

# News from the Health Collaborative

Bexar County's *Community Health Leadership*



"I search out activities, like what The Health Collaborative is doing, because diabetes runs in my family and I want to keep my family healthy. Especially during the summer when they need to stay active."

- Delilah Ramos  
Community member

The Health Collaborative's Active Zone at The 9<sup>th</sup> Annual Mancha Backpack Giveaway.

Photo by: Mark Martinez

## Upcoming Events

**September 24, 2011**

Garden Work Day

**September 17, 2011**

Gardening with the Junior League

**September 17, 2011**

S.U.A.V.E. Cultural Arts Fair

**September 24, 2011**

Moving Planet

**September 27, 2011**

Young Minds Matter Meeting

## The Health Collaborative keeps kids active at the 9<sup>th</sup> Annual Mancha Family Backpack Giveaway

In collaboration with Southside United Against a Violent Environment (SUAVE), The Health Collaborative was the proud sponsor of 300 backpacks given away at the 9<sup>th</sup> Annual Back-to-School Supplies Giveaway. This annual event, that was initiated and privately funded by the Mancha family, has quickly become a signature event of support for SUAVE over the years. For the second year, community volunteers met at St. Leo the Great Catholic Church to fill the 300+ backpacks with other donated supplies needed for the first day of school.

Mr. Juan Mancha said his family started the annual giveaway because, as a child, he was picked on for not having the money for school supplies. He said he did not want any child to feel the

shame associated with being a low-income student. Today, the back to school event draws many families and although the event began at 8 a.m., parents lined up as early as 6 a.m. to receive a ticket that assured them a backpack for their kids.

For the second year, The Health Collaborative hosted an Active Zone for the kids. AmeriCorps VISTAs and staff played games of soccer, horseshoes, and races to keep the kids active as mom and dad visited with community partners to obtain information about family resources, like CHIP, Medicaid, Dental Screenings and more. Kids received active play prizes like jump ropes and Frisbees as take-aways to encourage physical activity at home **(Mancha Giveaway continued on pg.2)**

## Reshape to Live/Inspiration for Life 2nd Annual Back-to-School Uniform Drive

The 2<sup>nd</sup> annual uniform drive was held on August 27, 2011 at The Health Collaborative office. The uniforms are donated to San Antonio Independent School District nurses' clinics to hand out to children in need of a fresh change during the school hours. The Health Collaborative will continue to be a drop off center for any uniforms being donated. Reshape to Live/Inspiration for Life is an active Youth Obesity Prevention Partner and has supported other community events like Spring Break Camp and Fit Family Challenge.



(From left) **Renata Garza, Trina Roman, Savannah Duncan and Candice Matthews** help get the crowd revved up with some dancing at the Mancha Family Backpack giveaway.

Photo by:  
Mark Martinez



From left **Rita Hernandez** (Inspiration for Life) The Health Collaborative and the community come together for the uniform drive.

## KaBoom! Playground Build at the Plaza Guadalupe

The Health Collaborative and VISTA's were hard at work on August 10<sup>th</sup> donating time and human resources to the Guadalupe park playground build. Thanks to KaBoom!, Kool-Aid and H-E-B, the Plaza was given a new playground set. Staff and VISTA volunteers were there to lend a helping hand to build the play-scapes, lay grass pallets, and paint murals. It was a great opportunity to network with others and explore new partnerships in the process.



The Health Collaborative team at the Guadalupe playground build.



From left **Elvira Landeros**, **Candice Matthews**, and **Regina Maspero** lay out sod for the playground.

Photo by: Renata Garza

## Community Garden Workday!



Volunteers from MADD (Mothers Against Drunk Drivers) and the community came out to help build and beautify our garden beds. The next workday is **Saturday, September 10, from 8:00 a.m. to 12:00 p.m.**

## Mancha Giveaway (Continued)

after the event. The Health Collaborative also gave away crayons, rulers, pencils, pens, and other prizes along with the *Natural Awakenings* magazine that provided health and wellness information to those receiving backpacks.

