

News from the Health Collaborative

Bexar County's *Community Health Leadership*



"Fit Fest was an event where we (The Health Collaborative) could showcase our talents, creativity and passions to the community. We care very much about the health and wellness of neighbors and are glad we can provide them with this experience."

-Mark Martinez

The Health Collaborative's Active Zone at Fit Family Challenge's Fit Fest.

Photo by: Renata Garza

Upcoming Events

August 6, 2011

8th Annual Mancha-S.U.A.V.E. & Friends Backpack and School Supplies Giveaway

August 11, 2011

Gardening Seminar: "The Basics"

August 13, 2011

Gardening Lesson and Workday

August 13, 2011

Fit Family Challenge Finale Bash

August 27, 2011

Reshape to Live/Inspiration for Life Uniform Drive

The Health Collaborative keeps people active at 2011 Fit Family Challenge's Fit Fest Event

On Saturday, July 9th, the Health Collaborative co-sponsored and participated in Fit Fest 2011 at Wonderland Mall of the Americas. The event was an amazing success due to the leadership of AmeriCorps VISTA members **Regina Maspero** and **Aurora Wood** of the Health Collaborative, and the partnership with **Gina Castro** and **Anna Gonzales** of **San Antonio Sports** and **Gina Galaviz** of **ESD & Associates**.

The event was enjoyed by the many families that participated, as well as our partners and volunteers. Leah Wash, a volunteer with the Health Collaborative, commented, "This is the most successful San Antonio volunteer event that I have ever participated in".

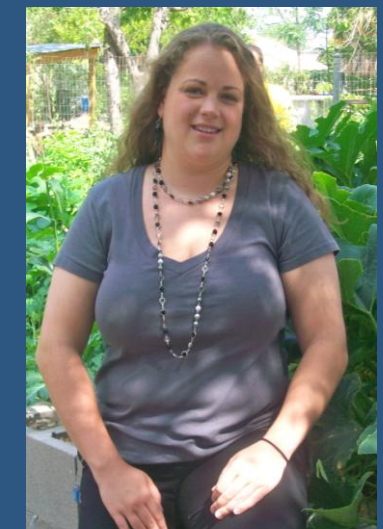
Ms. Maspero and Ms. Wood

demonstrated the professionalism and organizational skills that turned the event into a magnificent alliance of community-based organizations. Our partners were incredibly impressed with the turn-out and the willingness of our audiences to accept information about living a healthier life. Take note, San Antonio is changing...with the help of our Board organizations. We would like to thank each of them for their support during and after the event.

Representatives from the **Baptist Health System, Community First Health Plans, Methodist Healthcare Ministries, Methodist Healthcare System, Metro Health, University Health System**, and the **YMCA** all joined to bring awareness of their valuable resources to the community.

(Fit Fest continued on pg.2)

Congratulations to AmeriCorps VISTA member **Aurora Wood** on her graduation from the University of Texas at San Antonio, earning her Bachelor's Degree in Community Health. WE are very proud of you and wish you continued success!



Aurora Wood sitting in the Health Collaborative community garden.
Photo by: Renata Garza



The Health Collaborative's **Elizabeth De La Fuentes, Renata Garza, Savannah Duncan, Regina Maspero, and Aurora Wood** engage Fit Fest participants for interactive story time.

Photo by:
Mark Martinez

Fit Fest (Continued)

In addition, we value our many community partners that participated in the event by providing health-oriented activities and information to the families. Our partners included representatives from **Alien Racquetball**, the **American Lung Association**, **Be the Match**, **K-LOVE Radio**, **Reshape to Live/Inspiration 4 Life Radio Show**, **South Texas Dental**, **UT Health Science Center at San Antonio**, **Teacher Enrichment Initiatives**, and several programs at **UTSA**.

We would also like to recognize the volunteers that helped us with our Active Zone: Brittany Clipson, Elijah DeLaFuentes, Shalom Gibtsaw, Shayquana Glover, Christina Kruse, Shawn Lutz, Pamela Melgar, Guillermo Montoya, Brittany Perkins, Billie Potter, David Potter, Lexie Potter, and Leah Wash. Thank you so much for your support and energetic spirit; it was exactly what we needed to help the families immerse themselves in the fun-filled activities of the day.



