

La Pine “Health and Wellness” Group

May 28, 2024

Deschutes County Library, La Pine

Meeting Notes

Present: Emily and Amanda from High Desert Food and Farm Alliance

Tracy from ODHS Community Partnership Coordinator- Resource Side

Rya from the library

Brandi and Katie from OSU Extension

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 reviewed all our comments, focus names and activities in our four core areas of Get Moving, Get Outside, Get Knowledge, Get Nourished. The team decided on Get Together instead of Get Moving (include mental health component). Everything else will stay the same.
3. Activity: We briefly thought of a group name. One thought was Gather in La Pine and we will revisit this during our meeting in June.
4. Activity: We then used markers to highlight important or recurring words or thoughts in each subgroup to help us create mission statements. We will start our June meeting looking at these key words.
5. Grant Opportunity. Tracy reported on a grant opportunity from Jefferson County Health Department. They have a grant for people in need of car seats. Participants should pay \$40 for a car seat or \$10 for a booster with proof of service. ODHS could potentially help with the cost. ODOT can fund this with a partner. Prineville does not have a partner now. North Bend Fire Department does it. La Pine needs a partner to offer. Maybe WIC, Mountain Star, LPCHC Community Workers. The class to get certified is 4 days.
6. Brandi reported about community meetings attended last week. La Pine 2045- The community had a lot of interest in increasing parks/green space as well as increased walking opportunities. A few groups brought up the new Deschutes Land Trust purchase and tying it into walking trails throughout town. La Pine School/Community Partnership Meeting hosted by Cheyanne at the High School. There are lots of groups gathering and starting work in La Pine. The South County Collaborative, Better Together, and Camp Fire have a new or increased presence in La Pine.
7. Megan will report next month on a potential partnership La Pine Community Health Center.
 - a. 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 somewhere else)
 - b. What are they getting
 - Advertising
 - Healthy, engaged community.
8. We discussed who to invite to our next meetings: (please add contact information)
People were invited to add to the hard copy Katie brought to the meeting. We decided as a group to start inviting people to the next meeting.

Group	Name	Contact Information (email or phone number)
Chamber of Commerce		
City Council		
City Manager (Chari Newberry Reg)	Jeff Wullschwer	
	Scott Olszowski	
La Pine Fitness Owner	Jessica Macyntire	
COIC	July Baumgartner	
	Sommers Taylor	Staylore.coic.org
COCC Zone 7 elected rep.	Erin Morgan	
Deschutes Land Trust	Rika Ayotte	
Mountain Star		
NeighborImpact	Carly Auten	carly@neighborimpact.org
	Erin Heyl	
County Collaborative		
Better Together		
FAN		
Campfire		

- At the next meeting we are going to look at reoccurring themes under each heading (Get Together, Get Outside, Get Knowledge, Get Nourished) and come up with mission statements. We will take this information to help us form our official group name.

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!