

# Union County Health Coalition

September 2010

Our Four Areas of Focus:

Nutrition

Exercise

Smoking

Teen Pregnancy

Join us at our monthly meetings on the last Thursday of each month at the Morganfield Senior Citizen Center at 8 AM.

Become a fan of Union County Health Council on Facebook



**Active Aging Week** is the last week of September. This is a week designated to encourage people age 50+ to remain active.

The International Council on Active Aging created a section of its website to help you gain access to scientifically based walking information and programs. You can find more information by visiting <http://www.icaa.cc/walkinghome.htm>. Here is one of the articles located on their site:

## How to start a walking group

**Starting a walking group doesn't require much. Simply spread the word and get organized. Soon you'll be walking toward better health.**

By Mayo Clinic staff

If you crave solitude, walking on your own might be the perfect workout. If you'd rather look to others for inspiration, don't go it alone. Start a walking group today!

## Spread the word

Talk to family members, friends, neighbors and colleagues. You might be surrounded by people who are ready to lace up their walking shoes — and hold each other accountable for regular exercise. But you can branch out to others, too. Post a notice in your workplace cafeteria, or place an ad in your local newspaper or on a community Web site.

## Get organized

Once you've recruited members for your walking group, hold a kickoff meeting. Collect e-mail addresses, phone numbers and other contact details. Then discuss:

- How often to walk
- When and where to meet
- Whether to walk indoors or outdoors
- What to do in case of bad weather
- The route to take
- The speed to walk
- The distance to cover

If you have a large group with various fitness goals, consider breaking into smaller walking groups based on fitness level, fitness goals, availability or other factors.

## Maintain momentum

Once your group's walking routine is established, look for ways to enhance motivation. You might choose a name for your walking group, design a group logo, enter charity walking events as a group, or set regular goals to increase walking time or intensity.

The camaraderie you experience in a walking group — and the shared fitness success — can help you walk your way to better health.

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**Join Union County Health Coalition at our next meeting...September 30<sup>th</sup> at 8:00 AM at the Morganfield Senior Citizen Center located on Richards Lane.**

