



A G E N D A
CITY OF WAUPUN RECREATION & WELLNESS
BOARD MEETING
In-Person (Waupun City Hall, 201 E. Main St.,
Waupun) & Teleconference
Wednesday, September 08, 2021 at 4:30 PM

Join Zoom Meeting

<https://us02web.zoom.us/j/88961559550?pwd=U2xVZ0lUVnhWNmJrRkgxZmRpTUUwZz09>

Meeting ID: 889 6155 9550

Passcode: 140729

-or-

Dial by your location

(312)626-6799 US (Chicago)

Meeting ID: 889 6155 9550

Passcode: 140729

CALL TO ORDER

ROLL CALL

PERSONS WISHING TO ADDRESS THE RECREATION & WELLNESS BOARD --State name, address, and subject of comments. (2 Minutes)

CONSIDER APPROVAL OF THE FOLLOWING AGENDA ITEMS

1. Approval of Agenda/Motion to Deviate
- [2.](#) Approval of August 11, 2021 Recreation & Wellness Board Meeting Minutes

DISCUSSION

- [3.](#) Community Wellness Planning Workshop #3

ADVANCED PLANNING

4. Potential Agenda Items
5. Date of Next Scheduled Meetings - October 13, 2021

ADJOURNMENT

Upon reasonable notice, efforts will be made to accommodate disabled individuals through appropriate aids and services. For additional information, contact the City Clerk at 920-324-7915.



MINUTES
CITY OF WAUPUN RECREATION & WELLNESS
BOARD MEETING
In-Person & Teleconference
Wednesday, August 11, 2021 at 4:30 p.m.

Committee Members Present:

Sandy Buchholz..... Citizen
 BJ DeMaa (ex-officio)..... Waupun Fire Chief
 Steve Hill (ex-officio)..... Waupun School District
 Karen Gibbs Church Health Services
 Will Langford City Council
 Scott Loudon (ex-officio)..... Waupun Police Department
 Mike Matoushek City Council
 Julie Nickel (ex-officio)..... Mayor
 Linda Nickel Citizen
 Diane Posthuma Waupun Memorial Hospital
 Terri Respalje Waupun Food Pantry

Committee Members Absent:

Rohn Bishop City Council
 Darian Schmitz REACH Waupun

Guests:

Jeanne Ludjack Dimensional Learning Systems
 Thea O'Connor Church Health Services
 Molly Schwebach UW School of Nursing

Staff Present:

Rachel Kaminski Waupun Senior Center
 Kathy Schlieve Administrator
 Sarah Van Buren Community & Economic Development Coordinator

CALL TO ORDER:

Chair Matoushek called the meeting to order at 4:30 p.m.

ROLL CALL OF BOARD MEMBERS:

Roll call and quorum determined.

PUBLIC COMMENT:

None.

CONSIDER APPROVAL OF THE FOLLOWING AGENDA ITEMS:

1. Approval of Agenda/Motion to Deviate

A motion to approve the agenda was made by Ms. L. Nickel and seconded by Mr. Langford, passing unanimously.

2. Approval of July 14, 2021 Recreation & Wellness Board Meeting Minutes

A motion to approve the July 14, 2021 minutes was made by Ms. Respalje and seconded by Ms. Buchholz, passing unanimously.

DISCUSSION

3. Community Wellness Planning Workshop #2

Ms. Ludjack, a facilitator from Dimensional Learning Systems, reviewed the strengths and needs identified at the July meeting. Members of the board also provided additional items for consideration.

For the next meeting, Ms. Ludjack would like the board members to review the strengths and needs to start seeing if there themes that the individual items can fit into or if there are items that are not appropriate for this group to work on.

ADVANCED PLANNING:

4. Potential Agenda Items

5. Date of Next Scheduled Meeting

- The next meeting will be September 8, 2021 at 4:30 p.m.

ADJOURNMENT

A motion to adjourn was made by Mr. Hill and seconded by Mr. Matoushek, passing unanimously. The meeting adjourned at 5:37 p.m.

How do we define health?

- Inclusive ☆
- Accessible
- Partnerships
- Diverse
- Optimistic
- Clean Water
- Raise Standard of Living for all
- Gratitude
- Culture
- Work Ethic

DRAFT VISION/VALUES

Live-Well Waupun

Helping community members improve health by impacting places within the community where people live, learn, work and play.

OR

Leading a movement to build community by strengthening the health and wellbeing of all.

OR...

???

