



Mayor's Wellness Committee

Meeting 2/9/2018

Minutes

Attendees: Lena Siddiqi, Wendi Glassman, Mike Manzella, Pam, Sonia Spina, Doug Eagles, John Moor, Allison Cerco, Vic Sood, Lisa Lee, Nina Summerlin

1. Pam from Coastal Harbor introduced herself to the Committee
 - a. Already very involved in the health and well-being of Asbury Park community → hosted professional speakers and bingo at the Senior Center and senior buildings, she also serves on the board of HabCorps and other organizations
2. City's Communications Director Sonia Spina discussed event planning
 - a. Committee discussed a regularly scheduled event on the same day every month
 - b. Build on existing events where it makes sense
 - c. Ask attendees how they found out about the event
 - d. At the event, collect sign-in sheets, ask consent to receive more information from the Wellness Committee, Constant Contact list can be created for all event attendees
 - e. City uses community email blast → all of the churches are signed up for that
3. Recapped Movement and Meditation event on 1/27
 - a. Attendance was approximately 10
 - b. Councilman Kendle did a great job leading calisthenics
4. Committee planned a "First Saturday" wellness event every month
 - a. Registration will be required for all events
 - b. Tentative Schedule
 - i. Saturday, March 3rd at 11:00 AM → Water Aerobics at the Boys & Girls Club
 1. Cap at 25 participants
 2. Need to explain what it is and that no experience is needed
 3. Mike to confirm date and time with instructor

- ii. Saturday, April 7th at 11:00 AM → Water Safety Training at the Boys & Girls Club
 - 1. Cap at 25 participants
 - 2. Basic familiarity of water, some rudimentary swimming skills provided by Maureen Cullen from Swim 2 Health
 - 3. Doug to confirm date and time with Swim 2 Health
 - iii. Saturday, May 5th → Bicycle Event TBD
 - 1. Part of MWC's promotion of National Bike Month in May
 - 2. Perhaps Complete Streets Coalition can plan a community ride?
 - iv. Saturday, June 2 at 11:00 AM → Community Health Screening
 - 1. Allison to coordinate screening services from Hackensack Meridian
 - 2. VNA may be another option
 - 3. Council Chambers has been booked for the event
5. National Bike Month – May
- a. Committee looking to promote a number of events
 - b. May 2 – EZ Ride hosting a bicycle safety talk at Obama School
 - c. May 3 – EZ Ride hosting Bike to School Day at Obama School at 7:30 AM, Mike to rent a few Zagster bicycles to use
 - d. May 18 – Bike to Work Day – can businesses promote this?
 - e. Complete Streets Coalition to host a community ride?
 - f. Ask Second Life Bikes to host a bike repair workshop?
 - g. EZ Ride to host a community bike safety workshop?
6. Next Alliance for Healthier Asbury Park meeting is Wednesday, February 28th at the Bradley School, scheduled at 3:30 but may be changed to 5:00pm
7. Next Healthy Corner Store Initiative event is also Wednesday, February 28th from 10:30am to 12:30pm at Home Drug Store