

April 2013

Briefs:

Perhaps you've noticed the new Activate Buffalo County website.

ACTIVATE!
Buffalo County

To kick things off, they're holding a "Caught in the 'Active'" photo contest. For a chance to win \$100, visit activatebuffalocounty.com/photo

Go Green!

If you would rather receive an electronic version of this newsletter, visit the "News" section of bcchp.org and subscribe today.

Partner with us!

If you would like to partner with Buffalo County Community Partners through a financial donation, you may:

- Contact Denise Zwiener at 308-865-2280 or dzwiener@bcchp.org.
- Donate on our website, bcchp.org, by clicking the "Donate" button.



Healthy Kids Weekend

An action-packed weekend filled with fun events and healthy snacks is happening all across Kearney on April 27th and 28th.

Healthy Kids Weekend is a collaborative effort between Community Partners, Activate Buffalo County, Kearney Public Schools, the University of Nebraska at Kearney, Kearney Park & Recreation, Kearney Family YMCA, Elk's, Old Navy, State Farm Insurance, and the Kearney Public Library. The event is going to be special not only because of how many community organizations are working together, but also because of the scope of the weekend's activities.

Things start off with the PATH Walk at UNK's Foster Field, followed by tons of activities and educational booths on the field.

From there, families will head east for a Storybook Walk through Harmon Park. There will be large pages from a story staked throughout the park, and families will be able to walk from page to page, reading the story as they go. While they're at the park, they can play at the new Inclusive Park, which will also have booths set up with activities

and information.

From Harmon, families will move to the Kearney Family YMCA, which will be celebrating with open doors to the community all weekend and free t-shirts for the first 100 to arrive.

Saturday from 2-6 p.m. and Sunday from 1-5 p.m., there will be free mini rounds of golf, a bounce house obstacle course, snack stations and more at Elk's Country Golf. Families can also enjoy a Fitness Fashion Show and receive kids ID kits from State Farm at the Hilltop Mall from 1-5 p.m. Sunday.

To top things off, April 28th will be Bicycle Sunday, a family bike ride on Eagle Loop Trail from 2-5 p.m. with booths and exciting checkpoints along the way.

Families can keep track of their activities with Activate Buffalo County's Unplug Challenge punch card. Families who complete enough activities on the card can turn it in for a chance to win a prize.

Be sure to visit us at some of the events. It's going to be a busy weekend! For more information, visit ActivateBuffaloCounty.com.

Real Change Starts Here: Activate Buffalo County in D.C.

In early March, I went to the National Bike Summit in Washington, D.C. I attended informational workshops that were engaging. I networked with people from Nebraska and beyond. I met with Senate representatives to promote bicycling and its financial, environmental, and health benefits. I did a little sight-seeing . . . It was

an amazing experience, but the main thing I took away from it didn't come from Capitol Hill, it came straight from Buffalo County.

I realized how many communities across the nation don't have organizations like Buffalo County Community Partners watching over their residents' health interests. They don't have an Activate Buffalo County coalition to give them active living and healthy eating resources, and to inform them about active programs and events. They don't have a Positive Pressure coalition working to reduce underage drinking and drug use and give parents tools to keep their children safe. They don't have a Health HUB that gives vulnerable members of the community access to health care resources.

We have all that and more. We are ahead of the curve. Now, we just need to get everyone in the community to utilize these resources. We need to spread the word. We need to advocate. We need to live the healthy lives we want everyone to

be able to live. When we make individual changes, that is what determines our community's future. By biking to work, we act as an example to the entire community. By choosing not to drink and drive, we put that conversation on the table.

I went to Washington, D.C., hoping to learn a lot about how this country works and how change happens. I expected to see a process, and I did, but what I didn't expect to find was a loophole in the process, a simple way to make change on our own. The best way for us to change our community is to live the change we want, to advocate

for healthy, richer lives, and to enjoy the wonderful tools our community has. Buffalo County really is a model for the rest of America. Let's show them what healthy change is.

- holden armstrong



View more photos from the Nation's Capitol on [Instagram.com/ActivateBC](https://www.instagram.com/ActivateBC).



