



Health and Wellness Initiative

Newsletter 2016

Importance of Partnership in Achieving Community Goals

Involving residents in the development of unique solutions to advance healthy communities is a requirement not an option.

Social circumstances and poor life choices in conjunction with crumbling sidewalks, congested streets and polluted environments plus shortfalls in medical care, systematic racism, communication divides and the lack of cultural proficiency compromise the health of our communities. Each year, trillions of dollars are spent on health care, numerous meetings are held, commissions are formed, and best practices are developed and touted. However, the expertise and the opinions of the people who are most impacted by these conditions are often ignored or presumed by professionals, many of whom do not understand ethnicity. In the unique circumstances when community members are engaged, it is often to fulfill the requirements of a mandated public process. Information from such processes is gathered and compiled into a report that, in most cases, never becomes a reality. Or, the products that are produced are not in alignment with what the populace members envisioned and deemed necessary to improve health in their communities. Thus, an unfortunate gap exists between health care programs and systems that are needed in our neighborhoods versus those that are actually provided and/or accessible.

The *be well* Health and Wellness Initiative is working with residents to advance their ideas toward addressing the social determinants that impact health in the *be well* Zone communities. *be well* Block Captains (volunteers) are informing the programs, policies, and data to create community-driven solutions intended to reduce health disparities. The *be well* team is also working with organizations to teach them how to more genuinely partner with communities.

be well offers key resources that can help facilitate opportunities to promote healthy living opportunities through **our programs and services**. *be well* Block Captains provide a trusted hand to connect residents to information and resources in their community. They also educate their families, friends and neighbors on policy, environmental changes and system alterations that impact their health or the health of their communities. The *be well* Centers provide places for people to exercise, to get fit and healthy, while supporting and encouraging one another with positive dialogue. *be well* Health Policy is working in partnership with government officials to make health care and healthy lifestyle accessible to all. *be well* be EPIC (an Exchange of Power to Impact Change) is a community partnership that works to increase access to physical activity opportunities among African Americans. *be well*'s Northwest Aurora program is collaborating to make neighborhoods a place where affordable, healthy food is available, and where there are plenty of places for residents to be physically active.

All of these programs require an engaged community to make them successful. We are seeking your participation to help ensure our community continues to strive to become a beacon of health and wellness for our nation.





Youth Transit Event

be well be EPIC, in conjunction with *be well* Youth and the Regional Transportation District (RTD) hosted a free Youth Transit Community Forum on Saturday, September 17 at the Dahlia Campus for Health and Well-Being. The theme was “Back to School the Smart Way with RTD.” Students and parents learned how to use RTD’s web page and cell phone app to trip plan and calculate fares. Attendees then put their newly learned skills to use on a fieldtrip to Stapleton Northfield during which a presentation on safety was given by Safe Routes to School. In addition to watching a bike mounting demonstration and discussing transit courtesy and customer care, the group was treated to lunch at Q’doba and a tasty dessert at Menchie’s Frozen Yogurt before the ride home. Participants also received free ride coupons, an RTD fact sheet and giveaways that were raffled off. Youth and parents alike felt this was a fun and educational day.



Family Block Party

The Family Block Party on Saturday, September 10, at the Dahlia Campus for Health and Well-Being was a great day for fitness and family fun. The event hosted by *be well* and the Colorado Black Collaborative, included a *be well* fitness concert, mini workshops, senior and youth zones, food, cooking demos, classic cars, line dancing, games and music. Attendees enjoyed performances by Platinum Diva Princesses Cheerleaders and The Sonja Shule Afrikan Dance and Drum Troupe as well as a Walking Tour by Walk2Connect and a Bike Rodeo with Safe Routes to School. Fitness concert participants included Italia Cortez Zumba, Your Souls Movement, 50/50 Fitness, Fit & Nu, A Stronger Cord and Im'Unique. We were honored to have Mayor Michael Hancock as a special guest as well as many other city, county and state officials join us. Approximately 600 people attended and a great time was had by all.



Centers



Martin Luther King *be well* Center

3880 Newport St.
Denver, CO 80207

Zumba

Saturdays, Oct 22 through Nov 19
9:15-10:15am

Wednesdays, Oct 19 through Nov 16
10:00-11:00am

Central Park *be well* Center

9601 MLK Blvd.
Denver, CO 80238

Hiawatha Davis *be well* Center

3334 Holly St.
Denver, CO 80207

Get Fit and *be well*!

We are wrapping up our fall classes and thank you all for joining us. We are in the process of planning the winter classes and have some fantastic opportunities in the works. Please watch our web site, Facebook page and future newsletters for details.

New classes coming in February!



Keeping You in Mind!

be well Center classes are designed with you in mind. We offer diverse fitness classes that cater to all ages and fitness levels. Our healthy cooking classes are a great way to expand your recipe box or master new techniques to prepare nutritious and delicious meals.

