

Welcome to Our New CEO Landri Taylor



Civic leader Landri C. Taylor has been named the new chief executive officer of The Stapleton Foundation for Sustainable Urban Communities. Mr. Taylor succeeds Beverly Haddon, who is leaving the foundation she has led since 2001. The Stapleton Foundation advocates for, and works to sustain and realize, the principles of the 1995 Stapleton Development Plan, which was created by the citizens of Denver, Aurora and Commerce City to transform the former airport into a new urban community that has earned national and international acclaim.

“Landri Taylor has the skills and experience to lead the Stapleton Foundation into the next chapter of its life when it will build upon its successful record as a leading advocate for great schools while it also becomes a convener and catalyst for creating thoughtful approaches to solve the challenges facing affordable housing,” said Foundation Chair Amy Anderson. “The Foundation looks forward to working under his leadership.”

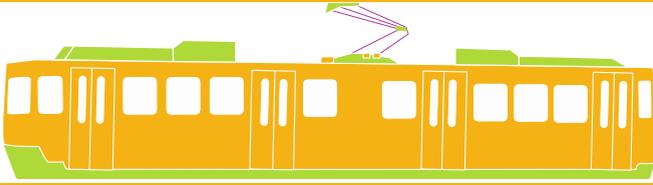
A staunch advocate for education, Mr. Taylor served on the Board of The Denver Public Schools from 2013-2016, a period of time in which he worked effectively with parents and students to address the changing needs of public education in northeast Denver.

Mr. Taylor played an important role in championing high-quality school choices for northeast Denver, including the communities of Montbello, Park Hill and Stapleton. From 2009 to 2014, Mr. Taylor served as the president and chief economic officer of the nonprofit Urban League of Metropolitan Denver where he succeeded in turning a struggling affiliate into one of the premier chapters of the national civil rights organization. Mr. Taylor’s private sector experience includes accomplishments as a manager for diversity and small business development programs that have enabled women and minority owned businesses to become established and grow their ability to perform on major development projects in metro Denver. He is also a past vice president with Forest City Stapleton, Inc. where he placed an emphasis on workforce development.

“I’m excited to take on this remarkable challenge and enhance the great work Beverly Haddon and the Foundation’s staff have accomplished the past fifteen years,” said Mr. Taylor.

Additionally, Mr. Taylor’s community leadership has helped to shape numerous boards and commissions, including the Mayor’s Commission on Workforce Development, the Denver Metro Leadership Foundation, and the Foundation for Educational Excellence, where he was a founding member and a board chair. In 2008, he was inducted into the Colorado Black Hall of Fame, and he currently serves as Board Treasurer of the Bair Caldwell African American Research Library. Mr. Taylor is a 1974 graduate of the University of California, Berkeley, where he obtained a Bachelor’s Degree in Biology. He and his wife, Gloria, have three grown children and four grandchildren.

PLANNING MEETING



- Do your children currently use public transportation?
- Do you want them to use public transportation?
- What is preventing them from using public transportation?

These questions and more are being asked by **be well** be EPIC community members as they plan for a Youth Transit Expo in the near future. We hope to educate new riders on the connection between health and transportation and how to: read schedules, plan a trip, use transfers, pay the fare, use passes, etc. The event will take place in September, so be on the look out for more details soon!



FOR MORE DETAILS ON FUTURE MEETINGS CALL or EMAIL Marva Short
mshort@stapletonFoundation.org/303-468-3207

be well/be EPIC Conducts

Healthy Happy Hour with Faith & Health Ministries

The **be well**/be EPIC team conducted a unique Healthy Happy Hour in partnership with the Center for African American Health and their Faith & Health Ministries program. The initiative was the first health program established at the Center for African-American Health, beginning in 2001 when it still operated as the Metro Denver Black Church Initiative. Faith & Health Ministries works through black churches to promote healthy lives and lifestyles, and prevent disease. Volunteer health outreach liaisons appointed by pastors at 80 participating churches throughout metro Denver work with Center staff to coordinate the routine delivery of health education and free health screenings and to promote increased physical activity and healthy eating habits.

be well Healthy Happy Hours bring residents and community stakeholders together in a fun, informal networking environment to experience a new approach to healthy living! At the Healthy Happy Hours, participants experience a taste of **be well** or being well over such things as mocktails, appetizers and even dancing on occasion. Participants also share stories, make connections, and exchange ideas to build a movement to increase healthy living opportunities among African Americans in the **be well** Zone neighborhoods.

Contact Us to Arrange Your Own Healthy Happy Hour!!



