



Chesapeake Arboretum

APRIL 2020



We're All
In This
Together

FEED THE FEEDERS

Addressing the community's needs during a pandemic - we focus upon our food access and utilization programs as their importance is paramount now. We are proud to provide lunch for 45 members of the Chesapeake Public Schools cafeteria and transportation staff to help them remain mission capable. Our goal is to Feed the Feeders Monday-Friday until Friday, June 12th (the traditional start of CPS Summer Feeding Programs).

We hope to help CPS staff bridge the COVID-19 gap back to normal operations. After conducting a two-week pilot, Healthy Chesapeake determined that we were able to feed 45 CPS staff for an average of \$7.50 per person, or \$337.50 a day. As a local nonprofit we have limited resources, so we are asking you to consider sponsoring a day. It takes a village. Please visit our GoFundMe page at: gf.me/u/xuwhkb



Food security is a big concern for our families, so we've made it easy to find what you need, when and where you need it. Thanks to our AMAZING partners at **Access Partnership** and **ABBA List**, a list was created showing food pantries in Chesapeake.

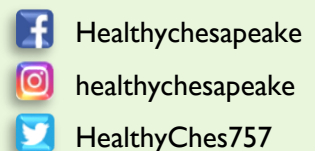
For more information, please check out the [map on our home page](#) or the [printed list in our blog](#).

Physical distancing for safety means Healthy Chesapeake Coalition partners have had to modify or suspend signature programs that involve social groups. We have evolved to address community needs through:

- Developmental Supports
 - Research and identify emerging funding opportunities related to COVID-19
 - Review innovative crisis responses from around the country for local implementation
 - Ongoing best-practice
- Increased Social Media Presence
 - Amplifying partner actions on social media
 - Connecting volunteers with partner needs
 - Emphasize staying active mentally and physically with physical distancing



Population Health Arm for the Chesapeake Health Department
www.healthychesapeake.org



COVID-19 RESPONSE

Mind Full, or Mindful?



During this time of stress and uncertainty, it is more important than ever to take care of your mental, emotional, and physical health.

Breathe Deeply.
Show Compassion.
Meditate.

You are worth it!

The HUB has moved to a "supply focused" outreach rather than in-person counseling. Any counseling is done via phone. Continued thanks to the **Foodbank of Southeastern Virginia** for providing food for our clients. On April 2, just over 1,300 pounds of food was distributed with recipe cards to 18 clients. Food is placed in the trunks of their cars to avoid contact.



A very special thanks to the following partners for donating supplies to our activity bags. These items have been given to Buffalow Family & Friends to distribute with their meal delivery as well as included in bags that are handed out to seniors and homeless families who are staying in hotels. All items provide support for physical and mental activity while staying at home.

- Chesapeake Health Department
- Chesapeake Regional Healthcare
- Chesapeake Census Counts
- Chesapeake Commonwealth Attorney's Office
- Chesapeake Human Services
- Chesapeake Integrated Behavioral Health
- Chesapeake Police Department
- Chesapeake Public Library
- C.A.S.T.
- Chesapeake Task Force on Aging



A very special thank you for the color activity books that were included in the lunches distributed by the Buffalow family. We had crayons left over from the summer reading program that they added to the bags. Healthy Chesapeake's contribution was very much appreciated.

– Joemann W.



Stay in Place.
Maintain Your Space.
Cover Your Face.



Cambridge Square Senior Apts (150 residents) are now receiving meals three times per week from:

- **Mercy Chefs**, two times/week
- **Senior Services of Southeastern Virginia**, once/week
- **YNot Pizza** provided meals to residents for a pizza night (3/26/2020)

Office staff are delivering the meals, while wearing proper PPE. They are so excited and report that the meals are delicious.

Mercy Chefs have also been connected with **The Crossings Apartments** and **Governors Pointe** to set up delivery of meals.

HEALTHY CHESAPEAKE #stayhome #stayhomesavelives
www.vdh.virginia.gov/coronavirus

VOLUNTEER



If you'd like to get involved, please contact us at info@healthychesapeake.org

SHOUT OUT

...to the followers on our social media accounts and to **Kimi Stevens** for leading the charge on Facebook!!

We've loved sharing our partners' news and with your help, our stats have soared!!

Facebook (March 12 – April 8)

- Likes up **450%**
- Followers up **450%**
- Engagement up **8,009%**
- Video Views up **13,894%**

THINGS TO DO AT HOME



Plant a Container Garden



I took these photos from our garden box last summer as the basil and tomato plants were really starting to grow. Thank you again for this amazing box. It has helped my kids be a part of the growing process and prompted them to eat their vegetables. This is a great program you all started. And I will take more pics this spring of our actual tomatoes coming in.

Thank you,
Danielle B.

Cook with Your Kids



The Edible Education cart at **Atlantic Shores Christian School** reached 238 students and faculty during January. Some of the items prepared included:

- Braised greens
- Eggs with fresh garden herbs
- White bean and kale soup
- Fresh salsa and marinara
- Corn salsa
- Southwest omelet
- Ginger “tonic”
- Pineapple smoothie
- Garden rainbow salad

Take a Walk

GirlTrek: Norfolk-Virginia Beach, Virginia (Hampton Roads GirlTrek) hosted their Meet and Greet/Kickoff event in January.



Healthy Chesapeake provided “swag bag” items to the participants which included pedometers, fans, safety vests, and cooling towels. One participant was planning to order a safety vest, and said it came right on time. Another said the cooling towel makes for a nice scarf, too.

Walk outside and visit parks while maintaining social distance of 6 feet!

Teach Someone a New Skill



Earlier this year, one of the residents at **Kemet House** was navigating their way through the internet on a computer purchased from the **TCC Computer Club**. Way to go!

CONGRATULATIONS



Healthy Chesapeake was selected by the **Chesapeake Environmental Improvement Council** to receive the **2020 Community & Communications Award**. The Environmental Awards Luncheon honors local individuals, community groups, schools, & businesses with recognition for their outstanding environmental projects. The Luncheon is part of the overall Chesapeake Conservation Conference, which brings together the environmental & conservation community for a day of networking, planning & learning.

Congratulations, **Kiara Baxter** (daughter of **Christina Eckstein** with **CarePatrol** and **TRIAD**) for being selected as a National Gold Award Girl Scout nominee. She and her team established the community garden at **Messiah United Methodist Church**.

Congratulations, Christina, as well! Often, parents put in as much work as their children on these projects. Thanks also to **Beth Reitz, Coalition Co-Chair**, for connecting Ms. Baxter with the church and Pastor Robinson for hosting us.

10 projects will be selected nationally in mid-July as Gold Awards. Kiara has a good chance but regardless of the results, she is a champion to Healthy Chesapeake.

