

**June 2013**

**Briefs:**

The LiveWell Nebraska Tour is coming to Kearney on June 26. It will be held from 4 p.m. to 7 p.m. at the Kearney Family YMCA. Activities include:

- Volleyball Clinic and Healthy Fitness Camp with Olympic medal winner Jordan Larson
- Cross Training Healthy Fitness Camp with Olympic medal winner Curt Tomasevicz
- Health Screenings
- Informational Booths
- Cornhusker Games Torch Run
- and much more!

For more information, contact Penny Parker at the Kearney Hub: 233-9789 or [penny.parker@kearneyhub.com](mailto:penny.parker@kearneyhub.com)

**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](mailto:dzwiener@bcchp.org)

Donate on our website, [bcchp.org](http://bcchp.org), by clicking the blue "Donate" button.



## Take-Back Nets 346 lbs. of Old Medication

At the April 27 Prescription Drug Take-Back event, volunteers collected 14 boxes, totaling 346 lbs., of unwanted and unused medication. The event was organized by Buffalo County Community Partners' Positive Pressure coalition, Good Samaritan Hospital, the Elks, Two Rivers Public Health Department, and local law enforcement as part of the DEA's National Take-Back Initiative.

"It's exciting to see the numbers go up each year and have each event be more successful than the previous. Our community realizes that there are many potential dangers

to keeping these unwanted or unused prescriptions and the value of properly disposing them, and we are more than happy to serve as the resource. A big thank you to all of the volunteers who help make the event such a big success," said Positive Pressure Coordinator Tana Nelsen.

Positive Pressure has another Prescription Drug Take-Back scheduled to take place in October. By turning your unused medications in for safe disposal, you reduce the risk of theft and abuse, environmental contamination, and more. For more information, visit [positivepressure.org](http://positivepressure.org).



*Volunteers collect unwanted medication at the Prescription Take-Back in Good Samaritan Hospital's parking lot.*

# Walk Out on Your Job Gets 2,300 Workers Walking

On May 15th, Wellness Works hosted its annual Walk Out on Your Job event. Over 2,300 registered participants from several local businesses, including Buffalo County Community Partners, took an hour from their workday to exercise.

The day started with volunteers—some from Activate Buffalo County—packing healthy lunches for the walkers. Lunches included sandwiches, multigrain chips, granola bars, and fruit. Water was also provided.

The 1.5-mile walk (approximately 3,112 steps) began at the University of Nebraska at Kearney, went west along the Links Trail, and ended back at the fountain in the center of UNK's campus where lunch was waiting.

The bright white Walk Out on Your Job shirts worn by all the participants made the event hard to miss. It ended up being a beautiful day to unplug and be active with coworkers, and was a great reminder that even on a busy workday, it's important to take a break for exercise or stretches.



*Activate Buffalo County coalition member Bryce Abbey leads the way as Buffalo County workers "walk out on their jobs".*

## Community Building Block Parties Spread 2020 Vision

Healthy community members are the building blocks of a healthy community. As part of our effort to build a healthier Buffalo County, we are promoting Community Building Block Parties throughout Buffalo County this summer. These parties will encourage healthful living by promoting the five strategic directions of the Buffalo County 2020 Vision, providing resources for community members, and creating a conversation about the health of our community.

To grow support for this initiative, we are sending community resolutions to the cities and villages of Buffalo County. Included in the

resolutions are guidelines for the parties that are based on community coalitions' work. These guidelines include: avoiding sugary beverages, choosing healthy foods, participating in physical activities, offering mentoring opportunities, encouraging annual health screenings, and more.

We will be kicking off our Community Building Block Party initiative with a party of our own that will include healthy food, fun activities with YAB members, informational booths from coalitions, and more. Look for more information in our upcoming campaign newsletter!

Like us on [Facebook.com/BCCHP](https://www.facebook.com/BCCHP) to stay current on everything Community Partners is doing!

# Healthy Kids Weekend Provides Free Family Fun

Thousands of Buffalo County residents enjoyed Healthy Kids Weekend on April 27 and 28. It was an action-packed weekend filled with free family fun, exciting prizes, and tons of learning!

Activate Buffalo County's ReThink Your Drink display was on the move, as it travelled from event to event, shedding some light on the

sugar content in popular drinks. Everyone was especially shocked by the rubbery model of 5 lbs. of fat.

Buffalo County Community Partners would like to thank all of the local organizations involved with the event, and everyone who came out to enjoy an active, healthy weekend!



## 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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You can subscribe to the email version of this newsletter by visiting [bcchp.org/newsletter](http://bcchp.org/newsletter).



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Join us in building a HEALTHIER  
Buffalo County. Donate today!

## Calendar of Events

- **Activate Buffalo County** meets the fourth Wednesday of the month, 10-11 a.m., Community Partners offices.  
For more information, contact [staff@bcchp.org](mailto:staff@bcchp.org) or visit [ActivateBuffaloCounty.com](http://ActivateBuffaloCounty.com).
- **Alzheimer's Coalition** meets the fourth Thursday of the month, 10:30 a.m., Community Partners offices.  
For more information, contact Alexandra Dillion at [Alexandra.dillion@alz.org](mailto:Alexandra.dillion@alz.org).
- **Buffalo County Health Ministry Network** meets the second Thursday of the month, 12-1 p.m., Good Samaritan Hospital, Telehealth, Suite 1.  
For more information, call 308-865-7741.
- **Community Health Access Team (CHAT)** meets the third Thursday of the month, 12-1 p.m., Community Partners offices.  
For more information, contact [chathub@bcchp.org](mailto:chathub@bcchp.org).
- **Positive Pressure Coalition** meets the first Tuesday of the month, 12-1 p.m., Region 3 Conference Room.  
For more information, contact [positivepressure@bcchp.org](mailto:positivepressure@bcchp.org) or visit [PositivePressure.org](http://PositivePressure.org).
- **Violence Prevention Coalition** meets the second and fourth Wednesdays of the month, 4 p.m., Community Partners offices.  
For more information, contact [admin@bcchp.org](mailto:admin@bcchp.org).
- **TIPS Trainings.** For more information, contact [positivepressure@bcchp.org](mailto:positivepressure@bcchp.org).
- **Youth Advisory Board.** For more information, visit [bcyab.org](http://bcyab.org).