Carol Zernial, Vice President-Community Relations of WellMed Medical Management, Inc., and Health Collaborative's Executive Director **Elizabeth** invite the audience to visit the Health Collaborative's Active Zone.
Photo by: Mark Martinez



Zumba at Fit Fest!
Photo by: Mark Martinez

Community Garden Workday!



Come join us for our next community garden workday and you may walk away with nutrient-rich vegetables and herbs. The next workday is **Saturday, August 13, from 8:00 a.m. to 12:00 p.m.**



AmeriCorps VISTAs host summer camp at Salvation Army

The AmeriCorps Volunteers in Service to America (**VISTA**) at the Health Collaborative are hosting a Summer Camp at the **Salvation Army HOPE Center** on Tuesdays and Thursdays beginning July 12 through August 18. The camp serves youth, ages 5-15 and focuses on teaching fun, physical activities and nutrition lessons. The VISTAs to mirror the camp activities with the Health Collaborative's missions: to prevent childhood obesity, recognize youth mental health issues while identifying resources for those affected and to increase the public's health literacy. The camp idea began when the Health Collaborative noticed the under-utilized playground on the Salvation Army campus and realized they could help with youth activities at the center. VISTA, **Regina Maspero**, taught camp participants about the United States Department of Agriculture's new food icon. **MyPlate** pictures a plate divided by the types of food American's should incorporate into every meal with fruits and vegetables taking up half the plate. VISTA **Candice Matthews** devised a daily schedule for camp participants, which fosters lifelong values of teamwork and responsibility. In addition to the physical games played with participants, field trips were taken to **Artpace** as a way for campers to experience a new outlet for energy in the form of creativity. Therapy dogs also made an appearance at the camp to expose participants to all forms of treatment for those in need. The future is sure to include more events because of this exciting partnership!

Mark Martinez is currently working on the Health Collaborative's Action Project. Details are coming soon!



Photo by: Renata Garza

August's featured staff member: Mark Martinez

Mark Martinez has worked in non-profits intermittently since the age of 15, and was a Public Ally through AmeriCorps in 2008-2009. He is currently serving his third year as an AmeriCorps member through the VISTA program. He has worked at Christian Military Academy (CMA) as a Study Skills and Training Instructor. He has also worked for Making Connections-San Antonio (an initiative of the City of San Antonio), as a Case Manager and a Community Resource Liaison for residents living in the Edgewood Independent School District. He is a graduate of the University of Texas at San Antonio and has a degree in Communications with a concentration in Public Relations.

Mark is currently a Communications Specialist at the Health Collaborative. It is his passion to reach the community through social media and other communications portals. The evidence of his passion is shown on the projects he leads and the ideas he contrives. He continues to be an asset to the Health Collaborative as well as establishing a legacy of innovation and sustainable projects.

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Ideas, Questions, or Comments?

Contact the Editor

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To improve the health status of the community through collaborative means.



August's featured board member: Ms. Rosie Perez

Rosie Perez serves as Vice President of Mission Integration and Outreach Services at CHRISTUS Santa Rosa Health System

Ms. Perez also serves as Treasurer of The Health Collaborative Board of Directors

Thank you, Ms. Perez, for your partnership and support of The Health Collaborative!



www.christussantarosa.org



Registration for the 7th Annual Health Literacy Conference is now open! Please visit <http://www.sahealthliteracyinitiative.com/conference/>

If you are interested in joining the San Antonio Health Literacy Initiative (SAHLI), please contact the Health Collaborative at (210) 481-2573 or via email at Elvira.landeros@healthcollaborative.net. We invite you to partner with us on the mission to increase health literacy.

SAHLI meets on the 3rd Thursday of every month from 9:00 a.m. to 10:00 a.m. at the Health Collaborative located at 1002 N Flores St.



A joint community effort sponsored by: Baptist Health System • Bexar County Department of Community Resources
CHRISTUS Santa Rosa • Community First Health Plans • Methodist Healthcare Ministries • Methodist Healthcare System • WellMed Medical Management Inc.
San Antonio Metropolitan Health District • Stephen K. Blanchard, PhD • University Health System • YMCA of Greater San Antonio

2011 Health Collaborative Board of Directors



"CHANGING LIVES -
CHANGING COMMUNITIES"



Stephen Blanchard, PhD



Thank you to our Funders



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