



HEALTHY
LIFESTYLE
LA PLATA

Quarterly Newsletter

Save The Date!

Next full coalition meeting: Tuesday, September 16, 12-2:30pm

LiveWell CO annual site visit to Durango will be Friday, 7/11. Leslie and Mina, from COPAN, and Erica and Tristan from Kaiser Permanente, will be visiting. Jeanine, Jenny and Jim plan to be there, and anyone else who would like to attend is welcome.

We will discuss the action plan, goals, strategies and reporting/evaluation from 9-12, break for lunch, and then do a tour of Durango and see some of HLLP programs in action. Please contact Jeanine if you would like to attend or have an idea for a tour of one of our projects.

HLLP has presence at Bike to Work Week activities!

Durango's annual Bike to Work Day was expanded to Bike to Work Week, with events happening on and around bicycles for the week of 6/24/08. HLLP participated in 2 of those events and helped sponsor the week by contributing \$500 to the City of Durango to make the events happen.

The Bike to Work Day event on 6/25 in front of Steamin' Bean Coffee House on Main Ave welcomed bicycle commuters. All 3 subcommittees were represented. Many thanks to Marilyn Leftwich, Julie Hudak, Lauren Delle, and Karla Davis for showing up with storyboards and information for bike commuters. They gave away blinking bike lights, DAWN thermos's and HLLP brochures.

The finale for the week, the Bike to Work Week Festival, was held on Main Ave. on Friday, 6/27. Thanks to Julie Hudak, Jenny Wrenn, Suzanne Bolton, Carmen Ritz, Marilyn Leftwich and Dave Rich for helping set up the HLLP tent and info booth. HLLP gave away Frisbees, grocery lists, bike bells (the HOT item!), blinking lights, brochures, and lots of information on healthy lifestyles. A few people signed up to be on our mailing list and

possibly join the coalition. One woman even wanted to make a donation to our cause!

Bike to Work Day/Week is one of the most important events for HLLP throughout the year – the message and reach fit perfectly with our mission.

News from the Subcommittees...

The Active Community Environment (ACE) committee partially sponsored the very successful Bicycle Friendly Community Summit held on 5/8/08 at the Durango Rec Center. There were 65 participants, including all 5 City Councilors, 2 County Commissioners, CDOT Region 5 Director, La Plata County Manager, City of Durango Transportation Director, and representatives from city and county Public Works, Transportation, Engineering and Parks departments, as well as local business owners, Fort Lewis College, 9R, Ignacio schools and bicycling advocates. ACE collaborated with Trails 2000 and Safe Roads Coalition to create and organize the bike summit and apply for a Bicycle Friendly Community (BFC) designation. Durango was awarded a silver designation as a BFC – the awards are bronze, silver, gold and platinum. There are only 50+ cities in the US that are designated BFC – look for a big purple sign as you come into town on 160 that states Durango is a “Bicycle Friendly Community”!

An outcome of the summit was that the suggestions and ideas be compiled into an action plan. This action plan is being created by ACE members and will be presented to the city and county in late July - it outlines strategies and goals that will make Durango and La Plata County safer for all forms of transportation. The most important recommendation is to hire a Bike/Ped Manager that is a shared position between the city and county. The manager will help coordinate local advocates/organizations and focus resources on the areas with the greatest need.

Durango School District 9R/ACE has been awarded a Safe Routes to School non-infrastructure grant for \$35,000 for the 08-08 and 09-10 school years. Kathy Morris, Safety Coordinator for 9R, is the lead for 9R, along with Teri Roberts, and the school district is the fiscal agent. Jeanine and Jenny Wrenn are the leads for HLLP. The first organizational meeting was held 6/30/08 and duties and a timeline created to implement the projects outlined in the grant application. Safe Routes to School programs will be incorporated into the ongoing Wellness program in the district and other safety programs. Look for more information in the next newsletter.

ACE is working with Healthy Local Foods to organize the Tour de Farms bike ride coming up Sept. 6th. This year’s tour will include a longer 35 mile ride out to Hesperus to see some of the local producers. The local foods lunch will be expanded as well to include BBQ from Sunnyside Meats; Carver Brewing will be the local sponsor; and ACE is working on having live music. This should be a great TdF!

Healthy Local Foods committee has been busy expanding the Farm to School effort, organizing the school/senior gardens project, Beginning Farmer program, Smart Meal Seal restaurant program, the Buy Local county campaign, and the Iron Chef and Tour de Farm events coming up at the end of the summer.

HLF/HLLP has lost a valuable member – Kay Vigil informed me that she has moved to the east coast to be closer to aging family members. Kay was a promontora for the SJBHD program Promoviendo la Salud. She expressed her appreciation for all of the efforts HLF/HLLP has done to include programs for Spanish-speaking and low income residents. Her position with Promoviendo will be posted and filled this summer. The new promontora will be the liaison to HLLP and we will wait to see what capacity they will work with us. Karen Forest, the director of Promoviendo, has assured me that they are committed to working with HLLP and wish to continue collaboration with programs SJBHD oversees.

