

Lindsay Wellness Center Programming Committee Meeting: Minutes 8/9/21

Members In Attendance: Council Member Serna, Board Members Soria and Velasquez, At-Large Members Cortes and Orosco, Wellness Center Director Lisa Davis, LDHB Youth Rep. Dexire Adame

Absent: Mayor Pro Tem Flores

Meeting began at approximately 5:34pm via ZOOM digital meeting platform.

Item 0: Public Comment No public comment

Item 1: Minutes from 7/12/21 Approved

Item 2: Wellness Center Memberships Lisa reports that memberships have risen to total 575 (up 32 since last month). Swim memberships are significantly higher in number than in previous years, from an average of 12 to 51. Recurring memberships are showing a downtrend. Promotional “specials” are proving successful at adding memberships. Ideas for running different specials throughout the year are suggested; Laura suggests launching LUSD employee special. To retain/add memberships – highlight outdoors classes/workout space in marketing. Valerie suggests adding shorter spans of recurring membership contracts, perhaps in 3,6,9,12 month options.

Item 3: COVID-19 Testing and Vaccine COVID19 testing and vaccines were offered all last week, to return on the 24-26th, 28th. Banners (signage) were ordered and expected to arrive soon. Shift in focus from just vaccine to BOTH vaccine and testing, on account of Delta variant. Testing buses have been present in Lindsay at various locations, including LHS – targeted to athletes but available to anyone.

Item 4: Wellness Center Summer/Fall Programming Color brochure (sent via email in an attachment) will be mailed out to all Lindsay residents this week. Brochure announces WC events, community resources, information for residents, etc. This is the first ever mass mailing done by the WC. FitWithin program (LUSD) to continue through year-end; WC will shift focus from older Learners to K-3rd grades.

Item 5: Budget Lisa reports WC will be working with CALRen, which helps cities become more energy efficient, and will be creating a timeline for budget projects. Payments 0% interest w/ 3yr payment plan.

Item 6: Youth Representative Dexire reports she is hard at work creating tabs for LDHB website. Hospital Board will have a Kaweah Health rep (Ryan) presenting a project targeting youth mental health in the community (Valerie and Ivet to report on his presentation at next Programming meeting). Valerie suggests that Dex might look at the Turning Point website for research on ideas for LDHB website.

Item 7: Requests for Future Agenda Items Dexire to reach out to Lisa Waggoner (Omni Health) about mental health services available at Lindsay Wellness Center. Valerie talks about possible “Teen Night” with an emphasis on providing mental health resources hosted by LWC. Laura and Ivet suggest reaching out to Supervisor Eddie Valero, who has hosted community events which target young men, for a possible future event in Lindsay. Councilmember Serna suggests including mental health resources with that event; Ivet suggests offering incentives (i.e. food, raffles, freebies, etc) at event to garner interest in the youth. Ivet also suggest contacting Valero to see if he might possibly attend a meeting to talk more about these ideas.

Item 8: Next meeting set for September 13th at 5:30pm via ZOOM.

Item 9: Meeting adjourned.