

Healthy Klamath Meeting
 April 22, 2015
 10:00am-11:00am
 Community Health Education Center

In Attendance: OHSU student nurses, Kristen Wils (KCPH), Kim Estes (AAA), Mike Reeder (Steens), Ken Morton (CARES), Angela Groves (FOTC), Erik Nobel (City Planning), John Bellon (City Parks), Jessie Hecocta (Tribal Health), Lynette Crocker (nurse), Glenn Gailis (MD), Judy Haring (CCC), Jessie BuBose (DHS), Patty Case (KBREC), Ralph Eccles (Cascades East), Katherine Pope (SLMC), Stephanie Van Dyke (SLMC), Jennifer Little (KCPH), Stephanie Machado (KCPH), Matt Dodson (City Council), Marc Kane (Senior center), Marilyn Gran Moravec (OHSU SoN), Amy Blankenship (OHSU SoN)

Agenda Item	Discussion	Action Item
RARE Application submittal	Pre-application has been submitted. We hope to be asked to submit a full application in June. The Downtown Association has also applied for a RARE student, so it was clarified that communities are allowed to have multiple students.	
KBREC Levy	Klamath Basin Research and Extension Center (KBREC) is on the ballot on May for a levy. There were flyers giving more information about the KBREC levy, so those were offered to the group to take	
Blue Zones	<p>Stephanie summarized the Blue Zones Project (BZP).</p> <p>In May the BZP people are coming to conduct built environment assessment and an in-depth needs assessment to determine if Klamath Falls is ready to become a BZP site.</p> <p>On May 11th there will be a meeting to kick off the assessment period. The results of the assessment will be returned in June or July, which is when we'll find out if Klamath Falls has been selected to become a BZP.</p> <p>People need to get excited because this is a HUGE opportunity for Klamath, so the group was asked to continue to raise awareness in the community.</p> <p>Marc wrote a great letter about BZP, which is attached below. He also did a radio show with Paul Hansen about it.</p> <p>If you're still not sure of what Blue Zones Projects are, please watch these videos.</p> <p>Blue Zones 4 minute Overview</p> <p>Blue Zone Founder, Dan Buettner – TED Talk: <u>how to</u></p>	<p>See attached document below.</p> <p>Continue to raise awareness about the BZP!</p> <p>Sign up for the Oregon Healthiest State listserv to continue to get updates at orhealthieststate.org</p>

live to be 100+ - the evidence on which Blue Zone towns are based

Algona, Iowa, a designated Blue Zone town, its interventions and results

“Get Healthy, Klamath” themed 3rd Thursday

The first 3rd Thursday event this year (June 18th) is themed “Get Healthy, Klamath”

To be more family friendly, this year’s event will be smoke-free and dog-free.

Several suggestions were discussed to enhance this event and there were great ideas!

-parklets- these are basically mini parks that are set up in 2 parallel parking spaces



-bike smoothie machine—Patty Case said she has access to one (and a grain grinder bike), which they would like to display

-map of town and get people’s input on where they’d like to see walking/biking paths, bike lanes, parks etc. This information could then be used to advocate for improved infrastructure

-hand out trail maps

-host a 5k of some sort prior to the event (similar to the Snowflake Mile)

-Encourage people to walk and bike to the 3rd Thursday event and perhaps get some more bike corrals. Angela

Contact Katherine at Katherine.pope@skylakes.org if you’re interested in getting involved.

	<p>Groves said she was part of that project and there's a possibility of getting another bike corral for this.</p> <p>-There will be a bike maintenance station</p> <p>-Healthy snack booth- Marc Kane suggested getting his Kiwanis club to do this</p> <p>If your organization would like to do any of these or has other suggestions please contact katherine.pope@skylakes.org</p>	
<p>Pop-Up Protected Bike Lane</p>	<p>Matt Dodson presented an idea to move along protected bike lanes (PBL). A group of people have been exploring the feasibility of creating a PBL that goes from Moore Park to downtown. This route was selected because there's not an easily accessible path in that subdivision.</p> <p>Rather than just a painted stripe, a PBL is a physical barrier on the roadway between traffic and the bike lane.</p> <p>There is uncertainty of what the community knows/thinks about PBLs, so they want to do a test run and put up a pop-up PBL, which would stay in place for several weeks. They want to dovetail off of the Link River Festival on May30th because a lot of people are on foot for that event and it would offer the chance to get feedback.</p> <p>This pop-up PBL would only stretch ~1/2 mile—the purpose is just to raise awareness and gather feedback</p> <p>The idea is to construct simple plywood planters to be used as the barrier between traffic and bike lane. To do this they need human power prior to May 30th.</p> <p>Tasks are:</p> <ul style="list-style-type: none"> -gather plywood (an OHSU student said she has a contact at a lumber facility) and we could talk with Diamond or Home Depot about donations -Build the planters -Talk to the city about feasibility (Matt Dodson will do this) 	<p>Matt Dodson will determine if the pop-up PBL is a possibility and if so we'll mobilize to get this going.</p> <p>If you are interested in helping out or have a connection that could contribute, please email Katherine at Katherine.pope@skylakes.org</p> <p>If you are interested in "adopting a planter," that is, building and planting one yourself, please notify us. If everyone volunteered to create just one planter, we would be well on our way to completion! (Planter box plans can be emailed upon request.)</p>

	<ul style="list-style-type: none"> -Stencil bike lane markings in the PBL -talk to nurseries about donating plants for the planters -install the planters along the road -advertise for people who are at the festival and other outreach in the community <p>Ideas to achieve this were:</p> <ul style="list-style-type: none"> -talk with boy scouts to see if they could use this as a project (Jessie Dubois volunteered to do this) -utilize KU's 'give back day' to help build boxes or install them -KBREC could help build planters -Dragonfly Transitions might want to offer this as a community service opportunity -utilize Henley FFA group -Once the pop-up is finished and has been up for several weeks they could auction off the planters to fundraise for the building of a permanent PBL <p>If people are receptive, they will move forward on plans for a permanent PBL</p>	
<p>Next Meeting: May 27th</p>		