Taking care of your health is even more fun with a friend or a partner. We encourage you to have a workout buddy to keep you both moving toward your goal of a healthy you.

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

be well Youth Take on Bullying



The *be well* Youth Council completed all filming for their most recent project, an anti-bullying video, on Saturday, August 20, at Ashley Elementary School. Students from Platte College, programs coordinator and community liaison for Mental Health America of Colorado Bianca Mikahnand, and child and family community coordinator for Mental Health Center of Denver Michelle Tijerinaall partnered with the Youth Council to produce the film.

The video included:

- An introduction to bullying.
- Statistics on bullying in Colorado.
- Acting scenes on physical, verbal, social and cyber bullying.
- A facilitated roundtable discussion of physical, verbal, social and cyber bullying.
- Three social experiments in the park with a discussion on the outcomes of the experiments.
- A wrap-up discussion on how bullying effects mental health.
- What youth can do to make a difference in the *be well* Zone!

Once the final video is ready, it will be aired in combination with the cooking video at a “video premiere party.” Details of this special event will be planned by the *be well* Youth Council in upcoming months.



be well Youth is excited to host a Youth Block Captain Training this winter

Participants

- Youth ages 8-17

Six Sessions

- November 3, 10, 17
- December 1, 8, 15

Meeting Specifics

- Dinner 5:30 - 6:00pm
- Training 6:00 - 8:00pm

To register go to:

bewellconnect.com/youth.html



Affordable Housing Legislation

On Monday, September 12, Denver City Council officially introduced legislation to raise \$150 million over the next ten years to build or preserve 6,000 income-restricted apartments and for-sale homes.

Over the past two years, property values in the Denver area have gone up more than 30 percent, making it increasingly difficult for many working families to find affordable housing. For housing to be considered affordable, it must not cost more than one-third of a person's total income. Income-restricted rental units would be available to tenants making up to 80 percent of the Denver area median income (AMI), or \$64,100 for a family of four. For-sale affordable housing is available for those making up to 100 percent AMI, or \$80,100 for a family of four and the new program could provide mortgage and down payment assistance for those making up to 120 percent AMI, or \$96,120 for a family of four.

Half of the funding for the new program will come from a property tax increase and the other half from a development impact fee assessed on new construction projects. The legislation was voted on by the full City Council on Monday, September 19.

Rental Rate Trends in Denver and Aurora

DENVER

One Bedroom Apartment:

- August 2015 averaged \$1274
- August 2016 averaged \$1394

Two Bedroom Apartment:

- August 2015 averaged \$1586
- August 2016 averaged \$1794

AURORA

One Bedroom Apartment

- August 2015 averaged \$1161
- August 2016 averaged \$1213

Two Bedroom Apartment

- August 2015 averaged \$1491
- August 2016 averaged \$1537

Block Captains



Block Captain Program Adopted by Additional Communities

be well is working with members of the Asian Pacific Development Center as well as officials in Routt County, Colorado to share the Block Captain program. Both communities approached *be well* and expressed great interest in how they could bring Block Captains to their neighborhoods.



Block Captains Make a Difference

Join us for our next meeting, November 15

Third Tuesday Each Month

Complimentary Dinner Served at 5:30pm Meeting Starts at 6:00pm

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!

September Coalition Meeting Report



The September Northwest Aurora Coalition Meeting was “Wellness Starts with Healthy Communication.” Attendees talked about the status of the Coalition Action Items: Education, Community Outreach, and Moorhead Wellness Programming.

- **Education:** *be well* is forming a new partnership with Aurora Public Schools, in their Post-secondary Department, which focuses on programming around youth leadership and development. We are working with Hinkley and Central HS (feeder schools) to develop a program where we can have youth build the Northwest Aurora Healthy Living Zone Map!
- **Community Outreach:** *be well* built several relationships over the summer with some local small businesses that said they would be open to working together to promote wellness in the community, and also to be a part of the Aurora Healthy Living Zone Map.
- **Moorhead Wellness Programming:** Some of the programming the Coalition talked about trying to add, and we would like to see, including classes in financial literacy, youth leadership, family resources in different capacities, work and professional development classes, in addition to the healthy cooking and fitness classes currently offered. The City was open to the Wellness component and are now working on a campaign to make sure these classes have great participation.

Moorhead Continues with Renovation Project

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

Gym Drop-In

6th-12th Grade • Saturdays from 3-6pm • \$2/day

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



CHANGES ARE COMING!
Moorhead Center Renovation

Partners



The Center for African American Health is a Connect for Health Colorado Certified Assistance Site

The Center does not sell or broker health insurance plans. The Center has eight certified Health Coverage Guides to help you understand and apply online for your health insurance.

The website www.ConnectForHealthCO.com is the only place where Coloradans can access up-front financial assistance, based on income, to reduce the costs of health insurance that is mandated by President Obama's "Affordable Care Act".

