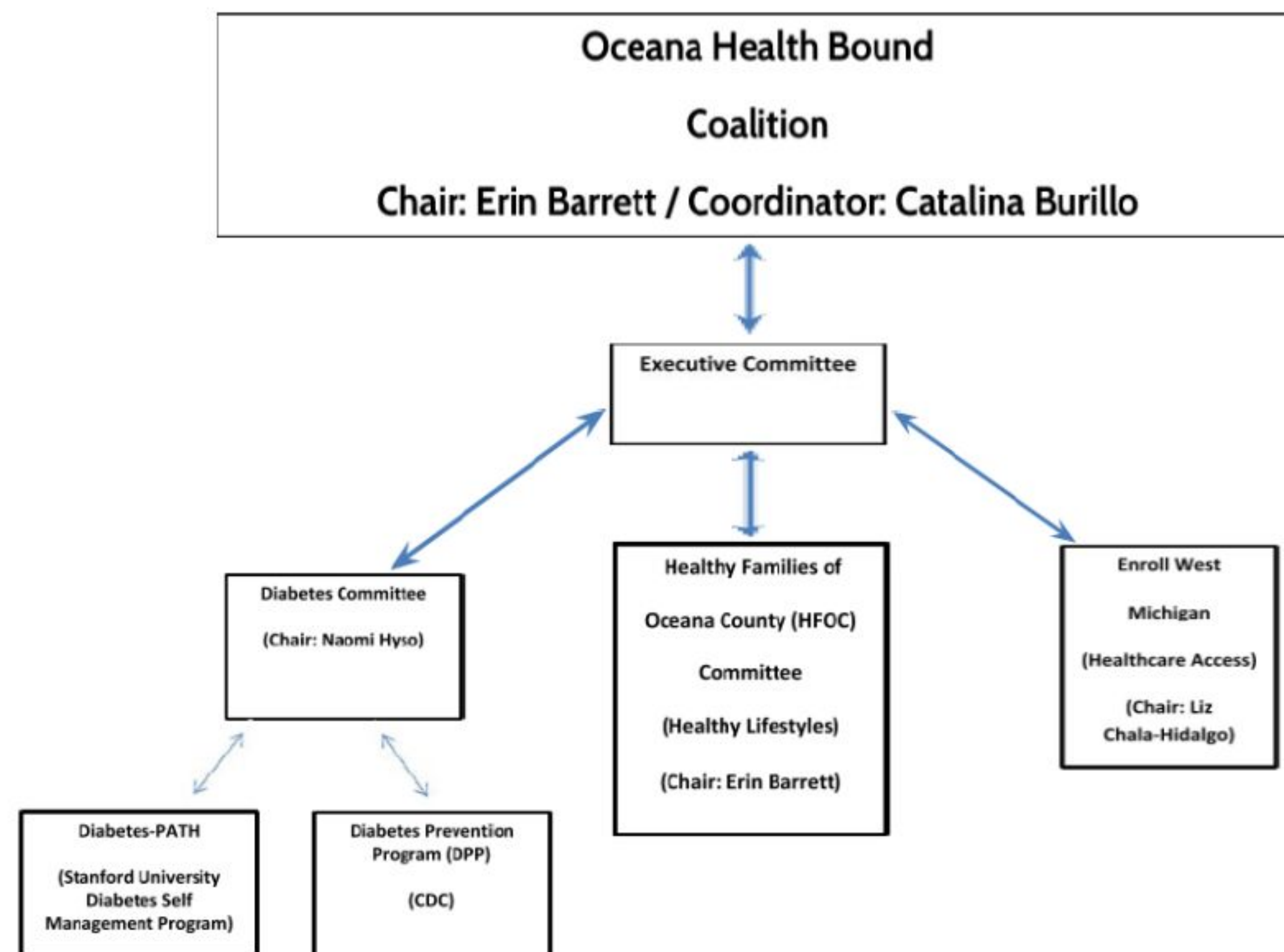


Collaboratively Building Healthy Communities in Oceana County

Erin Barrett, Catalina Burillo, Mary Ann Bush, Naomi Hyso, Emma Kirwin, Julie Kreilick, & Sandy Whitaker

