



July 16, 2007

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Don't miss the next *Healthy Hometown Advisory Council Meeting*, Monday, July 23rd at 2:00 pm in the Mayor's Gallery at Metro Hall. Please RSVP to mary.bradley@louisvilleky.gov.

This is a very special meeting which will focus on the upcoming *Mayor's Healthy Hometown Pedestrian Summit* planned for spring of '08. Joining Mayor Abramson and Dr. Troutman for this important meeting is Mark Fenton, contributing editor to *Health* and *Heart Healthy Living* magazines and author of numerous books, including "Pedometer Walking" (Lyons Press, 2006) and "The Complete Guide to Walking for Health, Weight Loss, and Fitness" (Lyons Press, 2001). He is an entertaining, persuasive, and knowledgeable walking advocate, and one the nation's foremost experts on its' favorite exercise.

Mark will speak on "The Power of Walking" in preparation for our 2008 Pedestrian Summit. He will "walk" us through some of the opportunities and challenges we will have to navigate as we work toward a Community Plan for Walking Accessibility.

Mark will also preside at a *Mayor's Healthy Hometown Public Forum* on "The Power of Walking," at 7:00 pm on Monday, July 23rd at the Clifton Center. This event is free and open to the public. Please encourage all of your friends and colleagues to come and learn more about what individuals, groups and cities can do to become part of more pedestrian-friendly communities.

MORE BIKES!!!!!! Subway Restaurants is once again giving away 7 Trek 280 bikes to 7 lucky winners as we lead up to our Labor Day Healthy Hometown Hike & Bike. Go to www.louisvilleky.gov/health/mhbm and register to win! This is all part of Subway's sponsorship of our 2007 Hike & Bikes. Meet us at Waterfront Park on Monday, September 3rd as we enjoy another family-friendly tour of some of the more scenic routes through Louisville. More details to come!

Healthy Hometown Partner News:

Congratulations to the 2007 Mayor's Healthy Hometown Mini-grant recipients! Twenty-three organizations received grants totaling \$70,000 to develop physical activity or nutritional programming for their communities. Applications for the 2008 Healthy Hometown mini-grant program will be available right after the first of the year. **The 2007 recipients are:**

- **Americana Community Center** –soccer for high risk middle and high school age youth
- **Bates Community Development Corporation** – support "Broccoli and Basketball" program that provides year-round exercise, health education, and healthy life-style workshops for residents in Smoketown and Shelby Park
- **Bicycling for Life** – a program for children aged 10-14 years to take numerous 10-23 miles bicycle rides.

- **Bridgehaven** – provide fitness programs, nutrition education, and preventive health to mentally disabled persons.
- **Cardinal Hill Rehabilitation Center** – support a program for children with disabilities entitled “Creative Beginnings.” This program is weekly fitness and nutrition classes.
- **C.H.O.I.C.E., Inc.** – CHOICE Into Action 28-week physical activity and nutrition education after school program at Meyzeek Middle School for adolescents 13-17 years of age.
- **Community Farm Alliance, Inc.** – program that offers fresh, wholesome food in poverty-stricken neighborhoods managed by Urban Fresh, six urban youths aged 16 to 26.
- **Dreams With Wings** – engage individuals with mental retardation in aerobic, strength training and stretching activities.
- **G & H Special Projects LLC** – a two-week long youth “Step” camp which combines dance, cheerleading, and Greek Stepping for youths aged 8 to 14 years.
- **Kentucky Hemophilia Foundation, Inc.** – support children who have hemophilia at “Camp Discovery,” a residential summer camp structured to improve physical and emotion health status of children aged 7-15 years.
- **Let’s Sweat, CDC** – for girls age 5-18 to join the Unique Dance Team that provides competitive dance training and a 300 Plus Mile Walking Club.
- **Louisville Central Community Center** – the “Uniquely You” program for high-risk youth ages 6-18 in the Russell Community – hip hop aerobics and dance.
- **Louisville Youth Training Center/Tap Into Fitness** – a program that teaches school age children good nutrition and physical fitness and how consumerism impacts health choices.
- **Maryhurst, Inc** - address wellness issues for girls on-campus and through the Heuser Clinic.
- **Neighborhood House** – for the “Get Fit, Kids” program, movement to music for preschool children.
- **Plymouth Community Renewal Center** – Youth in Action “Taking Charge” program.
- **Portland Promise Center** - encourage community members to become volunteers for youth physical activity programming.
- **Quinn Chapel AME Church** - provide a multidisciplinary community-based, family focus health and wellness program that includes weekly exercise class, health and nutrition behaviors with cooking demonstrations.
- **Refuge Community Development, Inc.** - LEAPS, a fitness and nutrition program, for adults and youths.
- **Russell Neighborhood Development Authority, Inc., “9th Street Farmers Market”** – provide farm fresh foods to persons in an urban community and utilize 10-24 year olds in a retail marketplace operation.
- **St. Benedict Center for Early Childhood Education, Inc.** – fitness program for 8-12 year-olds

- **Wayside Christian Mission** – family emergency shelter exercise program
- **Wesley House Community Services, Inc.** - promote physical fitness to its clients and to the residents of the Preston Highway, Newburg and California neighborhoods.



GLI, the Metro Chamber of Commerce, the Healthy Hometown Worksite Wellness Committee and the Ford UAW Health Alliance are coming together to present a conference on Worksite Wellness, its importance in the workplace and ideas for program development in late September. Watch this space for more information and to register.

The *Mayor's Healthy Hometown Movement News* is designed to keep you informed of important Healthy Hometown Happenings as well as create a communications connection for all *Healthy Hometown* partners and interested participants. We encourage you to share any news, events and updates generated through your organizations and efforts ---all part of the Mayor's goal to make this one of the healthiest communities in America.

To submit information for publication consideration, please **DO NOT HIT REPLY**. Send edited items, including specific dates and times for events to smlcomm@aol.com. Please include any pertinent web links and an e-mail source for more information.

This is a publication of the **Mayor's Healthy Hometown Movement** and is distributed through the Louisville Metro Department for Public Health & Wellness. Please feel free to share this newsletter with anyone who has an interest in a healthy community. If you do not wish to receive this newsletter please notify us at mary.bradley@louisvilleky.gov.