

**Vision 2020 Quality of Life  
Healthcare Committee Meeting Notes  
July 18, 2008**

The Quality of Life Healthcare Committee of Vision 2020 met on July 18, 2008, at 9:00 a.m. at the Lufkin/Angelina Chamber of Commerce. In attendance were: Melissa Wheeler, Hannah Cobb, Jennifer Stevens, Don Hannabas, Danny Rich, Marilyn Kegler, Janet Taylor, Jean East, Paul Johnson, Kim Simmons, Cathy Pavlic, Joy Rich, Susie Cardwell with Tara Watson presiding.

Tara distributed notes from the previous meeting and gave a brief overview.

**Fitness Regimen in the Parks:**

Don Hannabas suggested that the committee go through the Park Advisory Board and/or the City Council in preparing and coordinating any changes or additions that might need to be made in the parks for the fitness regimen. He commented that Mantooth Park has some exercise equipment already there and also a walking path around the area.

- Jean East suggested that we include the park exercise information in the circular that the Parks & Recreation distributes each year and also include it on the City website.
- It was suggested that a sign might be needed at each park with exercise information, how to proceed to the next level, and what park to go to next to continue the program. Possible sponsors for the signage might be Brookshire Brothers, the Heart Institute, Angelina Beautiful Clean, Temple, Woodland Heights Medical Center, Memorial Health System of East Texas, Don Hannabas reminded the committee that the signs need to be maintained. Janet Taylor volunteered to find out what kind of signage is used at the Woodlands.

**Radio PSA's:**

The committee would like to put together PSA's for the radio stations on specific health topics. Cathy Pavlic offered to head up this project with Jennifer Stevens co-chairing and would like all ideas for topics to be emailed to her at [cpavlic@consolidated.net](mailto:cpavlic@consolidated.net). She suggested that each of the organizations represented on this committee are dealing with health-related issues and that would be a good starting point for topics. Cathy will put together a committee to help write PSA's and collect ideas. Cathy will prepare a schedule of topics according to medical issues that are highlighted in specific months, such as September is Recovery Awareness Month, February is Heart month, etc. Cathy also has access to produce these PSA's bilingually. Mentioning Vision 2020,

Quality of Life Foundation, name in conjunction with the organization name would be very appropriate for the PSA's.

It was also stated that we should have them recorded in Spanish to reach a broader audience. Cathy suggested getting Roy Reyes to help.

**Speaker's**

**Bureau:**

The Speaker's Bureau will be a series of speakers that will speak to various organizations in our communities on health-related topics. Some suggested locations might be the Housing Authority, Girl Scouts, Boy Scouts, Boys & Girls Club, Libraries, Vacation Bible Schools, etc. This project will be co-lead by Danny Rich and Melissa Wheeler. Please send all topic ideas, possible locations, and speaker suggestions to Tara Watson at [tara\\_watson@chs.net](mailto:tara_watson@chs.net) and she will forward to Danny and Melissa. Topics suggested were pharmaceuticals, child abuse, cancer, hospice, Pandemic, etc. Patricia McKenzie, Buford Abeldt, Dr. John Bates, Dr. Tom Duncan, Dr. Lewis, Dr. Spore and Dr. Roberts were also suggested speakers along with anyone on the committee that wants to talk about their health-related topics.

**Live Lufkin:**

"Live Lufkin" was the agreed upon as the slogan to be used for public awareness on all of the committee's projects—PSA's, signage, etc.

Each committee member will donate one box of labels for printing the Vision 2020 logo and "Live Lufkin" to put on all printed materials to be distributed. The labels need to be Avery 5960- Laser. Please make sure they are white and not clear--- 30 to a page. Please drop off the boxes of labels at the Chamber, attention Susie Cardwell. Susie Cardwell will print the labels and possibly have the Ambassadors put them on the printed material.

**Upcoming Health Fairs:**

Tara asked if there are any health fairs coming up that the committee could participate in. Napoleon Shaw was suggested as a good source for this information. Also, in September the City of Lufkin has one. October is the Senior Expo. And August is the Backpack Drive that is held at the Lufkin First Assembly as well as the Junior League Backpack drive. DETCOG and various organizations could provide printed materials for the backpacks.

**Next**

**Meeting:**

The next meeting will be held on Friday, August 15<sup>th</sup> at 9:00 a.m. at the Chamber. Meetings are held each month on the third Friday of the month; same time and same place.

The meeting was adjourned at 9:40 a.m.