**SAVE THE DATE**

**“Fall Prevention: Making A  
Difference That Pays”**

**Wednesday, September 22, 2010**

**12N- 4p.m.(CT) Lunch Provided**

**Owensboro Christian Church**

**2818 New Hartford Road**

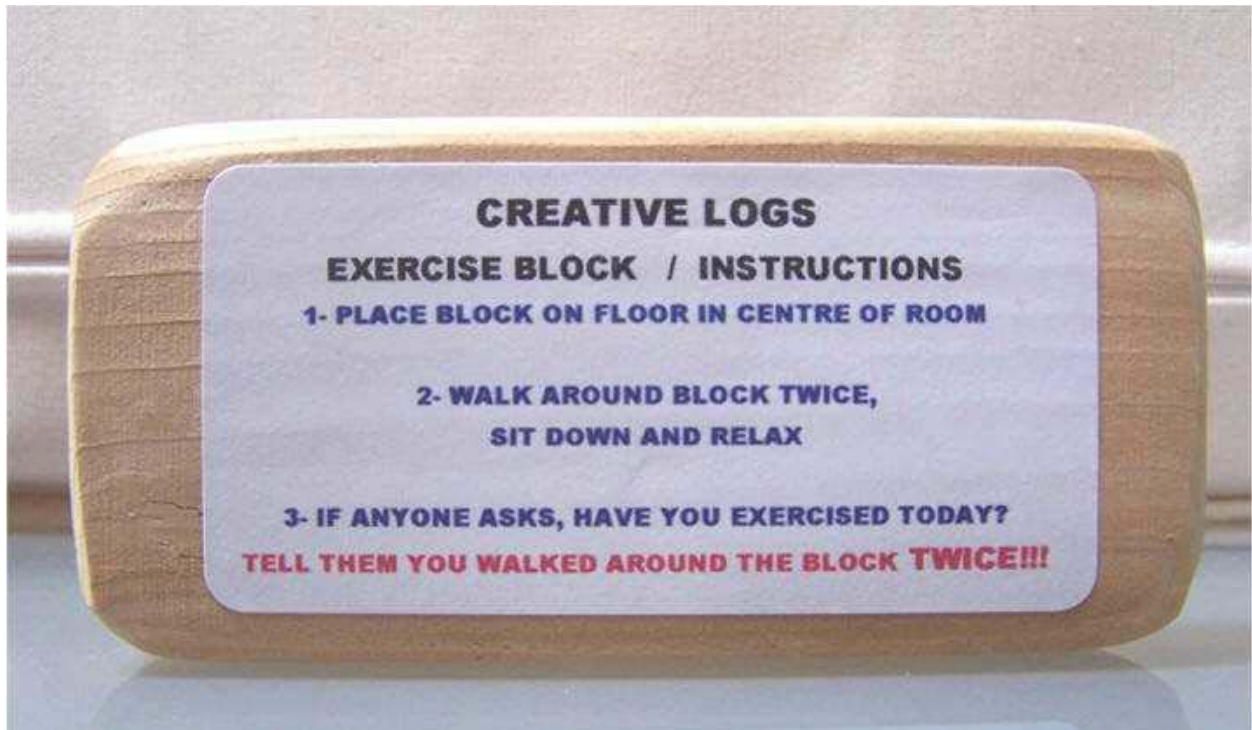
**Owensboro, KY 42303**

**Target Audience: Home Health, Nurses,  
PT/PTA, OT/OTA, Social Service Agency, Health  
Educators, EMS and Nursing Home Administrators**

**CEU'S: Nursing, Social Work, NAB, PT/PTA,**

**Additional Credit Pending**

**\$10 per person or \$25 Organization**



Union County Health Coalition is looking for a tagline. If you have a great idea, let us know. You can submit it on our Facebook page or send it to [tbelt@ucbwest.com](mailto:tbelt@ucbwest.com). We look forward to hearing your ideas.

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*Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon. ~Doug Larson*

*Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity. ~World Health Organization, 1948*



## 10 STEPS TO STARTING A COMMUNITY GARDEN\*

*The following steps are adapted from the American Community Garden Association's guidelines for launching a successful community garden in your neighborhood.*

### **1. ORGANIZE A MEETING OF INTERESTED PEOPLE**

Determine whether a garden is really needed and wanted, what kind it should be (vegetable, flower, both, organic?), whom it will involve and who benefits. Invite neighbors, tenants, community organizations, gardening and horticultural societies, building superintendents (if it is at an apartment building)—in other words, anyone who is likely to be interested.

### **2. FORM A PLANNING COMMITTEE**

This group can be comprised of people who feel committed to the creation of the garden and have the time to devote to it, at least at this initial stage. Choose well-organized persons as garden coordinators. Form committees to tackle specific tasks: funding and partnerships, youth activities, construction and communication.

### **3. IDENTIFY ALL YOUR RESOURCES**

Do a community asset assessment. What skills and resources already exist in the community that can aid in the garden's creation? Contact local municipal planners about possible sites, as well as horticultural societies and other local sources of information and assistance. Look within your community for people with experience in landscaping and gardening. In Toronto contact the Toronto Community Garden Network.

### **4. APPROACH A SPONSOR**

Some gardens "self-support" through membership dues, but for many, a sponsor is essential for donations of tools, seeds or money. Churches, schools, private businesses or parks and recreation departments are all possible supporters. One garden raised money by selling "square inches" at \$5 each to hundreds of sponsors.

### **5. CHOOSE A SITE**

Consider the amount of daily sunshine (vegetables need at least six hours a day), availability of water, and soil testing for possible pollutants. Find out who owns the land. Can the gardeners get a lease agreement for at least three years? Will public liability insurance be necessary?

### **6. PREPARE AND DEVELOP THE SITE**

In most cases, the land will need considerable preparation for planting. Organize volunteer work crews to clean it, gather materials and decide on the design and plot arrangement.

### **7. ORGANIZE THE GARDEN**

Members must decide how many plots are available and how they will be assigned. Allow space for storing tools, making compost and don't forget the pathways between plots! Plant flowers or shrubs around the garden's edges to promote good will with non-gardening neighbors, passersby and municipal authorities.

### **8. PLAN FOR CHILDREN**

Consider creating a special garden just for kids—including them is essential. Children are not as interested in the size of the harvest but rather in the process of gardening. A separate area set aside for them allows them to explore the garden at their own speed.

### **9. DETERMINE RULES AND PUT THEM IN WRITING**

The gardeners themselves devise the best ground rules. We are more willing to comply with rules that we have had a hand in creating. Ground rules help gardeners to know what is expected of them. Think of it as a code of behavior. Some examples of issues that are best dealt with by agreed upon rules are: dues, how will the money be used? . How are plots assigned? Will gardeners share tools, meet regularly, handle basic maintenance?

### **10. HELP MEMBERS KEEP IN TOUCH WITH EACH OTHER**

Good communication ensures a strong community garden with active participation by all. Some ways to do this are: form a telephone tree, create an email list; install a rainproof bulletin board in the garden; have regular celebrations. Community gardens are all about creating and strengthening communities.