Denver Health's School Based Health Clinics Offer No Cost Health Care to DPS Students

Denver Health's school-based health clinics (SBHC) offer a helping hand to Denver Public School (DPS) students and their families with no-cost, convenient health care.

Denver Health operates 17 school-based health centers located on DPS campuses throughout the city where students can receive health care at no cost to them or their families. Health care services provided by the SBHC are available to all 92,000 students in the Denver Public School system, whether or not there is a clinic on the campus where they attend school.

[CLICK HERE TO READ MORE!](#)

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



For information on becoming a *be well* Health and Wellness Initiative Partner call 303-468-3243



Awards & Community Celebration

At the 7th Annual *be well* Awards & Community Celebration...

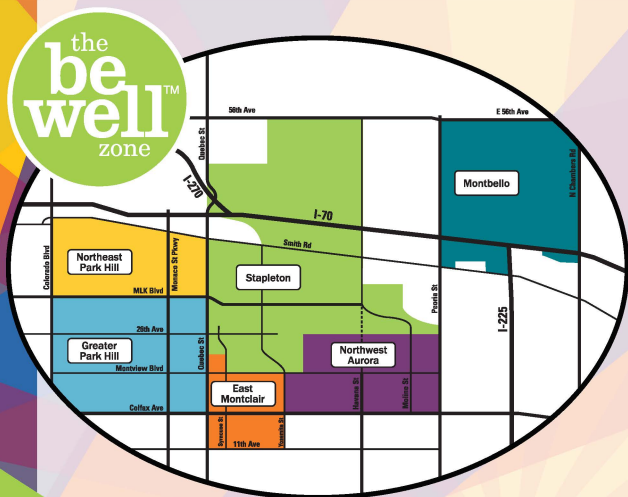
We want to salute those who volunteer their time or go above and beyond their professional responsibility to motivate others, initiate change and/or provide key services to advance healthy lifestyles in the *be well* Zone!

Do you know someone that deserves to be recognized?

Help us identify these incredible individuals who make a difference in our communities. Review the criteria for each *be well* Award category. A youth and an adult will be selected to receive an award (unless specified otherwise).

Anyone is eligible to make a nomination. Nominees must live, work, or make a significant contribution to "healthy living" (as it relates to the categories) in one of the *be well* Zone neighborhoods.

All entries must be received (not postmarked) by January 4, 2017.



GET IN
YOUR
ZONE!
be well

Award Nomination Form

Fill in contact information for yourself and the person you are nominating:

Your Information

Name _____

Email _____

Phone _____

Address _____

City, State Zip _____

Nominee Information

Name _____

Email _____

Phone _____

Address _____

City, State, Zip _____

Select a category for your nominee (one nomination per form please):

☐ ***be well* Physical Activity Leadership Award**

Awarded to a person who has improved their own physical activity habits and has significantly helped others to become more physically active.

☐ ***be well* Community Advocate(s) of the Year Award**

Awarded to a person whose grassroots advocacy, educational and/or outreach efforts have helped others make informed healthy living decisions and engaged additional people as advocates.

☐ ***be well* Preventive Care Leadership Award**

Awarded to a person who has helped to significantly raise awareness around the importance of preventive care and connected others to preventive care resources.

☐ ***be well* Community Service Award**

Awarded to a person, company and/or organization that has provided an outstanding healthy living service(s) to residents (i.e. screenings, physicals, healthy food programs, trash pickup, walking school bus, gardened, hosted fun activities or programs, promoted or advocated for health and wellness in schools).

☐ ***be well* Nutrition Leadership Award**

Awarded to a person who has improved their own nutrition habits and has significantly helped others to eat more nutritiously.

☐ ***be well* Legacy Award (Award recipient must be 18+ years of age)**

This award recognizes someone who has done extraordinary work, made extraordinary leadership since the inception of the award in two or more categories listed above.

Give Us a Story – Using a separate sheet of paper, respond to each of the three proposed questions with a brief (250 words or less) passionate, compelling story about your nominee describing something that distinguishes them as a healthy living champion. Highlight how the nominees actions advance healthy living in the *be well* Zone:

- 1.) Please describe how this extraordinary individual has performed outstanding personal acts to promote health in the category for which they are nominated in the *be well* Zone. Why is this person unique?
- 2.) Detail how this person's acts have helped others and impacted the *be well* Zone (i.e. explain the changes or improvements that this person was responsible for as a result of his/her work).
- 3.) How long has this person been doing this work?

Submit Your Entry Form and Story in One of Three Ways

- 1.) Scan and email to SValeriano@stapletonfoundation.org
- 2.) Complete an electronic form at www.bewellconnect.net/awards.html
- 3.) Mail or Drop off at Stapleton Foundation's *be well* Office, 7350 E. 29th Ave., Suite 204, Denver, CO 80238