

# QUARTERLY NEWSLETTER

SEPTEMBER 2019

## 'POWER OF COLLABORATION' SUMMIT 2019

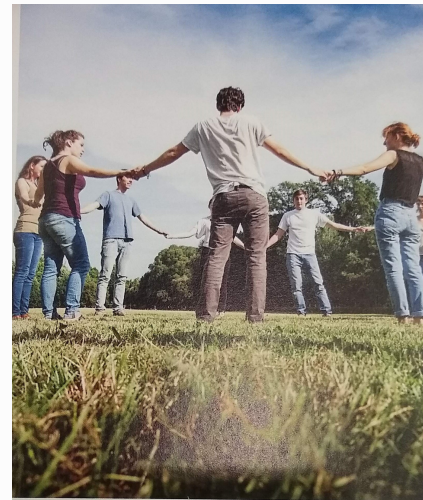
The annual 'Power of Collaboration' Summit has once again come and gone.

We hope that you enjoyed the 3rd annual Summit as much as we enjoyed putting it on and we look forward to what may be in store for next year.

Special thanks to everyone who came and participated in the day. It was a great time full of learning, networking, and sharing chronic disease prevention projects among peers.



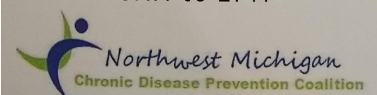
If you attended the Summit and haven't completed the SurveyMonkey that was sent out earlier this month, please do so. We really do want to hear your opinion on how the event went and would like to implement suggested changes for future Summits accordingly. The survey can be accessed [here](#).



### POWER OF COLLABORATION

CHRONIC DISEASE  
PREVENTION SUMMIT 2019

September 13, 2019  
Ferris State University-  
University Center Ballroom  
9AM to 2PM



## ACTIVE BREAK

Seniors from Cadillac Senior Center joined us for the active break portion of the summit by leading us in some "Drums Alive".

Drums Alive is a program that the senior center implemented with their funds from the NMCDPC.

This was a super fun, easy exercise that anyone could do.



Check out  
[www.livewell4health.org](http://www.livewell4health.org)  
for coalition updates and information

 @livewell4health



LIVE  WELL



Send newsletter submissions to:  
[khaner@dhd10.org](mailto:khaner@dhd10.org)



## KEYNOTE SPEAKERS

This year, we were privileged to have two keynote speakers join us for the Summit.

Theresa Roach is the Active Communities Manager at Crim Fitness Foundation and has been a community advocate for equity in health and wellness for the past decade. She is a lifelong resident of Flint, and has a close personal relationship with the impact of social determinants of health and adverse childhood experiences. Over the years, her life experiences have made Theresa a passionate advocate for policies, systems and built environments that support all people - no matter where they are on their journey in life.

Theresa shared with attendees how Crim has been "activating" the Flint/Genesee County community and encouraging unlikely local champions who support physical activity, healthy eating, and mindfulness in the daily lives of people.



Meghan McDermott is the Food & Farming Program Director for the Groundwork Center for Resilient Communities, a non-profit advocacy organization working to protect the environment, strengthen the economy, and build community. She is the manager of Groundwork's largest program team overseeing the food & farming projects, including farm to school, food access, culinary medicine, and many other initiatives building the local food economy.

Meghan discussed the programs Groundwork has been promoting in regards to community food security by finding ways to connect classrooms, cafeterias and communities with healthy, locally-grown food.





# ROUNDTABLE SHARING

Several community partners had the opportunity to share how they've been battling chronic disease within their organizations.

Summit attendees were split into groups by table and spent time rotating around the various presenters. Presenters were given 7-8 minutes to explain to each group who they are, what their organization does, and how they champion for healthier communities.

We heard some great examples of how organizations have promoted health among their communities by creating adventure packs, implementing community gardens and physical activity programs for seniors, and even how the vaping epidemic among youth is being fought.

## SPECIAL THANKS TO:

**Caitlin Schucker**- "Vaping"- Breathewell Newaygo County  
**Andrea Murray**- "Senior Wellness"- Newaygo County Council on Aging  
**Stephanie Moore & Vicki Platt** - "Senior Wellness"- Oceana County Council on Aging  
**Zoey Thayer**- "Parks & Rec"- Crawford Health Improvement Committee  
**Heather Bowman**- "Parks & Rec"- Big Rapids Parks & Rec  
**Heather Morche** - "Libraries & Health"- Luther Area Public Library  
**Patti Skinner**- Libraries & Health"- Mason County District Library



Newaygo County Commission on Aging



Breathewell Newaygo County



Mason County District Library



Grayling Parks and Rec



Big Rapids Parks and Rec



Luther Area Public Library