



HEALTHY
LIFESTYLE
LA PLATA

Quarterly Newsletter

Save The Date!

Next full coalition meeting: Wednesday, January 21st, 12-2:00pm

The annual LiveWell CO site visit to Durango was Friday, 7/11. Leslie and Mina, from COPAN, and Erica and Tristan from Kaiser Permanente, spent the morning going over the action plan for '08 with Jeanine, Jenny Wrenn, Jim Dyer and Eileen Wasserbach. Then we all went to lunch and were joined by Suzanne Bolton (WW) and Michaelina Nyberg (WW). After lunch, we toured the Manna Soup Kitchen garden, the La Plata Senior garden and Watch Your Step exercise program. The mid year report from LiveWell is attached and will also be posted on the HLLP website Home page by mid November– and I'm quoting a LiveWell staff member "HLLP is doing awesome things in Durango!"

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. The Bicycle Friendly Task Force created a presentation for the city and county based on the info from the summit. The most important recommendation to come out of the summit was to hire a Bike/Ped Manager that would be a shared position between the city and county. This was presented to the County Commissioners and some city employees on July 29th. City Manager Ron LeBlanc and County Manager Shawn Nau have been discussing this position and have come up with a great plan – the city will hire the Bike/Ped Transportation Director to replace the Parking and Transportation Director who resigned in Sept. This will enable the Director to apply for more federal funding than if the position was fiscally shared between the city and county. The county will help pay for specific projects and will technically “share” the position with the city, although it will be housed and employed by the city. This is a tremendous outcome for HLLP and the community as a whole! The city and county managers are on board with Complete Streets policies and share our goal of making La Plata County and Durango a safer, more bike/ped/wheel chair/public transportation friendly community.

Other activities that ACE is involved with are the Region 9 Transportation

Commission that meets bimonthly. The Southwest Regional Transportation Planning Commission (SWRPC) is comprised of regional government representatives that evaluate, prioritize and advocate for regional projects to be funded by the Colorado Department of Transportation (CDOT). Region 9 provides administrative support to this group with financial support from participating governments and CDOT. The SWRPC was extremely active this past year. The group held **six** regional meetings, completed the Region's 2035 Transportation Plan, Health & Human Services Transit Plan, and received a \$28K grant from CDOT to conduct a regional transit feasibility study in this next fiscal year. The community momentum around transit is growing, especially with the national economy, gas prices, and the state's declining transportation funding. Region 9 continues to host a rideshare program at www.durangorideshare.org. Jeanine is attending local bimonthly meetings to promote Complete Streets policies and a multi-modal transportation focus.

ACE is also working with the school district to implement a non-infrastructure Safe Routes to School grant. Durango School District 9R/ACE has been awarded a non-infrastructure grant for \$35,000 for the 08-10 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. The kick off for Safe Routes to School was held on National Walk to School Day, Wed, 10/8 at the 4 in-town Durango schools. The main event was held at Park Elementary – in attendance were Ron LeBlanc (City Manager of Durango), David Felice (Durango Police Chief), Steve Parker (local bank president), Richard Reynolds (Region 5 CDOT Director), Ned Overend, Tad Elliott and other bicycling professionals, as well as the local DEVO team coaches (youth mountain bike team). There were refreshments, giveaways (HLLP donated bike bells, stickers and flashers), short speeches, and the City Manager walked with the students and Ned and the other bikers rode with the kids around the school to promote walking and biking to and from school. The Safe Routes to School group is now working on organizing “Walking and Wheeling Wednesdays” for the in-town schools that will start in the spring. The SR2S grant also funds 2 SR2S “champions” to be trained by Bicycle CO (they developed the education curriculum for SR2S in CO) and spread the SR2S info to teachers, students and the community. More information is available at www.saferoutesinfo.org.

ACE worked with Healthy Local Foods to organize the 2nd annual Tour de Farms bike rides on Sept. 6th. This year's tour included a longer 40+ mile ride out to Hesperus to the CSU Research Station, Fort Lewis Mesa school garden and Isgar Farms. The shorter in-town ride went to Manna Soup Kitchen gardens, SW Conservation Corps garden, Victory garden at the housing authority, an in-town home garden, and Durango Early Learning Centers garden. Both tours started at the Farmer's Market with a tour and info from 3 vendors. The local foods lunch was expanded to include BBQ from Sunnyside Meats, root beer and beer from Carver Brewing (recruited to be the local sponsor), and live music. Other sponsor's included Monty's Town Bike Rentals and Zia Taqueria. The feedback from the participant's surveys was very good – it seems all participants were pleased or we exceeded their expectations! We also received great advice for next year. Thank you to ACE and HLF for putting together a great second annual Tour!

