



Health and Wellness Initiative

February Newsletter 2017

Congratulations Honorees!!



Nutrition Leadership Award - Jennifer Seward

Jen works meticulously behind the scenes to make sure no student at Northfield High School goes hungry over the weekend or on holiday breaks. She is the Founder of the Critical Needs Committee and Backpack Program at Northfield High School. Since the opening of the school, Jen has organized the generous donations of gift cards to grocery stores, specialty foods, and helps fill backpacks with hundreds of items that have been donated to the Food Pantry.

Community Advocate of the Year Award - Su Baw

Su Baw is a member of the Karen community in Burma. She now leads the Adult Block Captain Program in partnership with *be well* and the Stapleton Foundation at the Asian Pacific Development Center in Northwest Aurora. Su has worked extremely hard over the past year to educate the refugee community in Northwest Aurora via workshops on transportation, mental health, and various other health topics.

Physical Activity Leadership Award - Kevin McKenzie

Kevin has significantly helped others to become more physically active. Recently, Kevin started a free online-based fitness community in which 30-day challenges, healthy meal ideas, meal planning and fitness tips are posted. He encourages community members in the online group to comment or post on threads or videos as an accountability and support measure for completing the challenges. Through this unique approach, Kevin teaches others how to make active living and healthy eating a lifestyle change.

Preventative Care Leadership Award - Kendra Collings

Kendra is the co-leader of the McAuliffe Wellness Committee and has led efforts around preventative care for four years. Kendra focuses on activities such as empowering students to conduct research on improving offerings in the cafeteria, installing vending machines with healthy food and beverages, fundraising and leading construction for two Gaga Pits so more students become actively engaged in movement and activity at recess.

Community Service Award - Jennifer Taylor

Jennifer has provided outstanding healthy living services to residents in the Northwest Aurora neighborhood for eight years. She helped to create a place at Moorhead Recreation Center for youth to get access to healthy foods by partnering with Food Bank of the Rockies for a snack, lunch and dinner program. She also started a youth soccer league and collaborated with local churches to offer a summer camp experience for homeless youth.

Legacy Award - Ann E. White

Ms. Ann, as she is affectionately known, has been a tireless advocate for community for over 30 years. As chair of the Montbello 2020 registered neighborhood organization, she dedicates herself to informing and empowering the residents of Montbello. Ms. Ann volunteers her time at church and partners with other groups to organize community events, such as last year's Montbello 50th Anniversary Celebration.

You Show Daily How
Healthy Communities Truly Start With Us!!



Block Captains



[Click Here to Check](#)

Out the New
be well Centers
Program Video

Impact your Zone! Become a be well Block Captain! **Training Begins March 7th!**

Lead your neighbors, friends and family to a healthier tomorrow as a *be well* Block Captain! Become a Connector, Captain or Coach! It's time to Get in Your Zone and join the movement! Sign-up and join us for an introductory dinner meeting to learn more.

When: Tuesday, March 7, 2017 – 5:30-8:00 p.m.

Where: Parkside Apartments Community Room
7780 E. 23rd Avenue, Denver, CO 80238

First five (5) people to arrive will receive a gift card!

2016 Block Captain Training Program Participants Honored at the 7th Annual be well Awards and Community Celebration

be well Block Captains

Alma Avelar
Essence Moore
Italia Cortes
Marin Moore
Elaine Lopez

Asian Pacific Development Center

Hsar Kee Lar
Jan Po
Gree Na
Ker Ler Paw
Htoo Lay Moo
Ma aye
Htoo Hay

Po Peh
Krer Sei
Has Mlu
Wah Paw
Hser Nay paw
Lah Gay Mu
May Meh
Paw Law Eh

Steamboat Springs

Efrain Cruzado
Anna Vazquez
Juan Ramos





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Out the New
be EPIC
Program Video

be well/be EPIC REACH Coalition Meeting Delivers Helpful Insights

We are in our third year of the REACH project and appreciate the communities help in ensuring all residents have access to health-related initiatives. During the year's first meeting members of the Coalition discussed be EPIC's year three Community Action Plan.

In addition, the group assembled heard from important community partners on research related activities. The University of Colorado-Denver's College of Architecture and Planning delivered its survey findings from questions related to "Is high transportation accessibility associated with greater wellbeing?" The Regional Transportation District (RTD) continued the discussion with insights from a survey it conducted at the Youth Transit Community in 2016.





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Out the New
be well Centers
Program Video

Get In The Zone! The *be well* Zone! FREE Wellness Classes Begin This Week!

Make healthy living a priority in 2017! Join us for wellness workshops and free fitness classes including Zumba, Cardio Hip Hop, Kickboxing, Yoga and more! Classes are held at select Recreation Centers in Denver including Central Park, MLK and Hiawatha Davis! [Click here to register](#) or drop by and register in person! Bring a friend and join the *be well* movement to a better you in 2017! **BELOW IS A LIST OF FEBRUARY PROGRAMS**

MLK Rec Center
3880 Newport St.

Zumba - Monday
Mondays 9:00-10:00am
February 13, 20, 27

Zumba - Wednesday
Wednesdays 9:00-10:00am
February 15, 22

Zumba - Saturdays
Saturdays 9:15 to 10:15am
February 18, 25

Central Park Rec Center
9651 M.L.K. Jr Blvd.

