



**Live Healthy Lorain Minutes**  
 Thursday, March 4th, 2021  
 8:30 AM – 10:00 AM  
[Zoom](#)



AGENDA ITEMS	DISCUSSION/ NOTES	ACTION/ FOLLOW UP ITEMS
<b>Introductions</b>	<ul style="list-style-type: none"> <li>● <b>Name/Representing Organization</b></li> <li>● <i>Attendance: Donna Sims, Mercy Parish Nurse; Lisa Agustine LCCC, Bart Gonzalez, Lorain Proud; Susan Spivey, Lorain Library System, Dina Fray, LCCC; Jennifer Bracken Assistant Dir LCMP; Bobby Taylor LCCA; Monica Snipes Youth Dir El Centro; Annalise LCPL, Ann Chanaon Natural Resources Educator, OSU Ext; Max Schafer NEO Dir Environmental Council/City of Lorain Board Member, Shawn Nixion Nurse Practitioner Cleveland Clinic Heart Vascular institute, Tom Brown Lorain Port Authority; Donna Katrinczak, Lorain Historical Society/Retired Nurse; Laura Gleason HR Nord Center; Toshionna Reddick, LMHA; Kat Bray LCPH, Vivian Taylor LCPH</i></li> <li>● <i>18 Attendees</i></li> </ul>	<ul style="list-style-type: none"> <li>● <b>None</b></li> </ul>
<b>Review Purpose and Principles</b>	<p><b>Live Healthy Lorain</b> connects people and resources for the improvement of the Oberlin Community by increasing opportunities for increased physical activity and improved nutrition. We collaborate to promote health and prevent chronic disease and work to create a community where the healthy choice is the easy choice.</p> <p><b>Creating Healthy Communities Principals</b></p> <p>While multiple factors must be considered when determining which CHC strategies to prioritize at any given time, CHC’s principles are a useful place to start. These principles provide guidance for how to implement CHC, within complex community contexts. The five principles are:</p> <ol style="list-style-type: none"> <li><b>1. Activate and Engage Communities.</b> CHC is the conduit for motivating and driving change, through community engagement and mobilization. Activities of CHC are rooted in community priorities.</li> <li><b>2. Cross-Sector Collaboration.</b> There is coordination of work and consistent messaging among partners in diverse sectors at the national, state, and local levels around policy, systems, and environmental change in healthy eating and active living.</li> <li><b>3. Ease of Access.</b> By addressing barriers, CHC improves accessibility of healthy choices to Ohioans, especially for those groups facing the steepest barriers.</li> <li><b>4. Health Equity.</b> CHC is invested in individuals and populations disproportionately affected by chronic disease.</li> <li><b>5. Sustainable Change.</b> CHC leverages resources, forms partnerships, and builds capacity to ensure lasting policy, systems, and environmental change.</li> </ol>	<ul style="list-style-type: none"> <li>● More on <a href="#">CHC grant program</a></li> </ul>

