



Monday, March 25, 2019

Proviso East Wellness Committee

Meeting notes

The meeting started with a brief introduction of the participants: please refer to the sign-in sheet for detail participant information.

Kelly Sierra briefly introduced the upcoming health fair at PEHS on March 27-28. Fifty different topics will be represented.

Marcia LaPorte introduced mindfulness training and art club that meets every Wednesday from 3:30-5:00. This club started with a suggestion from the students who attended the wellness committee in the past. The idea of the club is to allow individuals to express themselves which in turn supports mental health among other aspects of wellbeing and development.

Mary Mora reviewed the state of the garden partnership with Triton. The partnership is looking to recruit community residents to participate in designing and maintenance of the garden. Support is anticipated from Loyola medical students. Ideally, this project will implement sustainable practices. The project also needs a person in charge. All the food grown in the garden will be distributed among the VeggieRx (VRx) participants. Mary briefly explained the concept of VRx program: Maywood residents are invited to attend cooking demos combined with brief nutrition education sessions at the Maywood Park district. In the end of the session, each participant receives a bag of fresh produce at no charge. The program is designed to increase food access in Maywood.

One of the students raised a question of dying bees and suggested that garden design should include bee-feeding plants. Great idea!

Environmental beautification committee of Maywood is trying to clean up community → different organizations around the city are encouraged to participate. The students that were present at the meeting are involved in the art club, and Mary encouraged them to consider participating in the sidewalk art project around Maywood (stenciling, inspirational quotes, images, etc.). The project is titled *Art Around Town*, and it is a part of the *Village Pride Village Wide* initiative.

Fil Mendez (AHA) asked the students to brainstorm about what it would take to encourage other students to participate in the beautification project. One of the students responded that small prizes such as t-shirts and food (gift cards) can be motivating. Community service credit is also potentially a great motivator.

Student: are there ways to make/raise money for a club through selling items. Question was not fully answered as further investigation of the rules and regulations needs to be conducted.

Action items:

1. Budget discussion revealed that events similar to *Cooking Up A Change* are being considered and the planning is likely to start after the end of this academic year. Kelly will keep the conversation open with Sodexo to ensure that this is implemented next academic year.
2. Dr. Kouba raised a question of new vending machines in the hallway. Who controls them? "We should provide chilled water for students at no cost," she stated. PP4H may pay for water dispensers. No recyclable cups will be available - students will be asked to use refillable water bottles. The school will have to be responsible for maintenance of the dispensers. Dr. Kouba mentioned a study that showed that whenever more H₂O is available, students drink less sugary drinks and it does have a negative effect on milk consumption. Proposed: replace the two existing water fountains in the cafeteria. Fil from Am Heart Assoc said that automatic dispensers with counters have been very successful. Plumbing and the equipment are initial costs. Maintenance is an ongoing cost. Some ideas were floated about potential funding for the new fountains. The plan is to find out what the cost is going to be and then look for corporate sponsors.

End of notes