Jeanine is also on the COPAN (CO Physical Activity and Nutrition program through the CDPHE) Active Community Environments Task Force that meets monthly.

The task force discusses how communities are working on ways to improve and increase the active living environment, grants available, resources and presentations by CO experts on ACE. The task force meets monthly and Jeanine participates by phone conferencing.

The ACE committee has \$6000 in '08 for improving the Animas River Trail signage or striping to encourage more people to use it. Jenny and Jeanine met with Parks and Open Space Director Kevin Hall to discuss options for this funding – ACE has written two letters of support for POST grant applications this year. ACE has also committed \$1000 for the Dalla Mountain Park signage and way-finding maps – there are currently no signs or maps for people who may not be familiar with this newest Durango park.

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

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 FtS meetings are scheduled at different schools around the county to accommodate them.

The Beginning Farmer program will be coordinated by Jim and 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. The program is getting off the ground as this newsletter goes out!

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 and the state on similar issues.

Shari Fitzgerald (The Garden Project) is working on several projects and has closed up the Manna Soup Kitchen garden, the La Plata County Senior Center garden, Fort Lewis Mesa and Needham elementary gardens and the DHS garden. 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 funds for the mobile garden resource trailer. TGP and Shari are working on garden curriculum this fall to be available for teachers to use in the classroom and which will be available online at the TGP and HLLP websites. The Garden Project of Southwest Colorado has continued our work, under the HLLP grant and the Healthy Local Foods Committee, to serve community organizations and schools in enhancing and creating garden programs. The Garden Project has been offering schools, youth groups and organizations educational and therapeutic gardening programs and assistance for its tenth year. Primary garden sites in 2008 have included Manna Soup Kitchen, Durango Senior Center and Fort Lewis Mesa Elementary. In the recent year, The Garden Project has been developing a school and community garden resource center to serve as a support system

for the upcoming and existing school and community gardens. In 2008, TGP has offered 1000 hours of volunteer hours, serving nearly 200 youth and adults through direct programming.

Main Projects for Fall 2008:

- Winterizing Gardens at Durango Senior Center, Manna Soup Kitchen, and Fort Lewis Mesa Elementary
- Working with Needham Elementary to support a new school garden to break ground in November of 2008
- Creating a Resource Guide for schools to enhance and integrate school gardens into existing curriculum
- Offering schools and community agencies support in their garden programs through on-site consultations, support for program start up and event coordination

Julie Hudak (HLF co-chair) has been working on the online edition of the Mesa Verde Guide. The idea is to use this website as a tool to connect food producers and food buyers. Please check out the following website to see the mock-up page

<http://ocs.fortlewis.edu/localfood/default.asp>

This summer Julie worked on the Tour de Farms, Iron Horse Chef and the gardens at the Senior Center and Soup Kitchen. The Tour and Iron Horse events were very successful and will be continued by HLF to promote healthy, local foods to the community. If you didn't attend either event, please consider supporting coalition events next year and having a really good time as well!

The Buy Local campaign- HLF has a large presence in the "Be Local" coupon book put out by LOCAL (La Plata Organizations Cooperatively Advocating Local). There will be a poster in the back of the LOCAL coupon book titled "10 Reasons to Support Local Agriculture." HLF is hoping this will be a great way to launch their own Buy Local Foods campaign. Julie will be meeting with Greg Phillips, the graphic designer who has put together the Be Local book, next week to talk about possible ways to tie the campaigns together. They will also discuss simple materials that Julie will put together this fall: table tents, window stickers, menu icons, etc.

