

La Pine "Health and Wellness" Group

April 23, 2024

Deschutes County Library, La Pine

Meeting Notes

Attendance: Megan Lindley, Kathy DeBone, Rya Fennewald, Emily Ralston, Katie Ahern, Brandi Borton

1. Reviewed our work from our February meeting and results from the exercise:
Results from the brainstorming activity led to focus areas for our team. The focus areas included: food (nourishment), education, outdoor, and fitness. Under each focus area, we had headlines that defined the work.
2. Activity: We read all the comments and comment to another focus area if it was a better fit, we discussed possible focus area names and did a sticker vote for the five most important items to prioritize. Please see the focus areas, comments, and sticker vote results below.
3. We discussed who to invite to our next meetings:
Chamber of Commerce
Courtney City Council and Clinic
Jeff Wullschwer City Manager also chair of Newberry Regional
Scott Olszewski
Jessica Macyntire (La Pine Fitness Owner)
COIC Julia Baumgartner, Sommers Taylor
COCC- Erin Morgan Zone 7 elected representative
Deschutes Land Trust- Rika Ayotte
Housing Works- Victoria
Mountain Star
NeighborImpact
Erin Heyl- invite the people from her group
4. Community Health Center to house this group
What are we asking of the Health Center, What does it mean for them?
 - Website development and management
 - Manage the grants- Fiscal Sponsorship (we could track the money, but need it housed)What are they getting:
 - Advertising
 - Healthy, engaged community.

1. Food (nourishment)

- a. New hotel focuses on outdoor recreation and farm visits

- b. La Pine Wellness group offers cooking course featuring locally sourced ingredients
"I has so much fun with my friends at the cooking class and I learned a new way to use kale!" ~~moved.~~
- c. La Pine gardeners gather to share the bounty of their labor's while supporting food access.
"So much delicious produce! Thanks for organizing."
- d. La Pine restaurant earns gold seal of wellness for offering at least 5 healthy options on their menu.
"Always looking for places to eat that I trust has quality ingredients. Go to XXX for a healthy and good meal. The atmosphere is wonderful!"
- e. XXX host the largest community dinner in Oregon!
"Such a fun community event!"
"Tried some of the new amazing foods at the community dinner!"
"The food was locally sourced the community dinner. Fabulous! Thank you to all the health and wellness venders that attended!"
- f. On-line farmers market connects small local producers to residents and restaurants in La Pine.
"I love the ease of making my market order online."
"Lover ordering my veggies online and picking them up. So quick and easy!!"

2. Education-Get Knowledge (skills, classes, life long learning) or Get Smart?

- a. COCC and OSU Cascades partner for food innovation center as a La Pine outreach Hub.
"I learned how to can my veggies here, Thanks!"
- b. La Pine Health fair and La Pine Kids Expo
"I'd love to attend and get involved. Maybe we could do a cloths/toy swap too!"
- c. A new cross generational early learning center opens with support from the La Pine Activity Center
"My daughter loves going today care now playing with Grandma Jane. Fun and Affordable."
- d. Come to this year's community resource fair for healthy connections!
"I went to the resource fair today and discovered I can that transportation is available for my doctor appointments at no cost!"
- e. La Pine Wellness group offers cooking course featuring locally sourced ingredients
"I has so much fun with my friends at the cooking class and I learned a new way to use kale!" **(added)**

3. Outdoor Get Outside **(recreation, economic or access to outdoor)**

- a. Tourists come to La Pine for the new historical bike route and spend their money!
"It is so fun to learn about the natural history where we live while getting active as a family."
"This is a great idea to bring tourists to the area."
- b. Walking tour guides La Pine residents to local businesses along nature trails!
"Love how we can combine movement with supporting local businesses."
- c. The La Pine Youth Center is hosting a ribbon-cutting ceremony for its' new skate park!
- d. **Deschutes Land Trust opens to the public**

4. Fitness (need another word for this movement?) Get Moving!

- a. Please join us for our Annual 5K Run/Walk supporting local food banks.
"Great way to decrease stigma, raise awareness and support our local food banks!"

- "I am so happy to be part of a community that supports all of its' residents!"*
- b. Call all Seniors to join us for a mobility/balance class! **(could be education)**
"The exercise classes at the senior center are a great way to move and connect!"
 - c. La Pine celebrates the opening of a new fitness facility with a new pool!
"My kids have turned into fish since the opening of the new pool!"
 - d. Joining a movement-based community group has never been easier!
"I have never felt better! Movement and conversations. Thank you for getting me out of the house."
"Amazing group of people that work on very important projects!"
 - e. Can help with your Health New Year's Resolutions.

Star Sticker Voting Results

- 1. Get Nourished
 - 2 stickers: La Pine gardeners gather to share their labor while supporting food access.
 - 3 stickers: XX hose the largest community dinner in Oregon
- 2. Get Knowledge
 - 1 sticker: COCC & OSU Cascades: partner for food innovation center as the La Pine Outreach Hub
 - 3 stickers: La Pine Wellness group offers a cooking course featuring locally sourced ingredients
 - 1 sticker: La Pine Health Fair and La Pine Kids Expo
- 3. Get Outdoors
 - 2 stickers: Walking tour guides La Pine residents to local businesses along the nature trail
 - 4 stickers: Deschutes Land Trust opens to the public
- 4. Get Moving
 - 2 stickers: Please join us for our Annual 5K run/walk supporting local food banks
 - 4 stickers: Joining a Movement-based community group has never been easier!