



HEALTHY
LIFESTYLE
LA PLATA

Quarterly Member Newsletter

**HLLP presents successful Member Retreat
at Blue Lake Ranch in Hesperus on 3/11/08!**

Twenty six Healthy Lifestyle La Plata members attended the 2nd annual retreat at Blue Lake Ranch. Kate Grace MacElveen facilitated the retreat and subcommittee co-chairs presented summaries of 2007 strategies and goals for their respective subcommittee. Steering Committee members Jaynee Fontecchio-Spradling (representing 9R school district) and Sheila Casey (representing the Senior Center of La Plata County) also presented summaries on how HLLP is helping them improve the health and wellness of their respective constituents. Marcy Jung, co-chair of the Worksite Wellness subcommittee, presented a “hooping” information and exercise session that was a welcome relief to the constant sitting! The setting at Blue Lake Ranch was beautiful and the food was delicious.

Minutes from the retreat as well as photos are posted on the HLLP website www.healthylifestylelaplata.org as will be the evaluation by attendee’s very soon.

News from the Subcommittees...

The Active Community Environment (ACE) committee has been working on meeting with all La Plata County and City of Durango elected officials and management staff to forward the implementation of Smart Growth and Complete Streets principles and policies into long range planning guidelines. They have met with City Councilor Michael Rendon, and sent informational packets to all City Council members and the City Manager, Ron LeBlanc, as well as met with Joanne Spina, interim County Manager, Joelle Riddle, County Commissioner, Erick Aune, interim County Planning Manager, and Kellie Hotter, County Commissioner.

ACE is also partially sponsoring the salary for a part time Safe Roads Coalition coordinator, Kendra Holmes, along with Trails 2000 and Iron Horse Bicycle Classic. The

committee is pushing for this position to become a full time county and/or city employee by 2010.

ACE has just learned that Durango School District 9R has been awarded a Safe Routes to School non-infrastructure grant for \$35,000! This grant was written by Jenny Wrenn, with a small amount of help from Jeanine Justice, and data, letters of support and other info gathered by Safe Roads Coalition, Trails 2000, the school district and the City of Durango. This was a true community collaboration and ACE will be part of the education implementation in the school district. Kathy Morris, Safety Coordinator for 9R, is the lead for school district, and the school district will be the fiscal agent. This is a great first step in promoting walking and biking in Durango. The other 2 school districts in La Plata County (Ignacio and Bayfield) also wrote grants for Safe Routes to School funds and Ignacio was awarded non-infrastructure funding. The ACE committee gathered the 3 school districts in La Plata County together, along with the grant writers and some school district employees in March to talk about Safe Routes to School and how to collaborate and increase funding to southwest CO. The meeting was a great success with everyone agreeing that working together was the best option and plans for a follow up meeting in April (minutes from the meeting can be found on the ACE webpage on the HLLP website).

Healthy Local Foods committee has been busy working on Farm to School efforts, school gardens project, the Buy Local county campaign and the Farm to Chef event held at Zia Taqueria on 3/15/08.

The Farm to School monthly meetings are now held at a different school each time so the member's can see the school gardens and hear what the school is doing in the cafeteria to get kids local food options. Krista Garand, 9R Nutrition Services Director, is an active member of the Farm to School group and continues to buy and serve healthy, local foods to 9R students regularly. Jim Dyer is spearheading this effort and is also the regional Farm to School Coordinator for SASCO.

This dovetails nicely with the School Gardens program that Julie Hudak and Shari Fitzgerald are heading up. They are currently focusing on Needham and Fort Lewis Mesa Elementary schools to establish school/community gardens that will be tended over the summer recess by neighbors, students and their parents. They have ordered several school gardening books to start a curriculum library that will be available to teachers to integrate the gardens into classroom teaching. The Partners in Education (PIE) coordinator for Animas Valley Elementary came to the Jan. Farm to School meeting and presented where they are with their garden project. They hope to have a physical garden area ready to plant this spring. Julie and Shari are very happy with the enthusiasm at each school for this project and are hoping we can spread it to every school in 9R eventually.

The Buy Local campaign is being formed with the city and the county and is moving a bit slower than expected. HLF has committed \$1000.00 for the publication and design of the coupon booklet that will be available to the public once the campaign is underway. Julie/Katy are working with the committee on establishing guidelines for local foods.