OCEANA HEALTH BOUND FLOW CHART

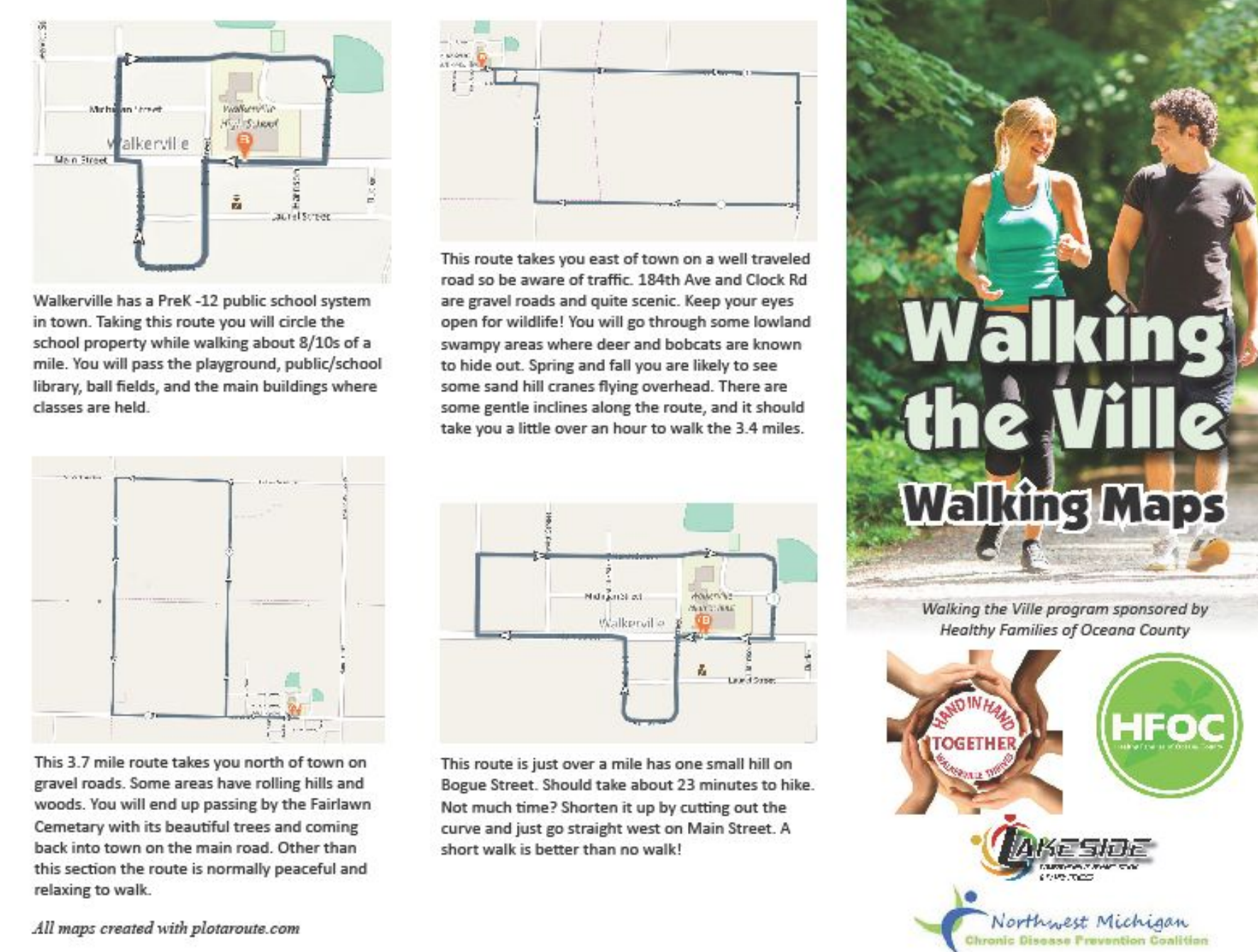


Oceana County is a place where all persons thrive regardless of residency status, economic status, race, culture, health condition or other disparity, have access to service, and receive the physical and mental health care they need. Local health and human services agencies assure community collaboration, cultural sensitivity, and fair delivery of services.

In partnership with the Northwest Michigan Chronic Disease Prevention Coalition, Oceana Health Bound presents 2018 grant-funded community projects.

Walking the Ville

Walking the Ville, is a new program that places emphasis on increasing physical activity. Brochures that map out four existing walking routes were created. The brochures display maps, which show distances and average time to complete, and include information on the many benefits of walking along with safety tips. An engraved bench made from recycled plastic has been placed on Main Street, at the Pioneer House Museum, to act as both the start and end location for the walking routes.



