

News from the Health Collaborative

Bexar County's *Community Health Leadership*



Health Collaborative Board President **Palmira Arellano** with Girl Scouts and other young children in the community Garden.
Photo by: Mark Martinez

Upcoming Events

- SAISD Parent Summit
May 20, 2011
- Fun Fitness Safari
June 10, 2011
- Active Life Festival
July 9, 2011

Fun Family Community Garden Event a success!

The Fun Family Community Garden Event took place on Saturday, April 16th during San Antonio's annual Fiesta season. The event featured face painting, tile painting, "Garden in a Cup", and a bird feeder creation station. In addition to these stations we had guests that included South Texas Dental, Por Vida, and Dr. Paul Martin who demonstrated the tastes and properties of different plants. The guests had an opportunity to help plant in our garden and have a great time. Healthy refreshments were provided by the Health Collaborative.

The Health Collaborative staff and Americorps VISTA volunteers were led successfully by Aurora Wood (Americorps VISTA) and Regina Maspero (Americorps VISTA).

Special thanks to our Board members, Palmira Arellano, Board President and Carol Huber of Community First Health Plans for attending the community garden groundbreaking ceremony. Ms. Arellano and Ms. Huber were joined by the community to celebrate this new and innovative garden project.

"The Community Garden Groundbreaking Event was a fun-filled day in which the Health Collaborative was able to introduce the new community garden to the public."

- **Aurora Wood**

The Health Collaborative welcomes more Americorps VISTA members

As the days march on and more projects come up for the Health Collaborative the numbers of Americorps VISTA members increases. Veteran VISTA members Regina Maspero and Mark Martinez are joined by new comers: Aurora Wood, Candice Matthews, Lauren McNew, Renata Garza, and Savannah Duncan. The partnership the Health Collaborative and Americorps hold a strong and successful relationship. Each of the Americorps VISTA members

are linked up to a project and council as soon as they walk in the door. Americorps VISTA members and the Health Collaborative staff work together to host smooth and successful events such as: **'Spring into Action'** **Spring Break Camp** and the **'Fun Family Community Garden Event.'**



Dr. Paul Martin explaining the different uses of plants.
Photo by: Mark Martinez



The Health Collaborative's intern Hari Athreya with Reshape to Live (Jason and Jacob Diaz). Hari Athreya was the lead on the 'Spring into Action' Spring Break Camp project. Hari was joined by Lauren McNew and Katie Wiklund (Former VISTA member) in planning this successful project. The event was held at Sonny Melendrez Community Center.

Photo by: Mark Martinez

Upcoming Events

The Health Collaborative will sponsor two major community events this summer; The 3rd Annual Fun Fitness Safari and the Active Life Festival. The Fun Fitness Safari

will be held on Friday, June 10th at the San Antonio Zoo from 9:00 a.m. to 1:00 pm. With over 3000 kids served last year, this year's event promises to be even greater in fun and.....This year will be the third year of partnership with the San Antonio Zoo. The children that participate in this event will undergo challenges similar to the "Amazing Race."

Each will be given a passport and go to the different stations planted around the Zoo. As they complete a task, their passport will be stamped. Each will consist of exercises that mimic the movement of a featured animal.

It is designed to be a full family event, mothers, fathers, and grandparents will have opportunities to join the race as they obtain information about obesity and community agency

services by our member affiliates.

The Active Life Festival will be on Saturday, July 9, 2011. This event will be held at the Wonderland of the Americas Mall. The event will be held from 10:00 a.m. to 2:00 p.m. The event 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 will be partnering with **San Antonio Sports 2011 Fit Family Challenge**.

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



Jacob Vasquez empowers youth

Jacob Vasquez is a San Antonio youth that has a passion for community service and advocacy. He enjoys activities associated with sports and the arts on a regular basis. He currently sits on the Youth Advisory Board for Alliance for a Healthier Generation.

We were able to meet Jacob at our **Fun Family Community Garden Event**. Jacob was given his own table where he could promote and provide information that engaged and empowered youth to choose a health and active lifestyle. It was a breath of fresh air to meet a young man who is so passionate about transforming his community. We hope to track his progress and find ways to partner up with the Alliance for a Healthier Generation.

For more information about Jacob Vasquez visit <http://www.empowerme2b.org/jacob-vasquez-11-texas> or look on our website under "Media" for our interview with him.



Jacob Vasquez of Alliance for a Healthier Generation, attended the Fun Family Community Garden Event.

Photo by Lauren McNew

"Alliance for a healthier generation, we are 25 kids all over America; we come together and try to stop childhood obesity."

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:

Editor

Mark Martinez

(210) 481-2573

markmartinez@healthcollaborative.net

*Improving the health
status of the community
through collaborative
means.*

A special message from our staff

We would like to thank you for giving us your attention. We are working hard to make an impact and build capacity in our community. Our passion and motivation helps us to find innovative ways to engage the community. Our focus is to build partnerships with organizations around the city of San Antonio and keep a positive connection with the people we come in contact with.

Executive Director

Elizabeth De La Fuentes

Operations Manager

Elvira Landeros

Programs Manager

Trina Roman

Community Outreach Coordinator

Shannan Calderon



The Health Collaborative Staff joined by Board Members: **Palmira Arellano** and **Carol Huber**.



**The San Antonio
Health Literacy Initiative**

A Program of 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 as we continue the planning, 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 presentation 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; 1002 N Flores St. **Due to a change in schedule, the May meeting will be held on Thursday, May 12th from 12:00 p.m. to 1:00 p.m. at the Health Collaborative offices.**

Young Minds Matter participated in the **Children's Mental Health Awareness Day** event at UTSA downtown campus on May 3, 2011 "Rally, Resources and Performance by Patsy Torres - Positive Force Tour 4:30 PM to 6:30 PM at UTSA Downtown, Bill Miller Plaza."

Young Minds Matter will have their monthly meeting May 24, 2011 from 3:00 p.m. to 5:00 p.m. at the Health Collaborative offices.



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

