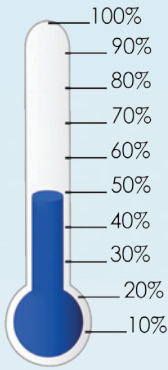


September 2013

Thanks to our donors, we're now at over \$60,000 of our \$125,000 goal! Thank you, August donors:



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Buffalo County COMMUNITY PARTNERS®

BUILDING A HEALTHIER COMMUNITY

Show Me the Money: Scholarship Event

The Buffalo County Youth Advisory Board, in partnership with the Nebraska Counseling Association, will be hosting its annual Show Me the Money scholarship and financial aid event Thursday, October 3, at Kearney's Ramada Inn.

The Show Me the Money event will include workshops on what students and parents can expect from college applications, resumes, and the admission process; how parents can support their children, including information on FAFSA (Free Application for Federal Student Aid) and scholarships; and how students can prepare for their senior year of high school to make the transition to college smoother.

Dr. Kelly Fairbanks of the Nebraska Medical Center will be presenting "Light 'Em Up! Igniting Your Brain to Achieve Success." This presentation will help parents and students understand the function of the frontal lobes in improving motivation, learn

skills to ignite their inner drive, and learn to use fantasy to increase motivation and drive.

Dr. Fairbanks is a licensed clinical psychologist specializing in health psychology and brain plasticity.



Sarah Teichmeier collects registrations for the scholarship drawing at the 2012 Show Me the Money event.

In addition, the Youth Advisory Board will be awarding a \$100 scholarship to help get one lucky student started on his or her college fund.

For a more detailed agenda, a registration form, and information on Dr. Fairbanks, visit www.bcyab.org/showmethemoney. The event is free, though a \$10 freewill donation is suggested. Registration is due by October 1.

New Buffalo County Data Reports Available Online

Part of Buffalo County Community Partners' mission is to assess the health of all Buffalo County residents. It is also essential to our work to evaluate progress towards the strategic directions of the Buffalo County 2020 Vision.

To do this, we conduct adult and youth behavioral risk factor surveys every two years.

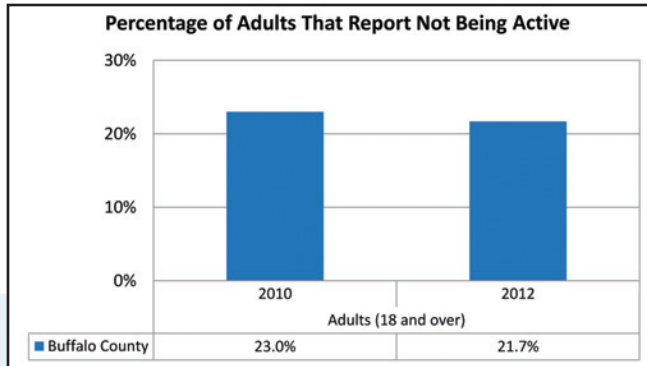
These surveys cover topics ranging from physical activity and eating habits to mental health and well-being to substance abuse and tobacco use. To find the

complete versions of our surveys, dating back to 2007, visit bcchp.org/assessments.

We have also added drafts of our 2013

data reports to our website. These reports feature highlights from the behavioral risk factor surveys that correspond to each of the 2020 Vision's strategic directions. They also illustrate changes in our community by comparing data from current and past

behavioral risk factor surveys. To view these, visit bcchp.org/goals.



A comparison of adult physical activity from the 2010 and 2012 Adult Behavioral Risk Factor Surveys.

ReThink Your Drink Encourages Workplace Wellness

“We have a wellness team here at Region 3 and we are always trying to promote a healthy lifestyle for our employees. We heard about the ReThink Your Drink display through the Wellness Works director and thought it would be a great visual to set up in our kitchen area where employees gather to eat snacks and drink soda. Once it was set up, we heard many comments about the amount of sugar that was in many of the drinks we consume at Region 3.

“People had no idea we consume so much sugar. This included drinks that we assumed were healthy. It was eye opening.



Tammy Fiala, Region 3

“Our region used to provide soda in the refrigerator for employees to purchase. Our wellness team decided that providing soda was not really in alignment with our philosophy of health, so we decided to eliminate the soda. This met with some initial opposition among employees, but the display helped to educate and reinforce our decision to keep only healthy items for purchase at Region 3.”

- Tammy Fiala

Consumer Specialist, Region 3
Behavioral Health Services

Region 3 is one of the six Regional Behavioral Health Authorities in Nebraska responsible for the coordination and delivery of behavioral health services within their respective geographic areas.

Ride from Yanney to Archway on Bicycle Sunday, October 6

Kearney Park and Recreation's Bicycle Sunday will be October 6, from 2 p.m. to 5 p.m. The ride will run from Yanney Park to the Great Platte River Road Archway, covering both Betty's Trail and Pioneer's Path and totaling 4.9 miles.

The community ride is held twice a year and promotes a different section of Kearney's 17 miles of paved trails. In April, over 200 riders pedaled their way across Eagle

Morgan Kristensen Joins Community Partners as Intern

Community Partners is excited to introduce our new intern Morgan Kristensen. Morgan is a junior at the University of Nebraska at Kearney and is majoring in political science with a minor in public health.

She graduated from Minden High School in 2011 and is bringing her experiences from rural Nebraska schools to the table as we plan for new school programming in 2014.

Morgan's primary focus will be supporting Buffalo County Community Partners' Violence Prevention Coalition by researching violence prevention curriculum and finalizing our coalition's strategic plan for January 2014.



Intern, Morgan Kristensen

Loop Trail, visiting checkpoints and filling out punch cards for a chance to win prizes from Kearney Park & Recreation. Activate Buffalo County's ReThink Your Drink display was set up at one of the checkpoints.

Visit the Park and Recreation page on www.cityofkearney.org for more information on Bicycle Sunday and to see a map of the trails. Be sure to bring your bike and join the ride on October 6!

"My advisor told me about Community Partners, and we agreed it would be a great place for me to get some experience," Morgan said. "I love my minor and was excited to hear Kearney had a public health organization for me to work at. Hopefully, I can use some of the information I have learned in class here."

Morgan's hobbies include running and playing golf. She played on UNK's women's golf team her freshman year. She plans to attend law school and go into healthcare law. Expect to hear about her work with the Violence Prevention Coalition in the near future.

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.

Buffalo County Community Partners Contact Information:

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Suzanne Brodine, Board Chair
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sbrodine@kearneygov.org

Visit bcchp.org/board for complete board member listing. Visit bcchp.org/contact for complete staff listing.

Donating is simple. Just visit bcchp.org/donate and build a healthier Buffalo County online.



PO Box 1466
Kearney, NE 68848
bcchp.org

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 or visit 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.
- **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.
- **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 or visit 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.
- **TIPS Trainings.** For more information, contact positivepressure@bcchp.org.
- **Youth Advisory Board.** For more information, visit bcyab.org.