



Mayor's Wellness Committee Meeting 10/12/2018

Minutes

Attendees: Mike Manzella, John Moor, Doug Eagles, Pam Montemurno (Marquis Health), Nina Summerlin, Vic Sood, Wendi Glassman, Lisa Lee

1. Harvest Health Fair – September 26th
 - a. Very successful event
 - b. Approximately 50 seniors attended
 - c. Plan on doing again in 6 months
 - d. Need to incorporate Asbury Tower and Phillips Sea View Tower
2. American Heart Association Heart Walk – October 13th
 - a. Will form a Mayor's team again this year
3. Meeting Dates for 2019
4. Events in November/December
 - a. Trunk-or-Treat → ask for donations from Wegman's or Stop and Shop – little bags of pretzels, fruit gummies, chocolate raisins, bags of apples
 - b. Healthy Cooking Demonstration – plan for January or February
 - i. Diabetes Education – S.C.A.N., WellCare, Hackensack Meridian
 - ii. Healthy Recipe Book, Healthy Chef Competition with local chef judges
 - iii. Location – Senior Center
 - c. Look at Senior Center calendar for December and piggy-back on that, discuss at November meeting
 - d. B&GC is an option for winter events, maybe an adult swim series, Doug to talk to aquatics center
5. Other Events
 - a. VNA Crucial Catch Fair (Breast Cancer) – October 30th
 - b. Kula Seed Exchange – October 27th 2-4pm