<p><b>Evaluation Discussion</b></p>	<ul style="list-style-type: none"> <li>● <b>Review Coalition Evaluation</b> <ul style="list-style-type: none"> <li>○ <a href="#">Results</a></li> <li>○ Themes &amp; Discussion</li> </ul> </li> <li>● <b>What is your role in LHL?</b> <ul style="list-style-type: none"> <li>○ To listen to the voices of the Lorain community to develop resources and policies to assist residents with improving their health.</li> </ul> </li> <li>● <b>Do you invest time in projects, help design projects, ask for help moving projects forward?</b> <ul style="list-style-type: none"> <li>○ We should support each other more-- example Monica works in South Lorain at El Centro so people who want to engage in that area should partner directly with Monica there. Catherine noted that it's important to remember organizations serving their own sacred community.</li> </ul> </li> <li>● <b>Evaluation came up: how do we know we are making a difference?</b> <ul style="list-style-type: none"> <li>○ Community Health Assessment (CHA)</li> <li>○ Smaller project-specific surveys, with same CHA</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● <b>Contact Vivian or Kat for evaluation results.</b></li> </ul>
<p><b>Coalition Building and Strategy</b></p>	<ul style="list-style-type: none"> <li>● <b>City of Lorain: Healthy Community Policy, System Environment Planning</b> <ul style="list-style-type: none"> <li>○ Actively recruiting new partners and community members. Suggestions?</li> <li>○ This was something that was suggested in the evaluation</li> <li>○ Monica noted that youth often give parents/guardians feedback about bike lanes. Suggestions included testimonials, focus groups, <ul style="list-style-type: none"> <li>■ Focus groups around Health Behavior and Projects related to LHL <ul style="list-style-type: none"> <li>● partner with LCCC and Library, have these around town N/S/E/W</li> </ul> </li> <li>■ Short surveys for ideas/projects, have a QR code on flyers and a tear pad. Shawn Nixon will start this with some ideas for engagement questions. Bobby suggested to make these available through service programs, such as food distributions.</li> <li>■ Bart Gonzalez offered to assist with community engagement/outreach efforts for the focus groups.</li> </ul> </li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● <b>Vivian will share materials for upcoming Listening Sessions with Urban League. Lisa Augustine, Library, etc.</b></li> <li>● <b>Shawn will draft ideas/concept</b></li> <li>● <b>Bart will assist with community engagement efforts.</b></li> </ul>
<p><b>Active Living</b></p>	<p><b>City/Schools Active Living Planning</b></p> <ul style="list-style-type: none"> <li>○ Spring Walking Locations/ Parks Enhancements Where are you seeing walkers most? Park loops or other enhancements around areas?</li> </ul>	<ul style="list-style-type: none"> <li>● <b>Vivian will connect with Bart, Lisa A, Dina, and Monica offline to develop a positive bikelane message.</b></li> </ul>

- Oakwood Park, Black River Landing, and Lakeview Park which has experienced a significant increase in attendance.
- Oakwood and Central Park-- old water fountains when will they be turned on? Are there plans for upgrades?

- UWS opportunities: online and in-person fitness  
Where do people already exercise in Lorain?...where do they want to exercise in Lorain? Who is looking for ways to bring people to their location? What do you need to get this started?

Line dancing

- LCCC Library, Cascade, and local currently have line dancing classes. Lakeview Park was suggested as a future location.
  - Partnering with organizations to lead line dancing classes. Instructors needed.
- Yoga is offering yoga instructors for locations in Lorain

Lakeview Park currently offers yoga possible to expand classes to include Days Dam.

Bike rack installations completed at United Way, Loko yaks, Speak of the devil, Lorain Palace Theater, UnionTown Provisions

Main Street helping to ensure bike parking, may add

- Complete Streets Policy  
South Lorain Bike Lanes project
  - Temporary green paint in temporary bike lanes on 28th street, meeting March 16, contact Sara Tillie if interested in participating in planning and launch. Bike lanes are becoming more visible in Lorain.
  - Bike lanes have been installed on E. 31st street from South to West that go up to Days Dam. 31st street was narrowed and there's new bike lanes. Councilman Rey Carrion.
  - Discussed bikes lanes/parking/informational flyer to remind people to not park in the bike lane.
  - Challenges around residents parking in bikeline. Positive messaging around the bike lane.

- Donna and Jennifer connect about instructors and locations for line dancing at Metro Parks. Donna, Jennifer, Lisa A. will connect with Kiera Williams of LCMP.
- Kat will look into water fountains being turned on and if they will have Covid-19 upgrades.
- Donna will assist with recruiting line dance instructors.
- Kat will plan a Go-Lorain planning meeting with Lorain Public Library Systems, and Metro Parks.
- Contact Sara Tillie at [stillie@loraincountyhealth.com](mailto:stillie@loraincountyhealth.com) for the Temporary Bike Lane project in South Lorain.

Safe Routes to School/Lorain Connected

application for safe and comfortable school zones focusing on 2 schools: Larkmoore and Longfellow. Dohanos is up next for future applications.

- A lot of curb cuts and curb ramp replacements, as well as signage and paint
- Sidewalks in the area are between 60-70 years old
- Some sidewalk improvements already completed, but otherwise non-ADA compliant, improvements will
- upgrade the area into compliance.

