

# Tama/Toledo Joint Community Visioning Meeting Agenda

Thursday, Feb 3, 2022 – 5 p.m.

Wieting Theatre

Present: Denise Fletcher, Karen Mixdorf, Matt Beatty, Lori Baier, Dot Zmolek, Shelly Riley, Warren Riley, Marilyn Rippy

Welcome and Introductions - Jon Werger and Jenny Weber

Stewards of the Beautiful land through Trees forever. Every month they went to a Prairie. After the derecho the trees forever guy came to town and he saw that we did not have sidewalks. He was able to get both communities into the visioning process so we can work together.

Why would Wellmark be interested in TT? Promoting healthy Iowa. Promoting people getting out and being healthy. We are one of 70 communities they are working with.

## Healthy Hometown - Jon Werger

Everything they do is backed by research.

Sustainable built environment and policy change - Healthy choices - If you have sidewalks you're more inclined to use them. If you have access to healthier foods you are more inclined to eat them!

Behavior economics - create environments where the healthy thing becomes the default choice.

Broad Population - everyone benefits

Move more - Changes to encourage them to do those things

Eat well -

Feel Better - volunteering, well being, nicotine cessation, being connected

Determine Community Area(s) of focus for the initiative - Jenny Weber

We have a lot of connections to people that can figure out where that money is.

Helped a small community narrow their focus down into one project.

Where do you want to do the work?

Community and Schools - both city councils are on board and supportive. They have given us the go ahead to talk with engineers.

We would like help with generating excitement/advertising/education campaign in the communities on what we are doing.

Once we have a project we can reach out to others to help.

Organize an event to get people outside and be able to point out these areas that need work. "Walking audit with Ethan" – you take people on a route to educate people on why we need sidewalks or illumination

It was suggested to get people from the Chamber of commerce to join the committee.

Healthy towns have healthy economies.

Success Checklist - ingredients for success -

- Secure leadership commitments to serve on the steering committee. This may be a multi-year commitment, monthly or quarterly meetings, depending on what the group chooses to accomplish.
- Reference healthy hometown information for steering committee recommendations

- Steering committee commits to engage in visioning, adopt a master plan, champion tactics and secure additional community participants, as needed.
- Assign champions and create action plans with target dates to implement them, for selected tactics.
- Collect process and outcome metrics for tactics to sustain and advance the work.
- Serve as a Healthy Hometown reference for other Iowa and South Dakota communities seeking to learn from your experience and success.
- Communicate locally to inform and promote Healthy Hometown successes; build momentum to sustain and continue to advance community health and well-being.
- Engage Healthy Hometown's support team to work with you.
- Ability to utilize technology tools (phone, internet, etc.) to participate with Healthy Hometown.

Healthy Hometown is committed to community's success, providing support by:

- Coaching and consultation. An expert(s) will be assigned to consult, facilitate and support planning and the implementation of Healthy Hometown. Support may be provided on-site, telephonic or via email.
- Tools and resources. Evidence based tools and resources, designed to support health and well-being, will be made available to the community.
- Promotion. Community will be recognized for advancing health and well-being by promotion through available resources and networks.

Would you be willing to meet with us once a month?

Both Jon and Jenny meet with their groups once a month or every 6 weeks.

Confirmed chairs of TT Visioning Steering Committee - Karen Mixdorf and Denise Fletcher

Jon recommends figuring out our structure. Whole committee works on how we reach out to stakeholders and figure out who should be on subcommittees. What is our focus? Need to be able to communicate that quickly and clearly. Purpose. Different funding sources to help with our goal.

Marty W will write the grant proposal for region 6. We have to have our "ducks in a row."

The engineer for Synder and Associates (company is the engineer for both towns).

We know where we want to go, we just need help getting there.

Talked to Marty - Encouraged us to put both projects together. You will save money on construction and engineering fees if you put it together. He made it sound like some of the info could come after the application. He would like to meet with city councils and leaders of the committee. They are looking at a meeting next week. Denise will send out an invite.

Next meeting: Mar 3, 2022