Lakeside Rehab & Family Fitness



Lakeside Rehab & Family Fitness, with grant funding, was able to attend all Hart Farmers Markets, all but two New Era Farmers Markets, and the Walkerville Farm Fun Day. Mini physical activity classes were offered, free of charge, for adults and children. Marketing flyers and medical forms, in Spanish, were also printed and distributed to serve our Spanish speaking population.

Diabetes Task Force Initiatives

R Talleres de Acción personal contra la diabetes y para mejorar la salud (PATH)

Fecha: _____
Nombre del paciente: _____

Para ayudarlo a controlar mejor su diabetes, nuestra oficina le recomienda asistir a un taller de PATH sobre diabetes SIN COSTO PARA USTED.

Los talleres de PATH pueden ayudarlo a sentirse mejor, a tomar el control de su salud y a hacer las cosas que quiere hacer. Los talleres incluyen seis sesiones diferentes. Cada sesión cubre un tema nuevo. Usted aprenderá las técnicas que le ayudarán a:

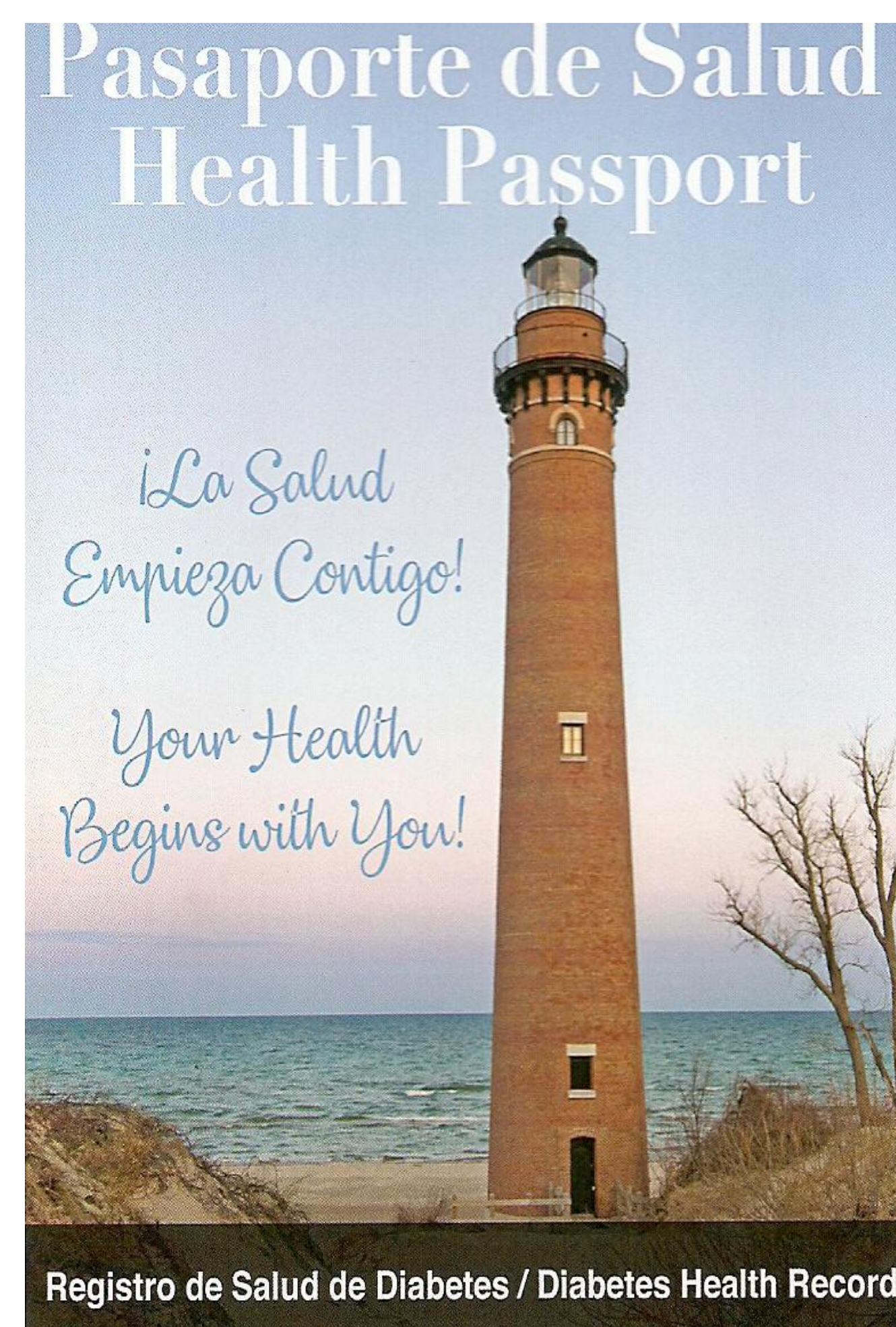
- Fomentar hábitos alimenticios saludables y control de la medicación
- Controlar los niveles de glucosa en la sangre, el colesterol y la presión arterial
- Aprender ejercicios físicos para mantener fuerza y resistencia
- Comunicarse mejor con su médico
- Encontrar apoyo continuo y recursos de la comunidad