Wellness Workshops
Wednesday February 22
Healthy Brain 6:00-6:30pm
Healthy Heart 6:35-7:15pm

Cardio Hip-Hop
Mondays 6:30-7:30pm
February 13, 20, 27

Hiawatha Davis Rec Center
3334 Holly St.

Wellness Workshop
Tuesday February 14
Healthy Brain 6:00-6:30pm
Healthy Lifestyle 6:35-7:15pm

Tuesday February 28
Healthy Brain 6:00-6:30pm
Healthy Heart 6:35-7:15pm

Yoga
Thursdays 6:30-7:30pm
February 16, 23

Cardio Kickboxing
Saturdays 10:00-11:00am
February 18, 25





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Out the New
be well Youth
Program Video

Youth Block Captains

Nearly 40 youth participated in the 2016 Youth Block Captain Training. These youth explored community organizing and advocacy strategies to lead healthier lives and promote healthy living among their peers on a variety of topics including heart health, nutrition, physical activity, mental health and more!

Cooper Anderson
Damien Crowe
Keduse Daniel
Christian Glassiognon
Wendy Gonzalez
Wilfredo Gonzalez
Imani-Eshe Grimes
Ezana Habtamu
Mercy Habtamu
Kayla Kelley
Arniyah Martin
Cristofer Prieto
Erick Prieto
Zulema Prieto
Samara Quarles
Laurel Quinby

Jeziel Quintela
Giselle Reinhardt
Haley Salazar
Shayla Salazar
Kennedi Saulters
Dagim Shiferaw
Lidet Shiferaw
Yazmine Singleton-Johnson
Jakayla Smith-Johnson
Olivia Tartar
Gabriella Tawedrose
Cesar Tejada
Carmelo Valdez
Steller Wilcox
Taliya Williams
Ebenezer Worku
Meron Worku

Youth Block Captains on the 2016 be well Youth Council

We celebrate a group of dedicated individuals who are committed to encouraging their peers and fellow community members to pursue healthier lifestyles, while also serving as leaders on the 2016 *be well* Youth Council. Collectively as a Council, they filmed two healthy living videos in 2016: one focused on nutrition and healthy meals, and the other focused on anti-bullying.

Karina Becerra
Natalia Becerra
Zia Collings
Martine Dawkins
Gabrielle Day
Sailor Henderson
Tyler Kelley
Kurtesha Lexion

Jose Navarro
Alexia Nevarez
Serio Ochoa
Cynthia Quezada
Alia Quinby
Alaijah Sims
Lorrena Slaton
Lorrena Slaton
Mikaella Tawedrose



Nancy Tejada
Ben Walczak
Hansi Witt





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Out the New
Health Policy
Program Video

Thank You Health Policy Advocates!

The *be well* Health and Wellness Initiative has been at the forefront of efforts to support healthy lifestyle changes in our community. Programs generated by *be well* have resulted in residents being more informed about how to lead healthy lives and advocate for increased access to healthy living resources.

We could not do this work without the support of the elected officials within our districts and beyond. We would like to thank all of our community's Health Policy advocates. We could not do this work with you!

Special thanks to the public officials who were able offer comments at the
7th Annual *be well* Awards and Community Celebration



Councilman
Christopher Herndon



State Senator
Angela Williams



Councilwoman
Stacie Gilmore



Northwest Aurora



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Out the New
NW Aurora
Program Video

Partnership with City Leaders Key to Moorhead Recreation Center Success

The Northwest Aurora neighborhood is a vibrant part of the *be well* Health and Wellness Initiative because of the wonderful partnerships that have been formed with residents, organizations and city leaders. As many know, the Moorhead Recreation Center is a vital community gathering place, and is due to reopen this year as one of our areas best recreation facilities.

The successful redevelopment of the Moorhead Recreation Center can be attributed to many in our community, but one key individual is Director of Parks, Recreation and Open Space for the City of Aurora Tom Barrett. Mr. Barrett strives to seek new and different approaches to provide top shelf customer service and constituent endorsed improvements. The Moorhead project is just the latest example of that mindset.





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Out the New
Partners
Program Video

Thank You for the Support!

Each year at the *be well* Awards and Community Celebration we are fortunate to hear from leaders who are impacting health for the better. This year is no different as we were pleased to welcome Colorado Health Foundation President and CEO Karen McNeil-Miller.

Ms. McNeil-Miller is the steward of the Foundation's strategic direction and overall mission to improve the health and health care of Coloradans by increasing access to quality health care and encouraging healthy lifestyle choices. The Foundation engages in communities across Colorado through grantmaking, public policy and advocacy, private sector engagement, strategic communications, evaluation for learning and assessment and by operating primary care residency training programs.

Additionally, attendees were treated to the talents of ensemble members from Cleo Parker Robinson Dance. In more than four decades, Cleo Parker Robinson Dance has developed into an internationally esteemed organization that operates beyond the traditional performing arts model by focusing on four pillars – the Academy, the Theatre, Education programs and the world-renowned Ensemble.

