

La Pine “Health and Wellness” Group
October 22, 2024
12:00 pm- bring your lunch
Deschutes County Library, La Pine

Meeting Notes

FEAST presentation from Amanda and event planning discussion. Please review the attached presentation. We did not receive the FEAST grant (FEAST stands for Food, Education, Agriculture, Solutions Together), so we are not obligated to their meeting structure. However, we will use it as a guideline to help us plan. Our community meeting will focus on general food systems. These events are a time for community conversations around food systems and to work towards community food security.

Our Get Nourished subgroup will center around working together in La Pine to create positive changes in the food system and the community.

Roles of our team for this event include:

1. Outreach
2. Coordination
3. Organizing and follow-up
 - a. Project lead: Amanda and Megan
 - b. Engage in networking and advocacy TBD
 - c. Mentor community with their projects TBD

There are two recommended formats to have a FEAST event. We chose the short agenda format because it is a more flexible and accessible form. A draft outline of the community meeting agenda is:

Draft Event Outline:

Part 1: Food security solutions and discussion

- a. Community-specific data – we share information about La Pine (research jobs available, educational level, school information, etc.)
- b. Identifying current resources
- c. Showcase what is already happening.

The idea is that we want to call the resources we know already exist in town. We will then create a slide from this information and have the organization approve it. We will also want photos. These folks can have the floor at the meeting and talk about their organization and available resources.

Part 2: Integrating healthy foods into existing community events

- Define: what is a ‘healthy’ food
- We need to figure out how to incorporate healthy foods into an event (for example, food vendors have a star for their LP Health and Wellness option).
- Promoting questions

Timeline for Community Event:

Venue: Activity Center

Childcare: need someone for childcare

Food: ask the Activity Center about food options and cost

Transportation to invite: Dial a ride should be free (Brandi will explore). Add this information to the invite.

Flyers and social media

Invitations: we only want to have community partners working with food security for our first meeting. *We need to flush this out*

ACTION STEP: review page 8 of the presentation, FEAST Activity Ideas for our next meeting.

ACTION STEP: come to the meeting ready to chat about-

What do we want to get out of this partnership meeting?

1. What do we want: what are we hoping to get from attendees -nourished zone
2. Identify stakeholders
3. Contact stakeholders' plan

November: Website update from Megann: Facebook for now?

November: Name and mission statement (Get Nourished, Get Knowledge, Get Outside, Get Together)
Gather SoKo: Building community engagement through access to nourishment, knowledge, outdoor activities, and being together, serving southern Deschutes and Northern Klamath Counties.

November: Add contacts to the link: <https://oregonstate.box.com/s/hybf342hraq2iwoz37uk2oow5zt6xb6>. Please add contact names to this spreadsheet.

We discussed dates for upcoming meetings and for our community conversations. Please review the following days and times and let Katie know if these do not work for your schedule:

- Our next meeting is on Tuesday, November 26th. We realize this is the Tuesday before Thanksgiving. We will have a Zoom option for those who cannot attend in person.
- We rescheduled our December meeting for Tuesday, December 17th. This is only a Zoom meeting option—no in-person.
- January is our regular Tuesday – January 28th
- We moved up our regularly scheduled February meeting to Tuesday, February 18th. We are hoping to invite community members to this meeting.

1. Get Nourished (food resources in town, access, events)

- a. La Pine **gardeners** gather to **share** the bounty of their labor's while supporting **food** access. (**)
"So much delicious produce! Thanks for organizing."
- b. 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!"*
- c. 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 vendors that attended!"
- d. **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."*
"Love ordering my veggies online and picking them up. So quick and easy!!"

2. Get Knowledge (skills, classes all, lifelong learning)

- 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 to daycare 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 (***) (question: does this belong in Get Nourished? We decided to tag)
*"I has so much **fun** with my friends at the cooking **class** and I **learned** a new way to use kale!"*

3. Get Outside (recreation, economic or access to outdoor (hunting, fishing, water safety), maps, accessibility)

(Questions: Get Outside to Get Moving: combine or keep separate? Maybe separate by age?)

- 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**. (***)
- e. **New** hotel focuses on **outdoor recreation** and farm visits

4. **Get Together (mental health, clubs, social, support groups wellness)**

- 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: tag)
"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! (****)
Ex. Walking group
"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!

Website Suggestions:

- 1. Tag between groups
- 2. Put all classes in knowledge and tag to other groups
- 3. Add events calendar