X _____
Health care provider signature/Firma del proveedor de atención médica

¿Listo para comenzar a controlar su diabetes?

Fecha: _____ Hora: _____
Instructor: _____
Lugar: _____
Para encontrar talleres cerca de usted, vaya a:
MiHealthyPrograms.org o llame al 517-335-1236.

MICHIGAN
Farmers on the
PATH



New Era Farmers Market

The New Era Farmers Market received funding to enhance seasonal markets. A bike rack was purchased as markets are located 2 blocks from the Hart-Montague bike trail. Materials such as flyers, registration cards, and schedules to implement our Kids Power of Produce Club for children ages 4-12 were designed and printed. This Club is modeled after the Muskegon Farmers Market Program, called the Kids Power of Produce Program. The Club uses tokens to purchase fresh produce from vendors. Games, prizes, and physical activities are offered to children participating.



Note: Vendor reimbursements for Kids Power of Produce Club are made possible from funding through a Mercy Health Project, Sister Simone Courtade grant.

Hart Main Street



Hart Main Street used a portion of the grant money to purchase two pieces of wooden playground equipment, two portable disc golf baskets and discs. Our goal as a program is to create more activity in our downtown. We used the equipment to enhance our Pocket Park project and our planning charrette. These new additions have been well-received among the community.





Venga con toda su familia a **CELEBRAR**

16^{ta} Noche Anual de Agradecimiento a los Trabajadores Agrícolas

¿Dónde?: Feria del Condado de Oceana en Hart Salón Principal
- Escuela Central -

Cuándo?: Miércoles, 22 de Agosto, 2018
Horario: 6:00pm a 9:00pm

¡Venga con toda su familia y disfrute de las actividades!

- * Nuevo Evento este Año: Feria de Salud *
- * Feria de Recreo * Música * Premios *
- * Juegos, Actividades y Concursos para Niños * Rifas *

Presentado por:
West Michigan Migrant Resource Council
y Oceana County Fair Board



Talleres de Acción personal contra la diabetes y para mejorar la salud (PATH)

Fecha: _____

Nombre del paciente: _____

Para ayudarle a controlar mejor su diabetes, nuestra oficina le recomienda asistir a un taller de PATH sobre diabetes SIN COSTO PARA USTED.

Los talleres de PATH pueden ayudarle a sentirse mejor, a tomar el control de su salud y a hacer las cosas que quiere hacer. Los talleres incluyen seis sesiones diferentes. Cada sesión cubre un tema nuevo. Usted aprenderá las técnicas que le ayudarán a:

- Fomentar hábitos alimenticios saludables y control de la medicación
- Controlar los niveles de glucosa en la sangre, el colesterol y la presión arterial
- Aprender ejercicios físicos para mantener fuerza y resistencia
- Comunicarse mejor con su médico
- Encontrar apoyo continuo y recursos de la comunidad

X _____
Health care provider signature/Firma del proveedor de atención médica

¿Listo para comenzar a controlar su diabetes?

Fecha: _____ Hora: _____

Instructor: _____

Lugar:
Para encontrar talleres cerca de usted, vaya a:
MiHealthyPrograms.org o llame al 517-335-1238.

MICHIGAN
Partners on the
PATH



casaporte de Salud
Health Passport

¡La Salud Empieza Conigo!

Your Health Begins with You!

Registro de Salud de Diabetes / Diabetes Health Record

Welcome to the HFOC “shared” poster presentation for the Chronic Disease Summit!