The Farm to Chef event held at Zia Taqueria on Sat. 3/15/08 was a huge success, thanks to the organization and coordination by Julie. There were 11 producers

represented and 14 restaurants/catering services/school district represented. The other sponsor's of the event were Slow Food Durango and CSU Extension. It was styled after the "speed dating" event where each producer sat at a table and the "buyers" would rotate every 5 minutes. There were many connections made and a good relationship established between buyers and sellers. County Commissioner Joelle Riddle attended and was very impressed with the turnout and the excitement about using local foods in businesses in La Plata County. A wonderful local foods breakfast was cooked up by Zia Taqueria employees and Julie & Darrin Parmenter from CSU Extension bringing in the local food – eggs from Napier Family Farms, meat and vegetables from Cole's Ranch and James Ranch, artisan cheese from James Ranch, chorizo sausage from Sunnyside Meats, beans and hot sauce from Adobe Milling and coffee from Durango Coffee Company. It was a true local, homegrown event and one that will have positive repercussions in the business community, thanks to Julie!

Worksite Wellness has been busy helping to organize 2 local businesses employee wellness programs, creating a WW mentoring program for local businesses, preparing to offer mini-grants to local businesses to help them start up WW program, starting to plan this years annual WW Conference, as well as launching Durango Area Wellness Network (DAWN).

The Durango & Silverton Narrow Gauge Railroad and San Juan Basin Health Dept. were businesses chosen at random for the WW committee to help them start and implement WW/employee wellness programs. Both businesses are off to a great start and already have WW committee's in place, employee survey's done and programs they would like to implement this year. Marcy Jung and Karla Davis, the WW co-chairs, are spearheading this effort and they, along with Jeanine, are attending the businesses meetings to help them stay on track and offer advice and technical assistance. Both companies were sponsored for a one-year membership to WELCOA (Wellness Council of America), which offers a plethora of WW information and resources online.

The WW committee is creating a mentoring program for local businesses based on a program offered by Judd Allen, PhD, who was the keynote speaker at the WW Conference last November. Marcy is heading up this effort and will have more information as the program develops.

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 Marcy, as well as the WW committee, will be creating guidelines and an application process for interested businesses. More information to follow...

The annual SW CO WW Conference is being planned around the theme of "humor in the workplace" (thanks Karla & Marcy!:+) and keynotes speaker and other details are being discussed. It was decided to move the conference to earlier in the year, early October is the month suggested. Another work in process...

Lastly, the first DAWN meeting was held in Feb. '08 with 12 local businesses attending. HLLP sponsored the event at Carver's restaurant and it was decided to hold future events at the local businesses themselves and hold meetings every other month. The next DAWN meeting will be held at the Durango Herald offices on Main Street, on 4/10/08 from 5:30-7:00pm. Marcy and Karla have put together a WW lending library that has 19 titles of books and audio tapes for each business to use and offer their

employees. 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!

Durango School District 9R is currently handing out the Energizer booklets that were provided by HLLP to all elementary school teachers. These booklets show teachers how to incorporate physical activity into the classroom curriculum so the kids can get up and move around during class. The ACE committee is working with Kathy Morris, 9R Safety coordinator, and Jaynee Fontecchio-Spradling, 9R Wellness coordinator, to begin implementation of the Safe Routes to School curriculum and community education. This will begin in fall '08 but look for some information from the school district and in the media this spring. Jaynee is the 9R liaison for HLLP and has been instrumental in getting more physical activity and healthier food choices into the district schools.

La Plata County Senior Center is offering seniors exercise classes called "Watch Your Step" that are so popular they've had to turn people away! The ACE committee has committed \$3000.00 for '08 to continue and increase the amount of classes offered at the Senior Center in Durango. Sheila Casey is the liaison for HLLP senior constituency.

Healthy Lifestyle La Plata Steering Committee will meet this month on 4/10/08 from 1-3pm at the Durango Rec Center. The SC will discuss updating the charter to more accurately reflect HLLP organization and review the operating description of the SC. Jeanine and Jenny will be working on updating and editing the charter to present to the SC over the next week.

HLLP website – don't forget to check out the HLLP website at www.healthylifestylelaplata.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 has any input for the website please contact Jeanine.

HAPPY SPRING:+)

Respectfully submitted by Jeanine Justice, 4/1/08