

La Pine Health and Wellness Group
February 27, 2024
Deschutes County Library, La Pine
Meeting Notes
Attendance: Rya, Brandi, Katie, Emily, Tracey

Reviewed our thoughts from this past year and examples of coalition groups:

Newberry Partnership
Review of documents
Donna from Crook County on the Move

Strategic planning activity:

We participated in a brainstorming activity to lead to focus areas for our team. This started with a mock social media post of what we wanted the post to say about our workgroup work in five years. We started with a headline and then added comments that went with the headline. Next, we grouped all the headlines/comments into common themes. We concluded with a rough draft of a name and mission.

Cover story activity: We got creative and thought big about health and wellness in La Pine in the next five years through a mock social media post.

- Step 1: What will the headlines say about this group's good work toward your big vision in La Pine? (yellow sticky notes)
- Step 2: What are community members saying or doing differently as a result of our work? (blue sticky notes)
- Step 3: combine the various headlines into themes.

The four DRAFT themes along with the headlines and comments are:

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!"
- 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

- 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!"

3. Outdoor

- a. Tourist 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 tourist to the area."
- b. Walking tour guides La Pine residents to local businesses along nature trail!
"Love how we can combine movement with supporting local businesses."
- c. The La Pine Youth Center is hosing a ribbon cutting ceremony for its' new skate park!

4. Fitness (need another word for this- movement?)

- 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!
"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 Years Resolutions.

Draft Group Name Start: Building Community

Next Steps

Between meeting, please review our work and think about theme titles, changes, or additions. Please send me an email with contact information for anyone else you think might be interested in our group to invite.

We will not have a meeting in March. Next meeting will be April 23rd, noon at the La Pine library.