Centers



Hiawatha Davis *be well* Center

3334 Holly St.
Denver, CO 80207

Cooking Matters - Tuesdays

6:00-8:00pm

Tuesday July 19th

Tuesday July 26th

Yoga - Thursdays

6:30-7:30pm

Thursday July 21st

Reggae Ab Tone - Saturdays

9:30-10:30am

Saturday July 23rd

Central Park *be well* Center

9601 MLK Blvd.
Denver, CO 80238

Cooking Matters - Wednesdays

6:00-8:00pm

Wednesday July 20th

Wednesday July 27th

Healthy Living for Your Brain

6:30-7:30pm

Monday July 25th

Martin Luther King *be well* Center

3880 Newport St.
Denver, CO 80207

Cardio Kickboxing - Mondays

10:00-11:00am

Monday July 25th

Zumba - Wednesdays

10:00-11:00am

Wednesday July 20th

Wednesday July 27th

Cardio Kickboxing- Saturdays

9:15-10:15am

Saturday July 23rd

Get Fit and *be well*!

Take advantage of FREE classes like Cardio Hip Hop and Zumba, or learn how to prepare healthy meals for your family at your local *be well* Centers. Also take advantage of FREE health screenings and nutrition sessions. New classes coming soon!

[CLICK HERE TO SIGN UP!!!](#) or call 303-468-3224

New Fitness Instructors Welcomed!
If you have an interest in being a fitness instructor, we want to talk to you.
Call us at 303-468-3224



JOIN *be well* FOR OUR NEWEST DANCE CLASS! REGGAE TONE

Reggae tone is a style of rhythmic toning exercises & dances choreographed to popular reggae/dancehall music that vibrates through the body, urging it to move fluidly. [CLICK HERE TO SIGN UP!](#)

be well Youth Take Cooking to Next Level



As one of the signature programs within the **be well** Health and Wellness Initiative, the **be well** Youth program strives to engage kids within the **be well** Zone in activities that are new and different. Program participants have helped develop school gardens, gaga pits, youth safety programs, physical fitness activities, and much more. The most recent example of the group's ingenuity is a professionally produced video to accompany the **be well** Youth Council's food publication *Cooking The **be well** Way, For Kids By Kids*.

Members of the Youth Council convened at Denver Health on a Saturday morning last month to shoot the cooking video and were excited to share their cookbook recipes and be a part of the production. Students representing partnering schools within the **be well** Zone (from both Denver and Aurora Public Schools) were on hand to dish up some of the great food choices that are both tasty and healthy.

Since its inception, the **be well** Youth Program has engaged kids, schools, and communities in creating and promoting fun activities, events, and programs to encourage healthy living among youth and their families in the **be well** Zone. To date, more than 1,800 people have been impacted by the **be well** Youth Program. These numbers do not include efforts facilitated by **be well** School Health and Wellness Teams in partnership with Denver and Aurora Public Schools. The plan is for future impact numbers to increase dramatically, especially if the program continues to attract partners like Denver Health.

The cooking demonstration is the first of several video projects on the docket for the **be well** Youth Council. As an engaged group of young citizens, they have come to realize the importance of mental health and have taken an initiative to direct their future efforts towards a project that positively affects mental wellness for youth in the community. In August, the **be well** Youth Council plans to complete their anti-bullying video with a movie premier event including both the cooking show and anti-bullying films in Fall 2016.



Health Policy



Making Health Care Accessible

The Colorado legislature wrapped up this year's session on May 11th, 2016 having made significant progress toward improving health care policy and systems in our state. Several new laws will benefit many residents by improving access to insurance coverage and care, including:

- HB 1047-Allows Colorado to join a compact with other states to expedite licenses for doctors to practice in more than one state.
- HB 1097-Removes barriers for non-emergency transportation for Medicaid patients without effecting safety or eligibility requirements.
- HB 1277-Requires the Department of Health Care Policy and Financing to give Medicaid patients at least 10 days' notice before changing or stopping benefits and increasing the amount of time to appeal those decisions from 30 to 60 days.
- SB 27-Allows Medicaid patients receive 90 days of medication for chronic health conditions through mail without increasing co-payments.
- SB 69-Clarifies requirements for community paramedics to increase access to care and reduce costly emergency room visits.
- Other new laws passed by the state legislature this year aim to improve the quality, efficiency and affordability of health care in Colorado, including:
 - HB 1081-Allows Medicaid to eliminate out-of-date reports that reference discontinued programs.
 - HB 1148-Gives the health insurance exchange legislative oversight committee greater control over policies proposed by the exchange regarding issues such as insurance carrier and broker participation.
 - HB 1336-Creates a study examining the feasibility of having a single geographic rating area for health insurance premiums in Colorado.
 - HB 1407-Allows the Department of Health Care Policy and Financing to continue Medicaid payment reform and innovation pilot programs.

The *be well* Health and Wellness Initiative will host an Open House Healthy Happy Hour at the Martin Luther King Recreation Center on Tuesday July 26th 4:00 -6:30pm

be EPIC Engages City

We care about bringing services to the community that help keep our neighborhoods healthy. Recently, the *be well* team met with Denver Parks and Recreation leadership to discuss future programs and initiatives that can be undertaken at the *be well* Centers. You can add your voice to the discussion by joining our Recreation Stakeholder Taskforce. Currently, free *be well* programs are delivered at Central Park, Hiawatha Davis, and Martin Luther King Recreation Centers.



