



FALL 2019

## COALITION CO-CHAIR CORNER

Our coalition meetings this year have focused upon the multiple inputs and stakeholders for our upcoming long-term coalition strategic planning. We looked at the Community Health Needs Assessment & had a lively discussion amongst some of our agency stakeholders. The conversation will continue Nov 13, when we will hear the voices of coalition partners who work day-to-day with individuals who have some of the largest health disparities in our community. We welcome your contribution and participation in our long-term strategic planning in January.

On a note of thanks-giving, we would like to thank Jenny Fertig for her passion, service & leadership as the inaugural Healthy Chesapeake Executive Director. We would not be where we are today without Jenny's vision, enthusiasm & can-do attitude. She will be missed greatly as dedicates more time to her family. Serving as Interim Executive Director, until a full-time replacement is selected, is our own Dr. Nancy Welch. Thank you both for your dedication to building a culture of wellness in Chesapeake!

Be Well,  
Wendy Schofer, MD

*Thanks so much!*

- **Historic Greenbrier Farms** for the pumpkins (pictured above) for the annual Pumpkin Social hosted by **Cambridge Square Apartments** and the **Chesapeake Youth Advisory Board**.



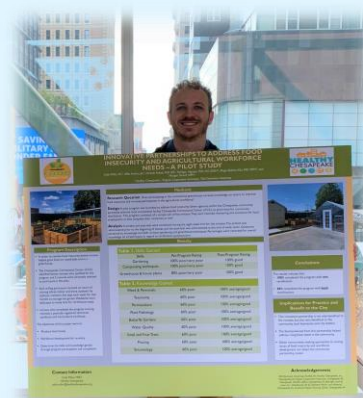
- **Foodbank of South Hampton Roads and the Eastern Shore** for donating food to the **Chesapeake Regional Transitional Care Clinic** and our HUB clients. From their donations, the clinic's cabinets are now full and our HUB clients will receive approximately 20lbs of healthy meals and produce per week.



- **Trident Beverage** for donating equipment to and working with Chesapeake Public Schools this summer. The kids loved the smoothies!

## CONGRATULATIONS

To **Calib Miller**, our Food Connection Program Manager, for being selected as a poster presenter at this year's American Public Health Association (APHA) conference in Philadelphia, PA. The focus of the presentation was the Women's Correctional Center Garden project, in collaboration with the **Sheriff's Department, Virginia Cooperative Extension, ODU Center for Global Health, Southeastern Virginia Training Center, Chesapeake Master Gardeners, and Tidewater Mulch & Material**. Calib is currently seeking is PhD in Leadership and Change at Antioch University.



Population Health Arm for the Chesapeake Health Department

[www.healthychesapeake.org](http://www.healthychesapeake.org)



# PROGRAM ACTIVITIES



## Healthy Chef



Food rescue from **Operation Blessing** has been a great success. Produce has been incorporated into many Food Connection programs. Surplus items are distributed weekly to low-income seniors in our community.



We also continued to serve healthy food demonstrations at the Chesapeake City Marketplace for approximately 100 people a week throughout the fall.



## Garden2Table



The Healthy Chesapeake Seed bank located at **Southeastern Virginia Training Center** is once again stocked and ready for orders, thanks to the overwhelming generosity from our partners at the **Chesapeake Walmart Stores, Hillcrest Parkway** and **Battlefield Blvd.** Garden partners are invited to come to Southeastern to get seeds and supplies and have a chance to meet all of us here or we are always ready to fill an order and deliver. Contact Calib Miller for more info.

[calib.miller@healthychesapeake.org](mailto:calib.miller@healthychesapeake.org)



300 sweet potatoes were harvested by the **Girl Scouts** at **Messiah United Methodist Church** and donated to the **House of Blessings**.

## FIT

Special thanks to **LIFT Fitness Foundation** this summer who served 41 children at Boys and Girls Club 24 children at The Rivers Apartments at Harbour North and (attendance varied). Sessions included: nutrition, yoga, pre and post assessments, jump rope, games, sports, introduction to barbell, dancing, taste testing new foods and more!

**SPARK Youth:** We launched a drum and dance pilot at two summer youth sites to increase utilization of the summer lunch program as well as increase physical activity. They hope to perform at the **Buffalow Family & Friends** Thanksgiving day event.



**SPARK Seniors:** The **Cambridge Square** Sewing Club has been busy making recycled woven plastic animal feed and litter bags. They will be used as welcome bags for the **2020 National Association of County Agriculture Agents – Annual Meeting & Professional Improvement Conference**. This meeting is being held in Virginia for only the 2nd time in over 100 years at the VA Beach Conference Center. The first meeting was held in 1974 in Richmond.



**FIT:** The Camelot Walking Path was completed by **Chesapeake Parks, Recreation and Tourism**. Our FIT Team will be using funds from the **Virginia Walkability Action Institute** to add counters measuring usage of this path and other paths in the community.



Healthy Chesapeake is a coalition committed to building a culture of wellness that supports, sustains, and advocates for a healthier Chesapeake. For more information call (757) 690-8970 or email [info@healthychesapeake.org](mailto:info@healthychesapeake.org)

## EVENTS



Save the  
Date!

## Making Connections: Voices from the Community

November 13, 2019

9:00am – 11:00am

Chesapeake Regional Lifestyle  
Center

800 N. Battlefield Blvd, Chesapeake

### GET INVOLVED

**Here are some ways that you can help your community be healthier!**

**Volunteer:** If you'd like to get involved, please reach out to us at [info@healthychesapeake.org](mailto:info@healthychesapeake.org) & we will follow up with directions.

**Youth:** Plan fun community activities like a jump rope competition, a volleyball tournament, or a recycling drive.

**Church:** Plant a food pantry garden, host a neighborhood cookout, or hold a free concert.

**Business:** Encourage exercise, invest in healthy incentives, and be mindful of the mental health of your employees.

**Donate:** Any donations are welcome at the Healthy Chesapeake website under the donate tab.

### Program

We will discuss the areas of possible engagement with our site delivery partners to meet community needs. This will help guide the construction of the Healthy Chesapeake long-term strategic plan early next year.

A panelists of community partners will be sharing their insights.

Come work with us, listen, ask questions, and get information to direct our future planning.

[Please Click Here to RSVP.](#)



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