Marketing Coordinator Holden Armstrong at the summit.

Follow us on Twitter @bcchp for news, info, photos, links and more!

How Health HUB Helps: Real Stories from Real People

Health HUB aims to help underprivileged, diabetic members of the community find a primary care provider, secure a payment source, obtain affordable medication, receive diabetes education and address social needs or barriers. The following is a true story.

“Robert” was referred to Health HUB by the Good Samaritan Hospital Care Transitions Team. He was using the emergency room at least three times each month. He was unemployed and diabetic, allowing him to be eligible for the Health HUB Program.

During his first assessment, Robert didn’t have a primary care provider or any money for insurance. He had standing debt at local primary care clinics. His diabetes wasn’t controlled, he wasn’t testing, and he didn’t have access to medications. The Health HUB nurse (housed at Sentinel Health Care) provided Robert with a meter and test strips. He was taught carbohydrate counting, portion control and routine examination techniques for his feet.

The Health HUB community health worker (housed at Sentinel Health Care) helped Robert apply online for the Department of Health and Human Services resources for services. He applied for Medicaid, SNAP, Energy Assistance, Utilities Assistance, and he requested help to get air conditioning for his home. Community Action Partnership of Mid-Ne-

braska, Salvation Army, and the Jubilee Center helped Robert with a one-time housing deposit and rent.

The Health HUB community health worker encouraged Robert to look for employment, and he was referred to work rehab. Today, he is working from home. He has established an internet business with local providers and is slowly expanding his territory.

Robert has been able to maintain his health for the last ten months and hasn’t used the emergency room since then. Instead, he has established a relationship with a local physician. He continues participating in Sentinel Health Care’s Medication Assistance Program and is no longer asking for help with his monthly expenses.

YAB Looking for Members

The Buffalo County Youth Advisory Board has open seats for students at the following schools:

- Pleasanton (1)
- S-E-M (3)
- Kearney Catholic (1)
- Shelton (2)
- Kearney (1)
- Gibbon (2)

To apply, visit bcyab.org/apply. Application deadline is May 1. Follow-up interviews will be held in June. Board term begins in August.

Our Mission

Buffalo County Community Partners is a county-wide, non-profit organization with a mission to assess, promote and strengthen the health of Buffalo County citizens. Community Partners facilitates change through the recruitment and training of volunteers and the creation of coalitions to impact priority issues that reach all corners of the county.

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Have a story idea for our next newsletter? Send it to staff@bcchp.org



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**DONATE TODAY! Join us in building a
healthier Buffalo County community.**

Calendar of Events

- **Activate Buffalo County** meets on the fourth Wednesday of the month, 10:00-11:00 a.m., Richard Young Hospital Board Room.
For more information: staff@bcchp.org or www.ActivateBuffaloCounty.org
- **Positive Pressure Coalition** meets on the first Tuesday of each month, 12-1 p.m.,
Region 3 Conference Room. For more information: positivepressure@bcchp.org or www.bcchp.org
- **Buffalo County Tobacco Free Coalition** meets on the first Thursday of each month, 1:15-2:15 p.m.,
Region 3 Conference Room. For more information: jbrown@region3.net
- **Buffalo County Health Ministry Network** meets on the second Thursday of each month, 12-1 p.m.,
Good Samaritan Hospital, Telehealth, Suite 1. For more information: (308) 865-7741
- **Youth Advisory Board** For more information: www.bcyab.org
- **TIPS Trainings** For more information: positivepressure@bcchp.org or www.bcchp.org
- **Community Health Access Team (CHAT)** meets on the third Thursday of the month, 12-1 p.m.,
Community Partners offices. For more information: chathub@bcchp.org
- **Alzheimer's Coalition** meets on the fourth Wednesday of the month, 9:30 a.m., Community Partners offices.
For more information: Alexandra Dillion at Alexandra.dillion@alz.org
- **Violence Prevention Coalition** meets the second and fourth Wednesdays of each month, 4 p.m.
For more information: admin@bcchp.org