The Smart Meal Seal (SMS) and Festival of Color (grocery store healthy eating campaign) programs are off to a great start, thanks to Sherri Wormser. You may have seen some of the SMS ads in the Herald for Beau Jo's – Sherri is working on bringing a nutrition education class for the staff at Beau Jo's as well. Other restaurants that are currently participating are Zia Taqueria, CJ's Diner and Cyprus Café. Sherri will be presenting a Festival of Color (FoC) at Shur Valu Market in Ignacio on Tues 11/ 4 from 4-6pm. If you're in the neighborhood, please stop by and taste some healthy foods and get some nutrition info from Sherri. There will also be a FoC at South City Market on Nov 12th. Sherri has been working with Sheila Casey at the La Plata County Senior Center to get some seniors to the FoC at South City Market. A bus of seniors will be coming to the event on the 12th and each will receive a \$10 gift certificate from HLLP to buy fresh produce.

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 is the local coordinator for the OFL classes which 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 Rice from CSU Extension and HLLP Steering Committee member oversees the program for CSU Extension/CSU and secured an office, computer and food stamp program authorization.

On October 7, OFL started the Eating Right, adult OFL curriculum, with 9 WIC participants. This class is in its fourth week, and will continue through November 11. Jason Tharp from Carver's Restaurant, and Maryam Khalili, a dietetic intern, are teaching the class. The next OFL class to be offered in the community is Kids Up Front, a class for 8 to 13 year-olds. This class is scheduled to begin Monday November 3 with the Boys and Girls Club of the SUIT, and will run through December 15. It will be taught by staff from Zia Tacqueria, and Amita Nathawani, the SUIT's nutritionist.

Four OFL classes are already scheduled to take place in the community from January through April of 2009. One is scheduled as a partnership between several agencies. Habitat for Humanity, La Plata County Human Services, Commodities distribution and the Food Bank, will all come together to offer Eating Right, the adult class, to at least 15 participants. The Durango Adult Education Center has scheduled two classes for their Parents as Teachers, ESOL and GED class participants and Tri-County Head Start has scheduled a class to begin in March. If you are interested in learning more about or volunteering with OFL, please contact Katy Pepinsky, Program Coordinator, at 382-6469 or pepinskykp@co.laplata.co.us.

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 worked hard to get the details of the program ironed out. This is another great program HLLP brings to our communities! (you can get more information about this program by visiting www.ofl.org)

Worksite Wellness has been busy organizing and presenting the WW Mentor Training Workshop 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 offered a mentoring program for businesses taught by Judd Allen, PhD, who was the keynote speaker at the WW Conference last November. The all day workshop and training was held on Thursday, 8/21 at Tamarron. The workshop 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. There were 66 attendees and the workshop received great feedback from the participants and included a delicious breakfast and lunch and a beautiful setting at Tamarron. A follow up survey was sent out to all participants after one month, but only 7 have been returned so far. The WW group is hoping to support this workshop training and continue to provide technical assistance through info on HLLP's website and the DAWN group meetings for those who participated. Judd Allen has also offered to follow up with any resources WW might need to implement and continue this valuable program. The WW committee is also selling several of Judd Allen's books and DVD's on worksite wellness that can be purchased through Marcy or Karla.

The mini-grant application has been created and sent out to local businesses for them to apply for up to \$2500 to spend on starting and implementing a WW program. Karla and other WW members have created guidelines and an application process for interested businesses. The application is available to any La Plata County business and can be downloaded from the HLLP website. Deadline for application is Nov 28 – please let any and all businesses know of this grant – the application is short and easy to fill out and can help them get going on worksite and employee wellness.

The annual SW CO WW Conference was held Friday 10/17. Keynote speaker Izzy Gesell, discussed “Becoming light-hearted, managing stress and change through humor” and “Understanding the challenges and opportunities of today’s multigenerational workplace” for the morning and lunch time presentations. County Commissioner Joelle Riddle delivered the opening remarks and welcome. Julia Hartsell conducted a hoop demonstration (photo in the Durango Herald!), a design and creation workshop that was very well received. Other highlights included a “WW Speed Dating” where groups of participants went to different tables to talk with a WW expert and get resources and info, and a delicious, mostly local foods breakfast, lunch and snack that was coordinated by Julie Hudak from Healthy Local Foods. It was a great event and the feedback from the attendees survey’s was very positive.

