

Avon Chamber of Commerce Health Council

Attending meeting- 09/18/2017

Vic Bible- IFFS Eldercare Consultants

Kristina Mozzicato- Abundant Health Massage

Hollis Hartman-Atria Hamilton Heights

Aylah Clark- Whole Health Wellness Center

Chip Janiszewski-Happiness and Success GPS

Heather Pierce- Residence of Brookside

Leonard Diana- An Infinite Abundance

Renee Lacourciere- Avon Health Center

Heather Mogielnicki-Hands on Therapy

Britta Raczkowski- Hartford Health Rehab Network

Frank Rende- Atria Farmington

Kathy LeSage- Farmington VNA

Bianca Turcotte-Reome-Middlewoods of Farmington

Diane Braunschweiger- Sensible Solutions

Jeanne Folks – CT Psychotherapeutic Resources

Margo Ross- William Raveis Real Estate

Kurt Glaser-Home Helpers

Lisa Cheney-Aging Well NWCT, LLC

- Meeting of the Launch Committee was held on September 12th. They discussed 4 possible dates for the Launch which resulted in voting for November 1st from 5:30-7:30 at the Avon Library.
- Distribution of tables and everyone's categories as organized by the Launch Committee was overviewed. (Outline Attached)
- Stressed the importance of concentrating on your table and how you and your colleagues are representing your field of expertise.
 - Suggestion-divide responsibilities among your cohort.
 - Goal- to be a resource to our guests who are seeking information.
 - Agreement that there will be no (or at most limit to 1) marketing takeaways (key chains, pens, promotional items, etc.) on table per person.
- Anyone who is interested in participating in the Launch Event on Nov. 1st needs to register with Renee L. *(**see below**). Once registered, participants will be on the master list for marketing materials through the Avon Chamber.
 - Everyone participating will receive Master list

Subcommittees:

- Survey- Will be drafted by Chip J and sent to Lisa and Jeanne asap. Lisa will be host/be responsible for the survey during the event.
- Gift baskets-
 - Ideally looking for 3.
 - They will be located in the center of the room, on a table with the survey.
 - Guests do not need to be present for raffle.
 - Gift baskets were suggested that they be 'themed related', i.e spa basket. Decided on mixed item baskets as distribution of donations yet unknown.
 - Please email Renee Lacourciere at admissions@avonhealthcenter.com if interested in donating and getting suggestions on items for basket. Some possibilities: books on stress relief, therabands or other PT tools, CDs, spa supplies, etc. Useful items related to your profession.
 - Deadline to drop off item to Renee is October 7th. Absolute "last chance" for drop off will be at the next Health Council Meeting October 16th.
 - Any person registered for a table at the Launch is welcome to bring certificates, aka coupons, for complimentary screenings, treatments, evaluations, tours, etc, appropriate to their expertise to the Launch. These do not need to be pre-registered. Bring them with you the night of the Launch to have at your table. It will encourage guests to visit every table.
- * Designation of participant's category and their table at Launch event
 - If interested in participating at a Launch table, please email Renee Lacourciere, admissions@avonhealthcenter.com by October 7th with the following information:

- Who you are, what/whom you represent, at which table you belong, and if you are optionally donating to a gift basket. (Kathy LeSage offered to assist Renee if she needed help).
 - Signs for the tables showing the category/cohort that table represents (**listed on attachment**). **We still need a volunteer to handle this.**
- A handout re: Health Council Speaker's Bureau. Jeanne Folks willing to coordinate. Those interested should contact her regarding their interest in being a pro bono speaker for Avon organizations/events and their area(s) of expertise. That list can be made available at the Launch. Email her with your info drfolks@tappingprayerfully.com
- Food-Residence at Brookside and Atria have generously agreed to supply food for the event. Food options should be 'health conscious and offer reasonable diet restriction options including 'gluten free'.
- Set up and Tear down- We have asked that everyone who is able arrive early and plan on staying afterwards to tear down.
 - Residence at Brookside has offered to supply tablecloths for all tables in the Community Room.
- Possible live demonstrations to be discussed at next Council meeting
- Screening agreed upon
 - Blood Pressure Clinic by the Farmington VNA and Aging well
 - Balance Screening- Hartford Hosp. Rehab
 - Grip and Pinch- Hands On Therapy Center

Start Thinking-

- Suggestions for a multi-speaker event for early Spring
- Suggestions on self-care for the Health Council

There is an attachment that was distributed at our last meeting- tables and categories of specialty

Next meeting-October 16th at 12:30 at 225 Hopmeadow Street in Suite 500

The Launch Sub Committee Meeting has not decided on the date and time of their next meeting.

Respectfully submitted, BiancaTurcotte-Reome