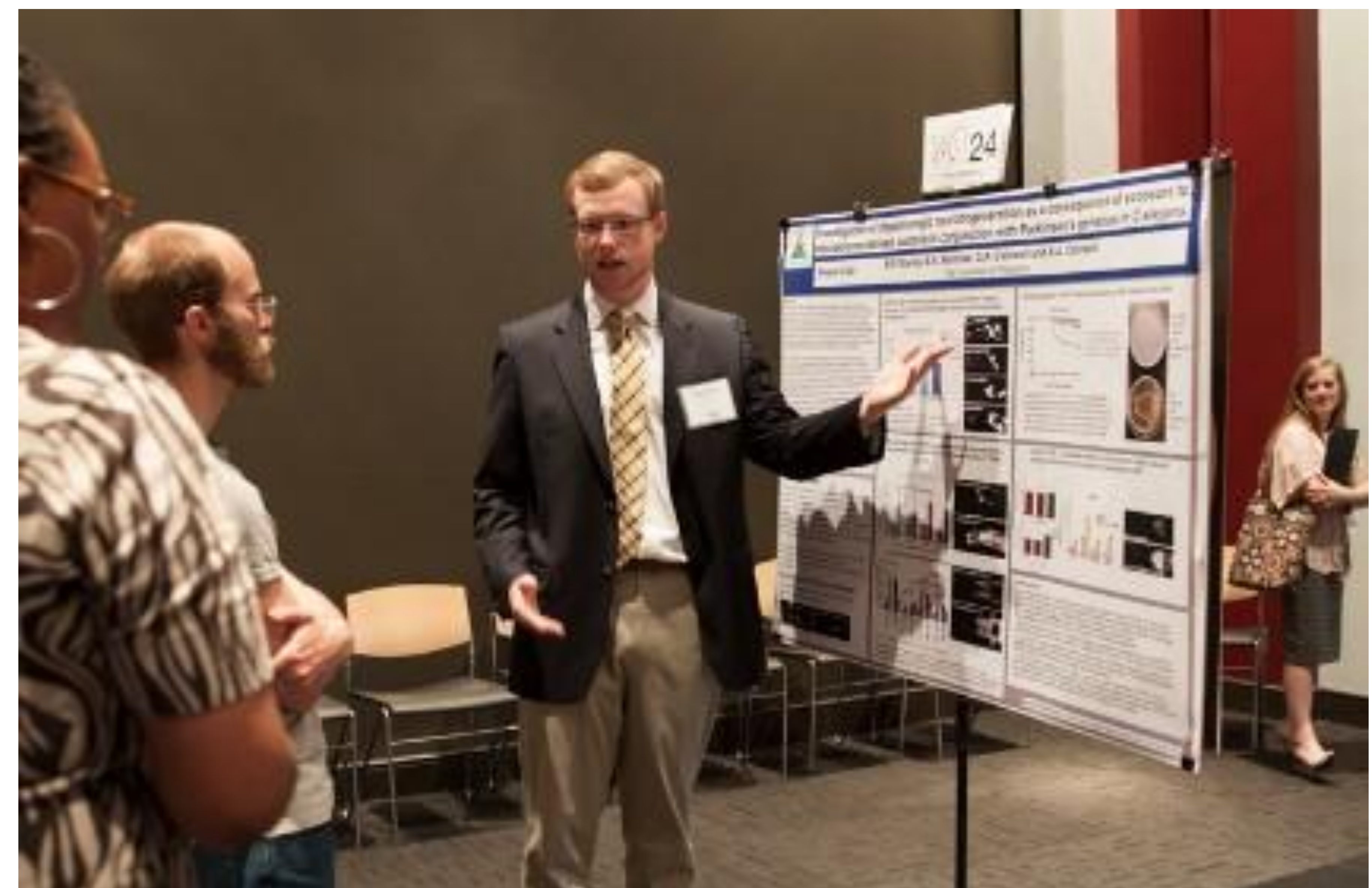
We will be working in Google Slides.

Please use the next slide for the poster.
This has been formatted with the correct dimensions. Landscape 36” high x 48” wide

Font Sizes

- Title: 72-120 pt.
- Subtitle: 48-80 pt.
- Section headers: 36-72 pt.
- Body text: 24-48 pt.

Add additional slides (or work from the draft slides) to work from/try out different layouts. The second slide will be our poster presentation slide with everyone's information.



Poster Presentation - Formatted

Farm Fun Days dedicates Walking the Ville

Walking the Ville, a new program that places emphasis on increasing physical activity, will be showcased at Farm Fun Days in Walkerville, Saturday August 4th. Brochures that map out four existing walking routes will be available for the first time. The brochure will display the maps, which show distances and average time to complete, and include information on the many benefits of walking along with safety tips. An engraved bench made from recycled plastic will be placed along Main Street at the Pioneer House Museum to act as both the start and end location for the walking routes. Other activities scheduled during the Farm Fun Days festival are organized to promote increased physical activity as part of a healthy lifestyle.

