @ LCCC next meeting in September | |