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What does it take to improve the health of an entire population? It simply can't happen unless the least healthy become much healthier. If you came to our kickoff event in

November, you probably noticed the presence and energy of the 30+ Klamath Falls leaders in the room. While their health rankings are dismal (dead last in all Oregon counties surveyed), their spirit certainly indicates they don't intend to be there for long. Already pursuing many approaches to improve health, in May, Klamath Falls is moving forward with an assessment to see if something called the ["Blue Zones Project"](#) could complement and connect their efforts related to making healthy choices easier for all. Read more below on how they intend to create a healthier environment, one collaborative effort at a time. We encourage you to take particular note of Marc's intentional use of his 'circles' of influence.



Klamath Falls: What We're Doing to Make Oregon

the Healthiest State

By Marc Kane

Director, Klamath Senior Center

It seems that the effort and passion to embrace the prospect of Klamath Falls being selected for a Blue Zones Project Demonstration Community has paid off. Since our gathering at the Oregon Healthiest State kickoff in Portland last November, the group is now being referred to by the national Blue Zones Project staff as "a small army". The Blue Zones Project team has made their introduction into Klamath Falls and has initiated a series of focus group meetings that will take place in May. The findings from these leadership meetings will determine if the Klamath Falls community is a good match for becoming a Blue Zones Project Demonstration Community.

The Klamath Falls' community continues on its path of better health and well-being as we prepare for the full Blue Zones Project assessment in May. Numerous efforts continue to grow and improve opportunities for better health and well-being for Klamath residents. Some of these efforts include the newly opened [Sky Lakes Wellness Center](#), Healthy Klamath, [Klamath Promise](#), Klamath Works, the Health Department's health equity project, Friends of the Children, [Citizens for Safe Schools](#), [CASA](#), the Klamath County Economic Development Association's new mission and structure, efforts by the Downtown Merchant's Association, the Chamber's Klamath Leadership Program, the Youth Development Network, and finally various efforts to build and improve recreational sites like trails, parks, and bike paths. I am sure there are many more, including efforts by our schools, worksites, faith-based organizations, and others.

These organizations are determined to improve the well-being of the community and each have their own unique approach to doing so. Some are working to reduce poverty, improve job security, and retain and attract more industry to the area. Others are working to improve the livability of the community by putting in protected bike lanes, complete streets projects, and implementing programs around healthy eating and active living. And then there are those working at both ends of the spectrum simultaneously. All are on the right track to change our culture of health, and collectively we can have a tremendous impact.

Klamath Falls's biggest challenge in the coming months will be to catalogue all of the exceptional work being done in the community so our efforts are better aligned. We are excited to turn this challenge into a great opportunity. We are extremely tenacious and not easily discouraged by the staggering health statistics our community faces everyday. Last year, the [Robert Wood Johnson Foundation's County Health Rankings](#) placed us 33rd among 33 Oregon counties surveyed, and this year we scored 34th out of 34 counties surveyed. Our response has been to launch more projects, resulting in more energy and attendance at our [Healthy Klamath](#) meetings. New partners are signing on to [Oregon Healthiest State](#) and our army is growing. We are here to build a culture of health by providing the opportunity for every Klamath Falls resident to live longer, healthier lives.

We are eager to embrace and accept direction from the Blue Zones Project. Klamath Falls has some of the highest rates of unemployment, addictions, and crime in the state, as well as some of the lowest graduation rates. We don't expect to solve all of this in the short term, but think transforming the health of our community could serve as a launching point for building momentum to eventually tackle these larger social determinants of health. More of us are stepping up with greater passion, because we love and care for our community - and know that all of us deserve access to a healthy environment where we live, learn, work, and play.

In early April, my own organization, the Klamath Senior Center, made an appeal to the County Commissioners for assistance to expand our health promotion program. We began this ask by stating the fact that the County Commissioners and the Senior Center have signed on as Oregon Healthiest State partners. We asked the County to be one of the twenty organizations we hope to raise funds from to meet our goal of \$100,000. They unanimously agreed that by being one of those twenty, they could help leverage support from others and that collectively those organizations could have a great deal of impact. So, with those funds, the Senior Center will continue to expand its health promotion programs for the whole community. Also, at the Senior Center, we have just started to offer an alternative meal at our congregate meal program. This meal is a healthier, less expensive lunch offered from our salad bar only. We hope these incremental, but impactful changes will serve as the platform for larger organizational changes and potentially Blue Zones Project Designation.

In parallel, City Councilwoman Trish Seiler recently sent in a letter of commitment

pledging all of her skills and energy to whatever it takes to build a culture of health in Klamath Falls. My Kiwanis Club has also signed on as a partner, and this month my church will consider partnership as well. As you can see, we are gaining momentum each and every day so together we can transform the health of our community.

For me, it was the concept of [Google Circles](#) that has helped shape my understanding and buy-in to the Blue Zones Project model. It started with my personal commitment and my "self" - committing to make healthier choices in my daily life. Then, it moves to my family circle - encouraging my family to make healthier choices and making sure the environment in my home are healthy. Next, it moves to my community circle - including my work, church, and professional and social clubs I am a part of. The hope is that people in those circles will encourage others in theirs. This isn't about creating programs directed at changing individuals. This is about changing environments and the culture of our community so that individuals can embrace healthier opportunities. It can happen anywhere, and it is happening in the Klamath Falls Community. We may be 34th today, but we expect to change the ratings enough to lift the entire state.