Moderate activities start at 10 a.m. and include taking a stroll along Main Street to visit car and tractor shows, stopping at the park for carnival style games for kids, and touring the Pioneer House museum where a silent auction will be held. More steps can be added while wandering through the craft and produce market or visiting the fire station. Parents can enter their children in the Cardboard Car/Truck/Tractor show and walk the parade route with their ‘drivers’. Everyone can get moving by dancing with the Melody Mates square dance club at 11 a.m. or, after the one o’clock parade, to the music of Yesterday’s Wine.

As part of the kick-off for Walking the Ville, Lakeside Rehab and Oceana’s Health Department will host some fun physical activities where there will be a prize giveaway. More athletic activities include “*Softball for Fun*” for ages 18 and older starting at 9 a.m. at the school baseball field. Gaga Ball, a game like dodge ball, is set up for all day at the park. A free throw contest at the court along Main Street starts at 2 p.m.

“Living a more active lifestyle isn’t difficult with encouragement from programs like Walking the Ville. When people start thinking about fun ways to increase physical activity, such as taking advantage of the many area festivals, they are more likely to make positive lifestyle changes. While planning this environmentally friendly festival we wanted to add an element to Farm Fun Days that emphasized healthy living,” said organizer Emma Kirwin.

Walking the Ville is sponsored by Lakeside Rehab, Northwest Michigan Chronic Disease Prevention, Healthy Families of Oceana County, and Walkerville Thrives. For more information on Farm Fun Days, including Sunday’s Open Air Worship at 10:30 a.m., see Walkerville Thrives on Facebook.



The New Era Farmers Market received funding from the NW Michigan Chronic Disease Coalition to help enhance their markets.



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Material, registered, implemented our Kids Power of Produce Program. The Club designed and printed. This program, called the Kids Power of Produce Program. The Club uses tokens to purchase fresh produce from vendors. Offers games, exercise and prizes for the children that participate.

Note: Vendor reimbursements for Kids Power of Produce Club are made possible from funding through a Mercy Health Project, Sister Simone Courtade grant.

They also implemented the SNAP/EBT program and used funding to purchase the tokens used to purchase produce, baked goods and



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A block of text is partially visible on the right side of the image, containing the words "modules to", "en ages 4-12 were", and "the Muskegon Farmers". This text is likely a placeholder or a result of a scanning artifact.

DRAFT SLIDE

Huge benefits have been gained from adding these items to the New Era Farmers market, a select few of these were:

- An increase in the numbers of vendors. Averaging 13 vendors per market in 2018 vs. the average number of vendors in 2017 was 6.
- An increase in the number of people attending the markets. The 2018 average is 171 per market vs. an average in 2017 was 93 people attending each market.
- A place for families to purchase healthier food options, an inexpensive dinner and enjoy free live entertainment.
- A free childrens program with storytime, games, activities, exercise demos and prizes. The majority of prizes were donated by area businesses and were valued at \$405.80.
- As the market grows and gains notoriety they are gaining more support and participation from farmers and businesses.

Lakeside Rehab & Family Fitness



DRAFT: We were able to attend all of the Hart Farmers Markets, all but 2 of the New Era Farmers Markets and the Walkerville Farm Family Day. With obtaining this grant we were able to provide mini physical fitness classes to children as well as adults as they choose to participate.

We we also able to get our fliers and medical forms printed in Spanish, helping to serve our Spanish speaking populations. Also we attended the Farm Workers Appreciation night at the Oceana county fair.



DRAFT SLIDE



- I have placed lots of pictures from events throughout the summer. They can be separated and moved around. Please change and move as needed.
- Also with ruff figures we figured that we have taught classes to approximately 100 community members for free this summer. Many of these students would have not been able to learn about the benefits of physical activity or how fun it can be without these programs.
- Many more obtained information in their first language being able to understand what opportunities that they have.

Hart Main Street

Hart Main Street used a portion of the grant through the NW Michigan Chronic Disease Coalition to purchase two peices of wooden playground equipment, two portable disc golf baskets, and discs. Our goal as a program is to create more activity in our downtown. We used the equipment to enhance our Pocket Park project and our planning charrette. Our event was a big “Cedarpo”ion of the pment.

