

La Pine “Health and Wellness” Group
November 26, 2024
12:00 pm- bring your lunch
Deschutes County Library, La Pine

Agenda

Welcome and Introductions

- 1. Brandi and Amanda report on Newberry Regional Partnership at Thriving La Pine Group**
 - a. Emergency Room- biggest community identified need
 - b. Food Access- actually had a lot of feedback.
 - i. Question: does our group fit in under there?
 - c. Read the attachments for more information
2. Questions/Review FEAST Activity
None
3. What do we want to get out of this partnership meeting?
 - a. What do we want: what are we hoping to get from attendees -nourished zone
 - a. Benefits of small group
 - i. Focused discussions
 - ii. Better idea of the resources available for food
 - iii. Find the gaps
 - iv. Information gathering
 - b. Amanda – inviting a broader community might need to consider the date and time. It is currently in the middle of the day
 - b. Identify stakeholders- grocery stores, community kitchen, St. Vincent de Paul, Neighbor Impact, Giving Plate, Senior Center, Meals on Wheels, Fan, Veterans Outreach, Growers, restaurants, Churches, Foods, Dial a Ride, Northern Klamath Farmers Market
 - c. Contact stakeholders' plan
 - a. Booking Activity Center
 - b. Dial a Ride? For community
 - c. Childcare? Not for this one
 - d. Library?
 - e. Food- \$2,000 by March

Invites –

Sent out before Christmas and again in January

Goal of the meeting-

Focused discussion,

understand the services for food access

identify the gaps of food access

Create a network to share about new programs or funding to allow better community support.

Identify opportunities for partnerships and collaboration opportunities.

What do people providing these services want to see?

Should we share some ideas of what this could look like?

Next steps:

1. Craft email – Amanda will get it started and share out, if they cannot make it, can you still provide your overview or send someone to represent.
 2. List of contacts- add to ongoing contact list – December 6 for internal deadline, email out December 11 or 12.
 3. To think about- meeting outcomes, how to facilitate the meeting, group name- Living Well La Pine
 4. February 18 12-2 at the library
 5. Catering Options? Brandi will look (Blue Bite) (Harvest Depot) (Mexican Food) (Bee-licious)
4. Newberry Partnership meeting report: Brandi and Amanda
Newberry Regional Partnership at Thriving La Pine Group
 - a. Emergency Room- biggest community identified need
 - b. Food Access- actually had a lot of feedback.
 - i. Question: does our group fit in under there?
5. Website update from Megann: Facebook for now?
 6. Group 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.
 - We all agreed that the mission statement is great, and looked at names again
 - Living Well La Pine
 - KNOT as a logo idea
 7. Add contacts to the link: <https://oregonstate.box.com/s/hybf342hra92iwoz37uk2oow5zt6xb6>. Please add contact names to this spreadsheet.

Tracy- SNAP Restaurant Movement- for specific populations to use SNAP for meals at restaurants. Through ODHS.

Next meetings:

- 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