

# Partnership for A Healthy McLean County Newsletter

Jennifer Tucker  
Facilitator

November 2010

Focus Areas: Teen Pregnancy, Lack of Physical Activity, Services Available, & Overweight/Obesity

October has been a rush of activity. Pink ribbons and literature was distributed, and a luncheon was hosted for 44 guests. The *Breast Cancer Awareness Luncheon* was sponsored by Melissa Carter, an AllState Insurance Agent. While enjoying a delightful meal from SugarBean Bakery and Catering of Livermore, everyone was treated to the Pearls of Wisdom Program by the Kentucky Cancer Program. Now they can share the information with anyone who asks about their complimentary pearl necklace.

**WeCan! Ways to Enhance Childrens Activity and Nutrition** was held on Tuesday evenings in October. Seven parents and caregivers participated in WeCan! along with sixteen children and eight volunteers. Special thanks to Green River Regional Health Council for funding this program. This session also had a new sponsor: West Area Health and Education Center who provided funding for a meal and prizes! Education, Food, and Fellowship were abundant on Tuesday evenings in October!

During this month of thanksgiving, I have much to be thankful especially my family, old friends, and new friends that I continue to meet in this great place to live and work!

*Jennifer*

## **Partnership for a Healthy McLean County Has a New Tag Line!**

*Good Choices  
Good Health  
Good for McLean*

The next Partnership meeting is Monday, November 15th at 12noon at the McLean Co. Cooperative Extension Service. Please call 302-4808 or email [healthymclean@connectgradd.net](mailto:healthymclean@connectgradd.net) by November 12<sup>th</sup> for the lunch count.

## **More Resources for Physical Fitness**

In September, I began writing about our Physical Fitness Resources in the county. This being the fourth article on this topic, I must say that we are truly blessed. A trip across our county reveals many parks, ballparks, and playgrounds. Earlier this year, I had a nice walk around the Battle of Sacramento site, as well. Another resource for fitness and recreation, and a vital piece of our heritage, the river warrants

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mentioning. The city of Livermore has many opportunities for physical fitness along the banks of the river.

Livermore's Riverfront Park has the picnic pavilion, Veterans Memorial Tank Park, the Council-Mayor's Walkway, the Riverwalk, the lookout, and playground. As you take a walk along the river in Livermore, watch for the first phase of the upcoming skateboard park. The Nature trail is a new resource in this area and runs in the wooded area beside the river. Evidence of Boy Scout projects and community volunteer work can be seen everywhere you turn. Also along the river, the RV Park sits on 5 acres. It offers 31 rental lots with electric, water, and sewer. Complete with a bath house, laundry, and dump station, the RV Park also has a playground and 4 picnic shelters. Call 278-2113 or 278-2854 for rental information. Between the Riverfront Park and RV Park, tennis courts are available to the public as well. Within walking distance of the RV Park, The West End Park offers a full size basketball court, swings, and a teeter totter. Behind Livermore City Hall, another basketball court is available, as well.

Moving on into town, the Livermore Caboose Park offers a paved walking track, new playground equipment, and a small picnic area. This is the site of the annual, Halloween Party at the Caboose sponsored by the City of

Livermore, local churches, and businesses. Special thanks to Andrea Shelton and Deanna Edmonds from the City of Livermore for their help in providing information for this article.

## First Annual Turkey Trot for Tots

Sponsored by

Calhoun Chiropractic Center

November 20, 2010 at 8:30am

Calhoun Elementary School Parking lot

For more information,

call 273-5122.

Preregistration is required

## **Free Mammograms!**

**If you or any woman you know age 40 to 64 needs help paying for a mammogram, call 314-0104.**

Limited Availability & Grant funding provided by the Susan G. Komen for the Cure Greater Evansville Affiliate through the OMHS Foundation For Health.