

## **Angelina County Vision 2020**

### **Quality of Life Foundation--- Healthcare Strategy Committee Meeting**

**October 19, 2007**

The Healthcare Strategy -- Quality of Life Foundation met on October 19, 2007 at 9:30 am at the Chamber of Commerce. Those present included: Tara Watson, Jennifer Stevens, Amy McLeod, Ryan Rex, Jeremy Grisel, Susie Cardwell and Jim Wehmeier.

Ideas were discussed for improving healthcare service and activities in our community.

1. Lufkin Daily News is partnering with Vision 2020 healthcare and has agreed to possibly write a weekly story on the community health organizations. We decided to divide up the community health organizations (50+) between all of us and be in charge of getting the correct information to the Lufkin Daily News.
2. We are going to make a packet of the information we collect from the articles—Fact sheets
3. We discussed being a part of the community Senior Health Fair/ Women's Expo at the civic center--- Jeremy said that his company could probably sponsor the booth at the expo
4. Ryan is going to work on the public parks—do some type of circuit training through the parks
  - a. Physical activities
  - b. Exercise equipment with multiple options
  - c. Different obstacles at each park
5. Participate in Wellness fair- community wide health night ( November 27<sup>th</sup>)
  - a. Become involved in the school districts
  - b. Children and parents
6. Wrist arm bands- like Live Strong---“Live Lufkin”

The next meeting will be on November 16 at 9:30 at the Chamber of Commerce.