



Framingham ★ Hudson ★ Marlborough

MetroWest Moves



MEETING MINUTES

Under the provisions of G.L. c. 30A, MetroWest Moves conducted a Meeting on
Monday, January 7, 2013

10:00 a.m. – 12:00 p.m.

MetroWest Health Foundation
161 Worcester Road, Suite 202
Framingham, MA 01701

- I. **Call to Order**
 - a. **Meeting convened:** January 7, 2013 at 10:15am
 - b. **Members present:** Bob Landry, Amanda Loomis, Sam Wong
 - c. **Others in attendance:** Tammy Calise, Janie Hynson, Ethan Mascoop, Amanda Ryder, Kerin Shea, Jeanne Sherlock (MetroWest YMCA)
- II. **Approval of Meeting Minutes:** The work group approved the meeting minutes from December 18, 2012.
- III. **New Year Kickoff Meeting:**
 - a. **Local and state representatives:** Michelle and Kerin will contact Kate Hogan. For each speaker, work group members should confirm their attendance and ensure that what they will discuss relates to MetroWest Moves' strategies. Amanda Loomis contacted Sen. Karen Spilka and Rep. Chris Walsh. Sen. Karen Spilka will confirm closer to the date and will let us know what she will speak about. Ethan will reach out to Rep. Tom Sannicandro.
 - b. **RSVPs:** Work group members should continue to reach out to those who were invited and encourage them to RSVP. About 45 people from Tech Park were also invited. Additionally, the 16 approved restaurants will also hopefully be in attendance. Other restaurants will also be invited even those who have not applied or been approved. Members of Parks and Recreation and the police departments should also be invited. Amanda Loomis will send an e-mail to JSI with who should be invited from Framingham Planning.
 - c. **Meeting agenda:** For restaurants, we will explain the approval criteria and the BOH members/chairs will hand out the plaques/clings and emphasize the partnership/shared goals between the BOH and restaurants. Should include pictures of some of the healthy menu items or a photo of the restaurant. A trifold brochure of the restaurants with addresses, menu items, and a map will be distributed at the meeting.
 - d. **Partner presentations:** JSI has received several presentations and is working to prioritize these presentations. Those slides which are not



presented will be displayed as posters. Ideally, there will be about 7-8 presentations. Ethan will present about smoke-free housing initiatives in Hudson and Framingham. Bob will reach out to Steve Zepf from the Boys and Girls Club about speaking about their healthy vending initiatives/plans.

- e. **Agenda:** Bob has reached out to several people for the community design/complete streets initiative presentations. Ideally, Tim Cummings, Arthur Bergeron and/or the Mayor will speak. Route 20 and mixed-used zoning are two key topics which may be discussed. Michelle will speak for Hudson about updating the Master Plan.

IV. Action Plan

- a. **Sustainability Plan:** Work group members will be meeting with Lola Omolodun (MAPC) regarding the MetroWest Moves' project model and sustainability plan.
- b. **Awareness/Media:** JSI has continued to post on Facebook, Twitter, and the website. For future reports, JSI will include monthly statistics for comparison.
- c. **Healthy Restaurant Initiative:** JSI is continuing to reach out to restaurants and several are currently working with the dietician. The goal is to have as many restaurants approved by the Jan. 17th meeting as possible.
- d. **Tobacco Control Work Plan:** Smoke-free living/" and to live smoke-free lives" will be added into the language on the website and future promotional materials.

- V. **Partnerships/Events:** Jeanne Sherlock, COO from the MetroWest YMCA attended the meeting. On Wednesday, February 27th, 3-7pm they will be hosting a cardiovascular screening event at the YMCA (inc. BMI, finger stick, blood pressure screenings). Clinicians will be available to discuss scores with patients. They would like for a few of the MetroWest Moves' healthy restaurants to attend the event to share about healthy dining options. The event will be targeting members of the YMCA between the ages of 35-65. JSI will e-mail Jeanne with information about the restaurants.

VI. Administrative

- a. **Completion of work group timesheet:** Work group members completed the timesheet for 12/20/12 – 1/7/13.
- b. **Review of Tasks:** JSI will send list of restaurants to Jeanne Sherlock (MetroWest YMCA). Work group members should continue to reach out to and confirm attendance of local and state representatives and speakers (see p. 1 for details). JSI will continue to prepare for the Jan. 17th meeting including reaching out to invitees, compiling presentations and posters, developing



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healthy restaurant brochure/map, community pledge poster, writing and preparing post-event newspaper advertisements/press.

- c. **Next Meeting Date/Time:** Friday, January 25th from 10am-12pm at the Hudson Town Hall—Hudson, MA.

VII. Adjourn

The meeting adjourned on January 7th, 2013 at 12:00 pm.