Mom of four, Tobie Saenz, said the giveaway was a huge help because they were struggling this year to get back-to-school ready. Mom Tina Aguilar said participating in the Health Collaborative's Active Zone was the first time her son had exercised all summer.

The Health Collaborative also donated backpacks to several other initiatives this summer including Haircuts from the Heart, Salvation Army Summer Camp and the 2<sup>nd</sup> Annual Back to School Uniform Drive for Nurse Clinics in San Antonio Independent School District.

## Community Garden Gets MADD Volunteers

As The Health Collaborative expands its outreach efforts, it also makes new and exciting partnerships with community businesses and nonprofits like **Mothers Against Drunk Driving** (MADD). Thank you, **Carly Johnson** (MADD Volunteer Coordinator), **Melissa Montgomery** (MADD Victim Services Manager), and **Samantha Davidson** (MADD Intern) for this great opportunity. MADD service volunteers have donated time and energy to help maintain the community garden. The volunteers have helped further shape and grow the garden beds and aesthetics of the garden. During our August Community Garden workday, several great volunteers and community service workers worked side-by-side with Health Collaborative staff and VISTAs to build two new garden beds, fill the beds with soil, and surround our existing beds with mulch. We are all very excited about what was accomplished at this past workday and look forward to our continued partnership with MADD.

A special thanks to Master Gardener, Mary Losleben who joined us and provided quick tips for fall gardens. Mary donated her time as part of the service to Texas Agri-life Extension Master Gardeners Community Service.

For more information visit [www.projectmeasureup.com](http://www.projectmeasureup.com) or email Renata Garza at [renata.garza@healthcollaborative.net](mailto:renata.garza@healthcollaborative.net)

**Candice Matthews**  
 "All of the community service that I will and have been doing will make a difference."



Photo by: Renata Garza

**Featured staff member: Candice Matthews**

Candice Yvette Matthews is an AmeriCorps Volunteer in Service to America (VISTA) and has been serving as Program Liaison for the Health Collaborative since February 2011.

Ms. Matthews said that she chose VISTA after seeing a commercial about AmeriCorps, and learned more information online. She felt VISTA would inspire her to lead others to improve the community.

Matthews says her most memorable experience was spearheading the Salvation Army Summer Camp. She said the camp was challenging because there was little financial support to deploy the six-week long camp and therefore she was forced to think outside the box and utilize existing resources. Using a little creativity and existing community resources, she was able to make it a successful and memorable experience for both the children and VISTAs involved.

"In the future", Matthews said, "I would love to not limit the type of outreach that I give and mentor at-risk youth who are pregnant and parenting."

After her one year VISTA term is completed, Candice plans on pursuing training to become an ultrasound technician.

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**Ideas, Questions, or Comments?**

Contact the Editor  
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Our mission is to improve the health status of the community through collaborative means.



**Featured board member:**

**Ms. Kristina Aderhold**  
 Kristina Aderhold serves as the Director of Corporate Relations, Sponsorships, and Outreach Marketing for Baptist Health System.

Ms. Aderhold served as the former Treasurer on The Health Collaborative Board of Directors. Baptist Health System has been a long standing member and we have appreciated all of the support and leadership the organization has donated over the years. We would also like to welcome Randall Scussel as the new BHS board member representative.



The 7th Annual  
**San Antonio Health Literacy Conference**  
 Friday, October 14, 2011  
 Double Tree Hotel Downtown San Antonio

**Keynote Speaker**



**Dr. Andrew Pleasant**  
 Canyon Ranch Institute  
 providing the latest information on the

**National Action Plan on Health Literacy**

**Registration Today**

**7th Annual Health Literacy Conference**

**Student rate and Community Health Worker Scholarship opportunities still available!**

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](mailto:Elvira.landeros@healthcollaborative.net).

SAHLI meets on the 2nd Thursday of every month from 9:00 a.m. to 10:00 a.m at the Health Collaborative located at 1002 N Flores St.



Please visit:  
<http://www.sahealthliteracyinitiative.com/conference/>  
 Be sure to check for continued Lunch and Learn series dates on the website.

# 2011 Health Collaborative Board of Directors



**Stephen Blanchard, PhD**



## Thank you to our Funders



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