

**Lighten Up Lancaster County
Quarterly Meeting Minutes
October 20, 2016**



- I. Brenda Buescher welcomed attendees and introduced the topic for the meeting: How can we ensure that people of all abilities in Lancaster County benefit from our efforts to promote healthy eating and physical activity? She gave brief introductions for the speakers that would be addressing the topic.
- I. Susan Schaffer (<mailto:13suewheels@gmail.com>) spoke on including people with disabilities in wellness initiatives.
 - a. Sue addressed that people are afraid of disabilities, so her programs are to show that you can still have a full life even if you have a disability.
 - i. For example, she encourages people to use a wheelchair for a day to experience what it is like.
 - b. There are three environments that you need to use intentional strategies to include people with disabilities.
 - i. First, schools need to provide education about life with disabilities. Schools are important because young children don't yet have stereotypes formed.
 1. Show children that people with disabilities do the same things they do (wash their hair, eat breakfast, brush their teeth, etc.), they just do these things in a different way.
 2. Involve children with disabilities in all aspects of school – let them help by clapping erasers, make sure they are being involved on the playground, and so forth.
 3. Parents of children with a disability can come in and talk about how their children have the same hopes and dreams of the other kids. This points out that all kids are similar on the inside, even if they look or act different on the outside.
 - ii. In the workplace, programs should help employers realize that hiring someone with a disability does not mean they will have to spend a lot of money on accommodations. Creative approaches work well – it doesn't cost a lot to put bricks under a desk so a wheelchair will fit under it.
 - iii. In the community, socialization needs to not be forced, so that people come with open attitudes. Consider having meetings and parties at accessible locations.

- c. The School District of Lancaster and HACC shared efforts they are doing to include people with disabilities, including modifying playground equipment and educating students to have success after high school.
 - d. Overall, don't be afraid to approach people with disabilities.
 - II. Carrie Johnson (cjohnson@gotrlancaster.org) spoke about Girls on the Run (GOTR), which is a non-profit character development program. GOTR is a ten-week program which uses running as a tool to get the girls where they want to be. It also focuses on teaching the girls that they can set and accomplish goals.
 - a. She opened her presentation with an intro video about Girls on the Run: <https://vimeo.com/179410179>
 - b. GOTR at School District of Lancaster started "Team Empowered," in which PE teachers adapted the curriculum physically and mentally so that girls of all abilities can participate. Some students push students in wheelchairs through the 5k so that they can be involved as well.
 - c. There is a tuition fee to participate in GOTR, so GOTR does fundraising so that girls of all financial backgrounds can participate. They encourage families to pay what they can.
 - d. When a challenge to include someone in the program comes up, "no" is not an option.
 - i. Program leaders and coaches think creatively to overcome language barriers so that refugee students can be included.
 - ii. To be sensitive to trauma victims (victims of abuse, children dealing with parent's divorce, moving a lot, bullying etc.), GOTR creates environments where victims can feel safe, rather than disciplining them. They ask them questions to understand them and listen to their answers.
- III. Luis Miranda of BootCamp900 (bootcamp900@gmail.com) led a physical activity break and talked about his program, which focuses on engaging people in the southeast side of the city. BootCamp900 recently placed second in the Great Social Enterprise Pitch. Follow at <https://www.facebook.com/BootCamp900/>.
 - a. The focus is on the Southeast side of the city because they have a major lack of access there and poverty is very high (47% of residents).
 - i. The cost for his class is very low (\$5/class), because his focus is on the vision, not the money.
 - ii. Luis is working towards a vision of giving the southeast side of the city a full wellness center with a solid location and a wider variety of classes.

- iii. He currently offers free membership to youth in the city. He would also like to sponsor formerly incarcerated individuals and get them certified as a personal trainer, then hire them at a competitive wage.
 - b. To keep people motivated, Luis leads by example and utilizes social media platforms.
 - i. He also holds students accountable and builds relationships with clients to keep track of them during their journey.
 - ii. Having a relationship with the people you serve is important for getting participation and keeping people engaged.
- IV. Brenda Buescher and Gloria Mast (gloriamast@yahoo.com) talked about fighting weight stigma and Gloria's yoga class: Yoga for Your Body.
 - a. The obesity stigma is blaming an obese person for their weight. This is a threat to progress because it leads to bullying for children, higher risk for eating disorders, and slows progress towards overcoming obesity.
 - b. To combat the obesity stigma, your workplace wellness program can: weigh participants privately, offer reasonable alternatives, make sure the work environment is accommodating (large enough chairs, uniforms, etc.), and focus on positive progress and behaviors that people *can* change.
 - c. When working with obese children, focus on healthy behaviors, not weight. You also want to encourage kids to try a variety of healthy foods and activities.
 - d. What can you do to fight the obesity stigma? Challenge your own assumptions about overweight people. Recognize and call out stigma you see, and don't encourage body-hating talk by using it yourself.
 - e. If you are trying to become more physically active, think about movement as something other than punishment.
 - i. Remind yourself that you can do hard things, you just need to know your body and how to do it.
 - ii. An excess in body weight is usually a sign of scarcity in some other aspect of life – find that scarcity.
 - iii. Gloria is looking for a space to continue offering Yoga for Your Body – let her know if you know of an opportunity!
- V. Partner Updates
 - a. CJ from the School District of Lancaster announced the Health and Literacy Summit that is being held on November 3. The cost is \$10, but there is no charge for SDOL parents.

- b. April 26, 2017 is the HACC 2017 Health and Wellness Fair, held in the East Building, Room 203. It is free to all. Contact Nakia Eckert at nleckert@hacc.edu if your company would like a table there.
- c. Penn State Extension is hosting Dining with Diabetes – diabetes education for people with pre-diabetes or Type 2 diabetes.
- d. Donna Randolph told attendees about My NEW Journeys, in which she helps people with educational, financial, and physical planning and goal setting.
- e. Tangela Garvin with CHIP/Aetna shared that they do a lot of volunteer work around the holidays, so if your company could use volunteers for food drives or other events, let her know at GarvinT1@aetna.com.
- f. Gloria Mast (Yoga for Your Body; gloriamast@yahoo.com) reminded attendees that she is happy to do a small workshop if people have the time/space.
- g. Chelsea Greene from Cause and Effects Fitness announced a new recipe box section on their website. Check it out at <http://causeandeffectsfitness.com/the-recipe-box/>.
- h. Sue Lackmann of LGH/Penn Medicine announced that Maintain Your Weight over the Holidays is now live, so people can register for it. November 17 is the Great American Smokeout. They will also soon be launching the #OneGoodReason campaign, encouraging people to write their reason to become or stay tobacco free, and the IT'S NOT JUST WATER anti-vaping educational campaign.
- i. Brenda Buescher also reminded attendees of the Falling for Fresh Foods 10-day event. Visit lightenuplancaster.org for a full list of events.

Next Coalition Meeting:
Thursday, February 23, 2017
8:30 – 10:00 a.m.
Burle Business Park