Julie Hudak has taken over the co-chair position from Katy Pepinsky, who is taking time to be with her baby and starting a new job as Operation Frontline Coordinator (more on this program to follow) in August.

The Farm to School expansion is spearheaded by Jim Dyer, who is talking with Bayfield and Ignacio school districts. Jim has contacts in both school districts – Kim Cotta, previously 9R Nutrition Services Director, is now the Ignacio NSD. She has worked with Jim previously on FtS. Jim is trying to engage staff and parents in the FtS program – monthly meetings are scheduled at different schools to accommodate them.

The Beginning Farmer program will be coordinated with CSU Extension employee and HLF member Darrin Parmenter this fall. A workshop series is planned that will address policies, model leases, resources and tools available as well as outreach to and encouragement of new producers.

Jim is meeting monthly with County officials, Joelle Riddle, Joanne Spina, Darrin, Walt Serfoss (new sustainability manager). He is developing a food and agricultural master plan for the county relating to the County Compass. Jim is also working with the city on similar issues.

Julie and Shari Fitzgerald (The Garden Project) are working on several projects – Manna Soup Kitchen garden, the La Plata County Senior Center garden, FLC collaboration, Fort Lewis Mesa and Needham elementary garden and DHS.

Julie is working with the Manna Soup Kitchen and has a summer garden program up and running. She is working with Master Gardeners, Upward Bound, Useful Public Services, and DHS. She has developed a garden calendar for May thru Sept with gardening activities. Manna has signed a contract with The Garden Project noting projects planned, responsibilities of participating groups and recognition of work and funds from LiveWell/HLLP.

The La Plata County Senior Center has just received wheelchair accessible raised beds from HLLP/HLF! Julie, along with Master Gardener and Upward Bound volunteers built the beds a few weeks ago. Julie is working with Sheila Casey (director of SC) to develop their gardening program.

The Garden Project is collaborating with FLC and is hoping for some funding from a grant that will go towards supporting the “garden tool mobile” – LiveWell has already committed some funds for the mobile garden resource trailer.

The school garden at Fort Lewis Mesa was developed this past spring, with 6 field work days involving each classroom with indoor and outdoor activities. 9 raised beds were built and planted by the students to represent the class’s unique character and curriculum. There are plans for a 10,000 square foot garden next year. The Garden Project (Shari) was as classroom facilitator, assistance with curriculum integration and

community decision making. There were articles in both the Durango Telegraph and Herald about the garden.

Julie has worked with Needham elementary and DHS with in-class workshops and teacher consultations. Animas Valley and De Nier were also contacted regarding their upcoming and current garden plans.

Katy is working with the Buy Local campaign. HLF has funded \$1000 for the publication and design of the Buy Local coupon booklet that will be available in Sept. Katy is working with the committee on establishing guidelines for local foods. The coupon book will feature logos (HLLP will be in it) and Katy will provide an explanation of eating healthy and locally. A food map will also be included in the booklet and will be developed by HLF group. The map will highlight local restaurants that use local foods as well as those participating in the Smart Meal Seal program.

There will be “story pages” within the booklet that can be purchased for \$300. Members can feature a story about their farm/business and HLLP can purchase a page, as well as sponsor pages for farmers/producers. The booklets will sell for \$12 and 2000 will be printed.

The Smart Meal Seal program is being taken over by Sherri Wormser, former owner of Healthy Fusion. She has researched the program and will be participating in a phone training next week offered by LiveWell/COPAN. She is very excited about coming on board with HLLP/HLF and will be able to devote time and energy to get this program up and running. She will also be working on the Festival of Color grocery store event, scheduled for later in the fall.

Operation Frontline programs have been added to HLLP, in collaboration with CSU Extension, CO State University and Share Our Strength (the parent organization for OFL). Katy Pepinsky will be the local coordinator for the OFL classes and will start in mid-August. OFL is a program for low-income (less than 185% of the poverty level) residents that teaches healthy nutrition and cooking and budgeting for healthy groceries. Each class is focused on a specific population (teens, parents and children, Spanish-speakers, etc.) and meets for 6 weeks, one night per week for 2 hours. Wendy has been working on involving the extension office and has secured an office and computer for the program as well as transportation.

The OFL program will reach out to San Juan, La Plata, Archuleta, Montezuma and Dolores counties for participants. Katy will be traveling to Denver in August for training and the classes should start in late Sept or early Oct. Wendy will be the direct supervisor for Katy, and Jeanine will be co-supervisor of the program for LiveWell.

The Colorado Health Foundation (a LiveWell CO sponsor) also funds OFL programs and asked Share Our Strength to use some of their funding to outreach to a rural LiveWell community. We were chosen because Wendy has worked with the OFL program previously and has been working hard to get the details of the program ironed out. This will be another great program HLLP can bring to our communities! (you can get more information about this program by visiting www.ofl.org)

Worksite Wellness has been busy helping to organize 2 local businesses employee wellness programs (the train and SJBHD), organizing a WW mentoring workshop/training for local businesses, preparing to offer mini-grants to local businesses

to help them start up WW program, planning this years annual WW Conference, and organizing Durango Area Wellness Network (DAWN) meetings.

