

News from the Health Collaborative

Bexar County's *Community Health Leadership*



"The third annual Fun Fitness Safari was a great opportunity for families to start out their summer by being active and learning about a variety of resources and programs available to them."

-Aurora Wood

The Health Collaborative's Executive Director Elizabeth De La Fuentes and two volunteers

Photo by: Renata Garza

Upcoming Events

Fit Fest
July 9, 2011

San Antonio Health Literacy meeting
July 14, 2011

Community Garden Work Day
July 16, 2011

"From the Bears to the Toads and everywhere in between, people young and old enjoyed the interactive games and mental and physical challenges that awaited during their visit to the zoo. The activities of the day ran smoothly and every person I encountered was looking forward to what activity they would come across next as they made their way through the Fun Fitness Safari at the San Antonio Zoo."

-Regina Maspero

The 3rd Annual Fun Fitness Safari was a success

Project Measure Up hosted its 3rd Annual Fun Fitness Safari at the San Antonio Zoo on Friday, June 10, 2011. The event was coordinated by Regina Maspero and Aurora Wood, current AmeriCorps VISTA's at the Health Collaborative.

The primary focus of the Fun Fitness Safari is to improve children's emotional and physical well-being by encouraging an active lifestyle especially during summer break from school. The idea of fun and fitness in the same sentence may seem like an oxymoron to most, but kids were so unaware that they were exercising that, in some cases, they wanted to continue doing the activity over and over.

The event consisted of nine stations set up throughout the zoo near animal exhibits. There was a fun activity at each station that mimicked an animal's natural characteristics. A passport was given to each family as they entered the zoo so that they

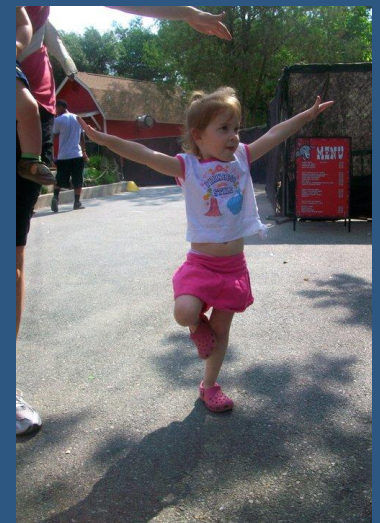
could collect a prize upon completion of all the stations.

With the help of volunteers from the Baptist School of Health Professions, Sanford- Brown College, YWCA, Baptist Child Family Services, Judson Early College Academy and individual volunteers the event was a huge success. Many thanks to all of our volunteers for their help and enthusiasm!

We would also like to thank our partners for providing the families attending this event with free information on the services and resources of their respective organizations. Our partners included Metro Health, Bexar County Department of Community Resources, Methodist Healthcare System, Methodist Healthcare Ministries, Baptist Health System, Community First Health Plans, YMCA, WellMed Medical Management Inc, and University Health System.

Children learning to eat healthy at the Fun Fitness Safari.

Photo by: Renata Garza



Brooke Hostetter balances like a Flamingo at the Fun Fitness Safari
Photo by: Renata Garza



The First Girls in the Garden Event

On Saturday, June, 25th the Health Collaborative hosted their first **Girls in the Garden** event. The event was beautifully supported by the decorative stylings of the Health Collaborative staff and volunteers. An ornament accented 30 foot tent covered eager participants as they waited for their name to be called for one of the many door prizes given. One door prize was a living wreath that was an awe-inspiring sight. **Executive Director Elizabeth De La Fuentes** guided the attendees through the activities of the morning which featured **Felicita Bernier** (Master Gardener), **Diane Lewis** (culinary herbalist and horticulturist), **Jean Dukes** (Aromatherapist), **Joe-Beth Kirkpatrick** (San Antonio Herb Society), **Laura C. Rogers** (Bexar County Master Gardener Water Conservation Coordinator), **Aurora Wood** on composting, a Zumba demonstration by **Reshape to Live**, and **Paige Barbeau Catering** for brunch. The Health Collaborative sold plants and aprons as part of the fundraising effort and continue to offer these products for donation online at www.healthcollaborative.net. We would like to extend a special thanks to The Girls in the Garden Host Committee-s: **Palmira Arellano**, *Board Chair of the Health Collaborative*, **Michelle Alvarado**, **Jacqueline Burandt, B.S., M.Ed.**, **Elizabeth de la Fuentes**, **Charlene Doria-Ortiz**, **Leni Kirkman**, **Melanie Stone, M.P.H., M.Ed.**, and **Shirley Wills**. For more information on how to be a part of the Girls in the Garden Host Committee or general Girls in the Garden information please contact the Health Collaborative at (210) 481-2573.



The Health Collaborative team poses at Morgan's Wonderland's Race for Inclusion.
Photo by: Shawn Lutz



Girls in the Garden attendees participate in Zumba with **Reshape to Live**.