The last DAWN meeting was held on Friday morning, 8/22 (meetings are usually the second Thursday of every other month) so Judd Allen, who was in town for the mentor-training workshop on Thursday, could host it. He offered to participate in the DAWN meeting and facilitate a talk on his “culture of health” survey that the WW committee will be implementing in ’09. The DAWN group has been growing and will hopefully include many more businesses in La Plata County in the next year. 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. The next DAWN meeting is scheduled for Thursday, January 8th at 5pm, location TBA. Spread the word!

Healthcare Jeanine worked with CO Clinical Guidelines Collaborative (CCGC) from the UC Health Sciences Center at DU and Mercy’s Continuing Medical Education Coordinator to bring an obesity prevention training to health providers in the four corners area. The workshop was held at Mercy Medical Center on Wed, 9/10 from 4-8pm. Thirty two providers attended (2 doctors came from Cortez!) and dinner was provided by COPIC (CO Physicians Insurance Company) with organizational help from Mercy’s CME Coordinator Myoung Fry. Myoung also secured the room and media equipment for the presentation. Participants received CME credits and a COPIC (providers insurance) credit. The agenda included current guidelines for diabetes management and the physiological development of diabetes, cardio-metabolic medicines, cardio-metabolic case management and new curriculum for chronic disease prevention. Bonnie Jortberg, MS, RD, was the contact at CCGC and the feedback from the participants was so positive that we will try to bring the CCGC back in the spring for another workshop. The suggestion by many attendees was that more of these types of professional workshops should be presented in our 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 has been trained by COPAN breastfeeding specialists

to present a power point and information on best practices for breastfeeding. The short presentation is scheduled for late Nov at Mercy.

HLLP has donated \$500 to the new School-based Health Center at Durango High School for healthy lifestyle related materials. Sherrod Beale, CNP, is the Director of the center and was very pleased with the donation. She is expecting to buy pedometers to give away to the students to help motivate them to increase their physical activity.

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 have begun (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). HLLP will continue to partially support the Wellness Team leaders at each school and support staff wellness with funds for supplies.

The Garden Project and Shari Fitzgerald are also working with the schools to create and sustain gardens at all Durango schools (see HLF update). Shari is also working on curriculum that will be available to teachers to incorporate the gardens into their teaching plans.

HLLP has also funded the School-based Health Center at Durango High School with \$500 to be used to educate students on healthy lifestyle options (see Healthcare update). A second school-based health center will be opened at Florida Mesa Elementary in '09 – HLLP hopes to be able to provide healthy lifestyle funding for this center as well.

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 Watch Your Step exercise classes are currently serving 90 seniors, with 6-8 people waiting to get in the program. HLLP funded the WYS program with \$3000 for '08 and is applying for the same amount for '09. Sheila Casey is the liaison for HLLP senior constituency and is a member of the HLLP Steering Committee – she has requested grant funding from Colorado Health Foundation to partially fund the WYS program as well.

The wheelchair accessible senior gardens that were built by Julie Hudak (HLF co-chair) and high school volunteers, are being winterized and there are several classes that will be offered in the spring - container gardens, salad gardens and herb gardens that will include an after-harvest “Tea Party” for participants.

The La Plata County Senior Center is collaborating with HLF and Sherri Wormser for the Festival of Color event at South City Market on Nov 12th. The senior center will send a bus of seniors to the grocery store for samples of healthy, fresh produce and nutrition information from Sherri. HLLP is offering the seniors \$10 gift certificates to buy produce on their visit.

Healthy Lifestyle La Plata Steering Committee 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 Thursday, November 6 from 3-5pm and Friday, January 9 from 12-1:30**, both at Durango Rec Center. The meeting in Nov will be a review and agreement for the '09 LiveWell CO budget and grant application. Jeanine and Jenny have been working hard to revise the wish list for the committees (\$100,000 was cut from original). SC members please save the dates.

HLLP website – Jeanine is working on creating a calendar that will show monthly events sponsored by HLLP throughout the year. The website is currently being updated by The Marketing Dept and Jeanine – it should be ready by late Nov. The original site is still online but nothing has been added since summer at www.healthylifestylelaplata.org. The new and improved website will be much more user friendly and include all meeting minutes, committee updates and HLLP calendar of events. All quarterly newsletters will also be posted on the Home page.

HAVE A FABULOUS FALL!

Respectfully submitted by Jeanine Justice, 10/31/08