

Partnership for A Healthy McLean County Newsletter

Jennifer Tucker
Facilitator

October 2010

Have you seen the Partnership for a Healthy McLean County Billboard? What timing for this billboard promoting physical activity to be displayed, as September was the first National Childhood Obesity Awareness Month. With all of our resources, McLean County is blessed with opportunities such as ***WeCan! Ways to Enhance Childrens Activity and Nutrition*** starting again this week. Take some time this month to read about the happenings and health resources of our county. I am looking for examples of those who have made lifestyle changes great or small to improve their health. A suggestion, from our recent Partnership Retreat, was to share stories of those who started with small changes that lead to bigger healthy lifestyle changes. If someone comes to mind, please call or email me at 302-4808 or at healthymclean@connectgradd.net

Jennifer

Partnership for a Healthy McLean County

The next meeting is Monday, October 18th at 12noon at the McLean Co. Cooperative Extension Service. Please call 302-4808 or email healthymclean@connectgradd.net by October14th for the lunch count.

WeCan!

Ways to Enhance Children's Activity and Nutrition Session to begin October 5th at the McLean County Cooperative Extension Service.

- **Held on Tuesday evenings in October, dinner will be served at no charge at 5pm.**
- **Free Childcare during session 5:45-7:15**
- **Weekly giveaways and prizes . Call Jennifer at 302-4808.**

McLean County is rich with resources for staying physically fit!

Physical activity has been a common thread with every health topic that I have encountered. I was not surprised when it was mentioned last month at the Managing Diabetes Workshop offered by the McLean County Senior Services. The instructor was Melissa Gaither, a Certified Diabetes Educator from OMHS HealthPark. She is also the secretary for Partnership for a Healthy McLean County.

As I have been working for Partnership for a Healthy McLean, I have also been amazed at the many resources that we have in our county.

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Another Partnership member, Don Crask with the Green River District Health Department, has been searching for volunteers to be trained for Senior Exercise Classes. Again, classes planned to be offered here in the county.

One day last month, I started my day at Wilkerson's Market, as I was picking up food for the Partnership Meeting. As I looked over at the beautiful Wooden Bridge Park, I had no idea that the park would be showcased that evening. That night, Mayor Fulkerson of Calhoun presented the "Community of the Year Award" at the Green River Area Development District's Annual Dinner. This is an award that she had accepted last year. She presented it to Mayor Strole of Island. As a McLean Countian, I was so proud to see them on stage with a giant slide presentation of the Island Wooden Bridge and Caboose glowing behind him. Have you enjoyed a walk around our Wooden Bridge or at the Calhoun Riverfront, or Walking Park?

Second Sunday

October 10, 2010

1:00pm-4:00pm @ MCHS Track

Free Lunch & Door Prizes

Free Activities and Inflatables

First 50 adults receive free shirt

Sponsored by McLean County Cooperative Extension Service, Community Education, Ministerial Association, GRO-FRYSC, MCHS YSC, & Partnership for a Healthy McLean.

Pearls of Wisdom Breast Cancer Luncheon

Tuesday, October 19th @ 12:00noon

McLean County Cooperative
Extension Service

This event is limited to 50 ladies, who
will receive a pearl necklace.

Sponsored by: Melissa Carter,
Allstate Agent

Pearls of Wisdom Program by Jaime
Rafferty, Kentucky Cancer Program

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.

Myer Creek Park

Last week, I visited Judge Whitaker's office,
and he told me many details about a resource
for physical activity: Myer Creek Park.

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Jointly owned by the City of Calhoun and McLean County, Myer Creek Park offers many opportunities for physical activity. Covering approximately 250 acres, this park has a theme of ownership as clubs, groups, and organizations have taken ownership with each new area of development. This local resource has two lakes stocked by the Fish and Wildlife Service. These are open for public use with boats, as long as they are not gas powered. There are plans for the lower lake to be handicap accessible. Two soccer fields have been built to collegiate standards. Presently, two softball fields, also built to collegiate standards, and a Babe Ruth Baseball field are in progress. These new fields are located between the soccer fields. **Three new sets of playground equipment have been ordered for use by children ages 12 and under. Other possibilities include a sprinkler park in the future. An 18 hole Frisbee Golf Course is coming this Fall and will provide about a two mile walk for those who play the entire course. This course was designed by HB Clark, who has built competitive disc golf courses around the nation.**

With four miles of hiking and horseback trails, this wildlife refuge has no hunting except Youth Hunts sponsored by the Fish and Wildlife Service during both turkey and deer season. Four-wheelers are not permitted. The three dimensional archery range provides a home for

the Myer Creek Archers on the third Saturday of each month. Targets such as bear, elk, and bobcat are used along with regular targets. The Regional 4H Archery competition is held at Myer Creek Park, and a national qualifying archery competition has been held there, as well.

A walk through the park provides a glimpse of our rich heritage in the form of old structures donated from McLean County farms. The cabin was donated by the Story family, and the barn was donated by the Moseley family. Our county pride is evidenced in the 4H barn for livestock shows and arenas for tractor pulls and horse shows. Other facilities include six shelters available for picnics and reunions. These are first come-first serve unless reserved in advance by calling the Judge Executive's office at 273-3213. Three of these shelters are new. In the top area of the park, two of the new ones are 24x20 with overlooking decks. The rear shelter is 24x60 with future plans for a 16x40 deck. Plans are for this shelter to be handicap accessible in the future. Currently, we have 34 RV sites complete with water and electric. There are 34 more to be developed in the lower park area. A dumping station is available beside the bath and shower house. The RV sites can also be reserved by calling 273-3213.