- **Go Lorain Bike Share at Lorain Public Library Branches**

- What's going well? What should be improved?

- Plans to relaunch bikeshare program for the Spring/Summer.
- Bike friendly business components will continue through the Lorain Public Library System with electronic forms to be business/user friendly.
- Laws prohibit bike riding on Broadway sidewalks, there's a lack of education that bicyclists can ride on the roads, and take the full lane, they aren't expected to ride on the road next to cars.
- Jennifer thinks we can expand, include travel and tourism, expand bike friendly business networks. Next step, collaborate with Main Street Lorain, Hotel, Parks, Nearby Trails, feature all partners in this network.  
Susan will find list of those who did Bike Friendly Business application and paid towards the program
- Tie in with Bike Shop efforts  
Bike Brigade on Reid Ave (primary focus), other areas of town this summer.  
Consider setting up a schedule, Library/Bike Friendly Business/ marketing tie in.
  - bicycle tours around town
  - wellness checks with residents
  - make sure residents are aware of resources through LCCAA
  - be eyes on the street, crime prevention concepts, engage other youth in bicycle brigade

bike repair at the bike shop

there are baskets for the bikes at the bike shop, they are able to fasten baskets to bikes

	<ul style="list-style-type: none"> <li>○ Timeline?? Ohio Means Jobs youth come on late Spring/Early Summer for paid work experience. Launch bike brigade then. Josh can start planning now.</li> <li>○ In South Lorain, less activity compared to the Broadway area. The neighborhood is less bikeable.</li> </ul>	
<b>Healthy Eating</b>	<ul style="list-style-type: none"> <li>● <b>Community Gardens/ Urban Farm Updates</b> <ul style="list-style-type: none"> <li>○ Hope Farms @ Lorain Public Libraries</li> <li>○ Status update? What support is needed from LHL? <ul style="list-style-type: none"> <li>■ Hoping to start at Main in March</li> <li>■ It's installed at Main</li> <li>■ Biggest help will be getting the word out about these urban farms and future farm days when in-person programming</li> </ul> </li> <li>○ Uniform Signage and Look to Lorain County Community Garden Network <ul style="list-style-type: none"> <li>■ Bobby asked if the library farms could be part of this network</li> <li>■ Susan would be open to including hope farms</li> <li>■ Ann said she is getting more calls about community gardens, they are coming from the LCPH website and calling Ann</li> <li>■ Need a lead on moving forward the coordinated signage, updating the community gardens guide, etc. Bobby, Susan, Ann and Vivian or Kat can connect to move this forward. Ann scheduled a meeting.</li> </ul> </li> <li>○ Potential Partners: Gateway Pharms/Church of the Redeemer, Lorain Free Clinic Status update? Kat spooke with Jim Goforth, he was going to make a presentation to our group but we haven't been connected since Jan. Can anyone connect with Jim and see if he is still interested in partnering?</li> </ul> </li> <li>● <b>Food Forward work w/ Second Harvest Food Bank</b> <ul style="list-style-type: none"> <li>○ Analysis completed. Will present maps that show the Lorain food system with poverty, life expectancy data. Goal to align work around healthy food access/food insecurity among decision makers, community leaders and make some systems/policy/environmental changes to curb the issue</li> <li>○ Next step: 1:1 meetings with stakeholders, then "Stakeholder meeting 1" however, delays due to COVID.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Kat will follow up with Jim Goforth to see if he is able to present to the group this year.</li> <li>● Ann Channon has scheduled a Community Garden Signage Zoom meeting for 03/16/21 at 1:00pm. Link is <a href="#">here</a>.</li> </ul>
<b>Partner Updates</b>	<b>Once around, calls to action, updates; Catherine:</b> Looking for speaker for leadership team luncheon, ½ hour series to tell them the needs of the community - if anyone knows of a resource/speaker please email <a href="mailto:Catherine.Woskobnick1@mercy.com">Catherine.Woskobnick1@mercy.com</a>	