Photo by: Mark Martinez

The Race for Inclusion at Morgan's Wonderland

The Health Collaborative participated in the 2011 Race for Inclusion at Morgan's Wonderland on Saturday, June 11th. VISTAs, staff members, and volunteers engaged families who participated in the 5k by playing "Musical Tiles", "Popcorn Parachute" and presenting "Interactive Story time." The activities were fun and engaging for all kids. During Musical Tiles children ran to a free tile and the winner was the last one standing once the music stopped. In Parachute Popcorn, kids placed plastic balls in the center of the chute and enthusiastically popped the parachute up and down to make balls go higher in the air.

During Interactive Story time VISTA, Regina Maspero, read a book that got kids up and crawling like a bear, hopping like a frog, balancing like a flamingo and waddling like a penguin.

"Morgan's Wonderland provides a beautiful backdrop to support the issues of acceptance in regards to mental and physical challenges that so many children face," said VISTA Mark Martinez.

The Health Collaborative's website healthcollaborative.net there is a link to the short video created by VISTA Savannah Duncan, featuring the day's activities.

SAVE THE DATE
Saturday, July 9, 2011
12:00 p.m. to 3:00 p.m.

FIT FEST
 at
Wonderland of the Americas Mall
Free Event




www.healthcollaborative.net

Fit Fest will feature a festival that celebrates fitness and healthy living. There will be different stations around the mall where children and their family will be able to participate. The Health Collaborative is partnering with **San Antonio Sports 2011 Fit Family Challenge** as sponsoring the key event for families.

If you would like to help or participate in any of this event, please contact the Health Collaborative at (210) 481-2573 or visit our website at www.healthcollaborative.net.

Aurora Wood in the Collaborative's Community Garden. The recent harvest included peppers, basil and three types of squash.

Photo by: Renata Garza



July's featured staff member: Aurora Wood

Aurora Marin Wood is an AmeriCorps Volunteer in Service to America (VISTA) and has been serving as Program Liaison for the Health Collaborative for 6 months. Wood said she chose VISTA after attending an informational session at San Antonio College.

Upon finding the VISTA opportunity for The Health Collaborative online, she knew that it was an opportunity she could not pass up. Wood says her most memorable experience, thus far, was the groundbreaking event for the community garden because it was her first event to coordinate as a VISTA, and she was able to provide an exciting step forward for The Health Collaborative. Wood draws inspiration from many aspects of her job saying, "...the kids who come and work enthusiastically in our community garden, to those who respond to our online requests for volunteers, and everyone in between, I am most inspired by the people who want to do something and make a change for the better. The joy and dedication that they exude makes me want to do more and be better".

Wood has received her Bachelor's degree in Community Health and plans to pursue her Master of Public Health degree after her VISTA term is over in January.

Health Collaborative
1002 N. Flores St.
San Antonio, TX 78212
Phone:
(210) 481-2573
Fax:
(210) 223-0680
Web Site:
www.healthcollaborative.net

Ideas, Questions, or Comments?

Contact the Editor
Mark Martinez
(210) 481-2573
markmartinez@healthcollaborative.net

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



July's featured board member: Stephen Blanchard, Ph.D.

Dr. Stephen Blanchard serves as a Member of The Health Collaborative Board of Directors representing community. Dr. Blanchard is the Director of the Sociology Program, Chair of the Department of Applied Social and Cultural Sciences and a Professor of Sociology at Our Lady of the Lake University. Dr. Blanchard joined The Health Collaborative in 2005. He serves as the Data Committee Chair and has guided The Bexar County Community Health Assessment for the past six years.

Thank you, Dr. Blanchard for your support and membership at The Health Collaborative!

The **7th Annual San Antonio Health Literacy Conference** will be held on **October 14, 2011**. Planning for this conference has already begun but there are plenty of opportunities to help. If you are interested in joining the collaboration, please contact the Health Collaborative at (210) 481-2573 or email Elvira Landeros at Elvira.Landeros@healthcollaborative.net. In kind donations, sponsorship, exhibit and poster presentations are still being accepted. We are happy to have you join us and help spread your Health Literacy efforts to the conference attendees.

SAHLI meets monthly on the third Thursday of the month from 9:00 a.m. to 10:00 a.m. All meetings are held at the Health Collaborative offices.

SAVE THE DATE: Friday, October 14, 2011
7th Annual San Antonio Health Literacy Conference
Emerging and Changing Roles in Health Communication

8:00 a.m. to 5:00 p.m.

Doubletree Hotel
502 West Durango Blvd
San Antonio, TX 78207

For information call 210.481.2573
www.healthcollaborative.net



Health Collaborative
Bexar County's *Community Health Leadership*



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



Health Collaborative
1002 N. Flores St.
San Antonio, TX. 78212

