

**Living Well La Pine Meeting Notes**  
**December 17, 2024**  
**Virtual 12:00 pm- bring your lunch**  
**Deschutes County Library, La Pine**

**Agenda**

**Welcome and Introductions**

1. We review Amanda’s fabulous email and made edits. It is ready to send out to community members.
2. Below is a summary of the purpose of the February meeting and invitees

Folks present on their program and Tracey volunteered to write the information on big stick notes  
 Map out existing resources with partners in the field on a calendar and map of the area  
 Identify gaps: the result will be to brainstorm gaps in services

**Supplies:**

- Katie: markers, name tags, sign-up sheet,**
- Amanda: large post it notes for Monday-Friday plus calendar.**
- Rya: looking into maps of La Pine**
- Brandi: lunch and serving utensils**

3. Add contacts to the link: <https://oregonstate.box.com/s/hybf342hraq2iwoz37uk2oow5zt6xb6>. Please add contact names to this spreadsheet. It should be open to all of us for edits. Please note that you will need to open the document online to make the edits. When you close out of the document, it should automatically update for you.
4. We agreed that this is tabled for now -Website update from Megann. Let’s discuss a Facebook page for now

Date	Activity	Person	
Before Dec 25	Email Invite	Amanda	
After Jan 1	Email Invite	Amanda	
	Contact List	Katie	
	Catering	Brandi	Bend catering companies will come to La Pine: Cinco de Mayo (by order); Thai will deliver: Harvest Depot: Dropping Beats: Life in Time Purchase disposable stands
	Finalize details	Megan and Amanda	Agenda, committee roles, (include introduction of our group and mission statement slide); format for sharing (what are we asking)
	Meeting Supplies	Everyone	Please see the information above

Feb 18 Tue	Community Meeting	Everyone	What are our roles?
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**Next meetings:**

- January is our regular **Tuesday – January 28<sup>th</sup>**
- We moved up our regularly scheduled February meeting to **Tuesday, February 18<sup>th</sup>**. We are hoping to invite community members to this meeting.
- March 2025 TBD

Adjourned at 1:03 pm

MISSION STATEMENT: Building community engagement through access to nourishment, knowledge, outdoor activities, and being together, serving southern Deschutes and Northern Klamath Counties.

**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