Values:

- Collective Impact
- Inclusion – Building a community for all
- Connectedness / reduce social isolation
- Poverty Alleviation
- Strong Neighborhoods
- Strong Quality of Life

To get us thinking about aspirations, let's consider the seven keys to a liveable community:

1. **Housing:** Great communities provide housing opportunities for people of all ages, incomes, and abilities, allowing everyone to live in a quality neighborhood regardless of their circumstances.
2. **Neighborhood:** Access and convenience are important. Compact neighborhoods make it easier for residents to reach the things they need most, from jobs to grocery stores to libraries. Nearby parks and places to buy healthy food help people make smart choices, and diverse, walkable neighborhoods with shops, restaurants, and movie theatres make life interesting.
3. **Transportation:** Livable communities provide their residents with transportation options that connect people to social activities, economic opportunities, and medical care, and offer convenient, healthy, accessible, and low-cost alternatives to driving.
4. **Environment:** Great communities enact policies to improve and protect the environment (e.g., air and water quality) for generations to come.
5. **Health:** Community conditions influence health behaviors. Healthy communities have comprehensive smoke-free air laws, offer easy access to exercise opportunities, and have high-quality health care available.
6. **Engagement:** A livable community fosters interaction among residents. From social engagement to civic action to Internet access, residents' individual opportunities to connect and feel welcomed help lessen social isolation.
7. **Opportunity:** Embracing diversity and offering opportunities to residents of all ages and backgrounds is important. Backed by a strong local economy and fiscally healthy government, welcoming communities provide residents an equal chance to earn a living wage and improve their well-being, from jobs to education.

Aspirations Questions:

- What must we tackle to improve the health and livability of our community? What opportunities do you want to see our community have success with?
- What do we want to be recognized for overcoming to improve our community's health?
- What strengths can we capitalize on to make our community more resilient, healthy, inclusive, livable, etc.?

Results Questions:

- How will we know we are successful with the aspirations we have listed?
- What indicators/outcomes tell us that we are having an impact on the aspirations we have listed?

Social Determinant	Strengths	Opportunities	Aspirations	Results
Healthcare Access & Quality	Hospital System CHS Partnership with School	Expand access to community clinics (Mental health and otherwise – CHS and partners)		
Education Access & Quality	Education & Schools Career Investment/Tech Ed (Warrior Innovation) Aging Resource Hub Library	Expand partnerships with K12 Expand childcare / early childhood development Financial literacy (all ages) Leverage Fab Lab for community Expand Post-secondary Ed Opportunities		
Social & Community (Connectivity & Inclusion)	Community Partnerships Active Organizations/Clubs Festivals Churches Senior Center / Aging in Place Work/Coalition Farmer’s Market / Fine Arts Family Orientation (how demonstrated?) REACH	Senior Center Adult Daycare Services Build resource networks (less reliant on internet) Bridges Out of Poverty (workforce stabilization, poverty alleviation) Build connections with employers Increase Food security/nutrition Welcome new people to community Diversity Community Center/Community Space		
Economic Stability	Diverse Jobs – Mfg, Retail, Healthcare, State Entrepreneurial Development Affordable Community to Live In	Move away from unskilled/low-skilled jobs Encourage/support entrepreneurship Upskill people to fill available, family-supporting jobs (i.e., DOC, Mfg, etc.)		
Neighborhood & Built Environment	Location in State/Major Highways Recreation – Parks, Sports 9 th Safest City in State Volunteer Fire Dept Recreation Facilities/Recreation Trails Volunteers/Network (Aging Work)	Broadband Expansion Regional Transportation Solution / ADA Expand shared-ride transit Food Hub Regional Alliances (broader connection) Affordable Housing Take steps to stabilize emergency response		
Miscellaneous (?how do these align with definition of healthy community)	Access to resources Heritage – Dutch, Indian Unique- Prison, Marsh, Sculptures Maintain Historical Value of Buildings Apple Orchard Guth’s ATV Allowance Chickens Strong City Admin – WRAC, Aging Coalition			

What can we impact?

Figure 2: The Factors Affecting Health Outcomes



Source: Adapted from the University of Wisconsin’s *County Health Rankings* model (2014)

Figure 1: The Social Determinants of Health

Economic Stability	Neighborhood and Physical Environment	Education	Community and Social Context	Health Care System
Employment	Housing	Literacy	Social integration	Access to health care
Income	Transportation	Language	Support systems	Access to primary care
Housing stability	Safety	Early childhood education	Community engagement	Provider availability
Food security	Parks	Vocational training	Discrimination	Provider linguistic and cultural competency
Medical bills	Walkability	Higher education		
	Access to healthy foods			

Sources: Adapted from Heiman and Artega, 2015 and Department of Health and Human Services *Healthy People 2020* website