The WW committee is offering a mentoring program for local businesses taught by Judd Allen, PhD, who was the keynote speaker at the WW Conference last November. The all day workshop and training will be held on Thursday, 8/21 at Tamarron. Flyers and registration are being sent out through Durango Area Human Resource Managers' group, the Chamber of Commerce, DAWN, and word of mouth. The registration form is available on the HLLP website. This is a great program that teaches people how to be wellness mentors to others in their business. This program is ideal for sustainable worksite wellness programs and creating an environment of health at work.

The mini-grant program is being created to offer local businesses up to \$2500 to spend on starting and implementing a WW program. Karla and other WW members are creating guidelines and an application process for interested businesses. The application will be available to businesses this month.

The annual SW CO WW Conference is being planned around the theme of "humor and play in the workplace" and will be held Friday 10/17. Keynote speaker will be Izzy Gessel. Julia Hartnel will conduct a hoop design and creation workshop and other curriculum is being developed. WW is working with HLF to provide a healthy, local foods lunch.

The second and third DAWN meetings were held in April and June with 24+ local businesses attending. The next DAWN meeting will be held on Friday morning, 8/22 (meetings are usually the second Thursday of every other month). WW decided to have it then so Judd Allen, who will be in town for the mentor-training workshop on Thursday, could host it. He offered to participate in the DAWN meeting the next morning! This is a great start to a group that will hopefully grow to include many more businesses in La Plata County. The group is open to anyone that works at a business that may be interested in starting or has already started a WW program and is looking for local resources. Spread the word!

Healthcare Jeanine is working with CO Clinical Guidelines Collaborative (CCGC) out of the UC Health Sciences Center at DU to bring in obesity prevention training to health providers in the four corners area. The workshop will be held at Mercy on Wed, 9/10 from 4-8pm. Dinner is provided. HLLP will giveaway BMI wheels to all participants and they will also receive CME credits and a COPIC (providers insurance) credit. All healthcare providers in the four corner's area will be invited, and if there is available space, we will invite allied health professionals as well. The agenda includes; obesity guidelines, cardio-metabolic medicines, cardio-metabolic case management and new curriculum for chronic disease prevention. Bonnie Jortberg, MS, RD, is the contact at CCGC and is putting the workshop together. Jeanine and Myoung Fry, from Mercy, are organizing the event and inviting participants in the four corners area.

Jeanine will be meeting with Mercy and SJBHD breastfeeding programs to update and introduce them to the state/COPAN best practices on starting/keeping mothers breastfeeding their babies. Jeanine is being trained by COPAN breastfeeding specialists to present a power point and information on best practices for breastfeeding. The short

presentation is scheduled for Aug or Sept. at Mercy SJBHD will also be invited or Jeanine will present the info to them on a separate date.

Durango School District 9R is working with Farm to School to bring healthy and local foods into school lunches and breakfasts (see HLF update). Safe Routes to School education programs will begin this fall (see ACE update). The ACE committee is working to support the Wellness Team leaders at each school and pay for their time (\$1000 each for 6 schools).

Each subcommittee has a representative from 9R on their committee; Linda Herz for WW; Jenny Pritchard for HLF; and Kathy Morris for ACE. Jaynee Fontecchio-Spradling is the 9R liaison for HLLP and is on the Steering Committee. She has been instrumental in getting more physical activity and healthier food choices into district schools.

La Plata County Senior Center now has the wheelchair accessible raised beds built by Julie and volunteers. Julie and Sheila are working on a garden schedule/program for the seniors who want to participate (see HLF update). Watch Your Step exercise classes are ongoing (over 80 seniors are participating!) HLLP funded the WYS program with \$3000 for '08. Sheila Casey is the liaison for HLLP senior constituency and is on the HLLP Steering Committee.

Healthy Lifestyle La Plata Steering Committee has revised the charter, mission and vision to more accurately reflect the organization as it operates today. The revised charter was sent out to all HLLP members in April and is also available on the HLLP website. **The Steering Committee will be meeting on Tuesday, September 16 from 11-12** at the Durango Rec Center (right before the full coalition meeting). The rest of the year SC meetings will be **Monday, November 10 from 12-1:30** and **Friday, January 9 from 12-1:30**, both at Durango Rec Center. All SC members please save the dates.

HLLP website – don't forget to check out the HLLP website at www.healthy lifestylelaplata.org for all meeting minutes, committee updates and upcoming events. All quarterly updates will also be posted on the Home page. Jeanine is working on creating a calendar that will show monthly events sponsored by HLLP throughout the year. **If anyone can help with the website please contact Jeanine.**

HAPPY SUMMER:+)

Respectfully submitted by Jeanine Justice, 7/2/08