Block Captains

Get In Your Zone!

Become a *be well* Block Captain!



[CLICK HERE TO SIGN UP!!!](#)

At *be well*, we know how busy life can be, so we've created a volunteer structure within the Block Captain program that gives volunteers the opportunity to engage the *be well* community at a level that best matches their personal interests and availability.

be well Block Captains encourage healthy living through innovative leadership, community organizing, education and advocacy, programs and screenings.

Become a *be well* Block Captain and earn up to \$50 a month to Get in Your Zone!

Join Us for Block Captain Meetings

Third Tuesday Each Month
Complementary Dinner Served at 5:30p.m.
Meeting Starts at 6:00p.m.
NEXT MEETING: JULY 19th



"I have tools and new language to talk about what is going on in the *be well* Zone. It's given me new language like health equity and food deserts, which is very appropriate for my community."

- Pat Guest,
be well Block Captain



Support for Coalition Action Plan Needed!

The **be well** Northwest Aurora Coalition has designed an Action Plan with the goal of making Northwest Aurora a Healthy Living Zone. We plan to achieve this by focusing on important community topics such as Education, Community Outreach, Built Environment, and Nutrition. The Coalition understands that in order to have success in the areas outlined, we must work closely with the key decision makers in our community.

As an example, within our action plan under initiatives focused on Education and Community Outreach strategies we will strive to help ensure that each child in the community has the opportunity to receive a quality and comprehensive education. We know, in order to accomplish this goal, we must empower the parents of those children to stay connected to the schools. A way in which we plan to achieve this very important component will be through strengthening of the Wellness Teams at each school. This will help parents feel empowered to take action in their child's education because of the positive relationship between school officials and the community.

As a core principle of **be well's** involvement in expanding the health and wellness of our community, we strive to provide the constituents with the tools to make their neighborhood a healthy living space. One tool that has helped transform our neighborhoods for the better is the Block Captain training program. Through the efforts of engage community members, we are working to bring programs and facilities to the areas that make up our **be well** Zone.

Our goal is to make the Coalition meeting theme's memorable, effective, and short in order to maximize everyone's time. So please join us! For more information call 303-468-3232.

Moorhead Continues with Renovation Project

Changes are happening at the Moorhead Recreation Center with the facility slated to reopen in the spring of 2017. Right now residents can engage in programming options at Fletcher Community School located at 10455 E. 25th Ave.

Options Include

Gym Drop-In - 6th-12th Grade • Saturdays from 3-6 p.m. • \$2/day

PLUS...Fitness classes & boxing classes will be offered throughout the week.



CHANGES ARE COMING! Moorhead Center Renovation

CBHC Creates New Video



The Colorado Black Health Collaborative is a community-based organization that is committed to improving health and wellness in Colorado’s Black, African, and African American communities through collaborations, partnerships, and teaming arrangements with community-based organizations, non-profits, public organizations, private entities and government agencies. Their F.L.O.W. Initiative – Forming a Lifetime of Optimum Wellness – focuses on improving the overall health of Colorado’s black community. “Find Your FLOW” by [browsing their website](#) for a wide variety of health resources, many of them free or low cost. And check out their new [FLOW video](#) by clicking on the photo!

Call our F.L.O.W. Helpline to locate local programs that can help you and those you love improve your health goals.

1-800-209-3569

Toll Free

#improveyourflow



Destination Health Walk/Run Registration Now Open!

SAVE THE DATE Saturday, July 23rd

FITNESS **ENTERTAINMENT** **FAMILY** **COOKING DEMOS** **EXPO**

6th Annual Destination Health Walk/Run/Learn
Presented by The Center for African American Health

Denver City Park at the Pavilion

Entry Fees
 Adults and Children 18 and older – \$35
 Adults 65+ and Children 6-17 – \$30
 Children 5 and under (no shirt) – Free (with shirt) – \$10
 Team participants – \$30 per person
 Onsite registration the day of event is \$40 per person.

Early Bird Discount \$30 thru June 15th

NEW: 100 Yard Kids' Dash

Benefiting The Center for African American Health
Engineering the Community to Love Well!

Early Bird Registration is Open
To Register, log on to - www.caahealth.org

The Center for African American Health is dedicated to improving the health and well-being of the African-American community. It provides culturally-sensitive disease prevention and disease management programs to African-Americans living in the metro Denver area. On Saturday, July 23, The Center will host the Destination Health 5K Run/Walk/Learn in City Park. This annual, family- friendly event offers two different courses in addition to a 100-yard kid’s dash. Stick around after the race for the Health Education Expo featuring over 40 informational booths. [Learn more](#) and register today!