

Community Partners Celebrates Give Where You Live

On Thursday, December 7th, we joined 148 other local nonprofits for the Kearney Area Community Foundation's Give Where You Live event. We celebrated the day by gathering around a fire pit at Chapman Swifts Coffee House. We roasted s'mores, drank coffee and heard poems written by youth in our PhotoVoice program.

On our local giving day, 153 donors contributed \$144,636 to help us sustain the work we do toward improving mental and physical wellness here in our community. Thank you to all who donated—and a special thank you to those honored by your donations.



Intern Cat Urrutia reads a poem written by one of our PhotoVoice youth (left). Executive Assistant Dawn Holbein collects donations at the Give S'more event (right).

Donations Made in Honor Of:

A mother of a daughter with mental health issues

All the grads of PhotoVoice

Alzheimer's

Bradyn Hinkle

Chuck Pohlman

Darlene Jatczak

Dean Myers

Daniel Odom

Eric Erickson

Families of Kearney

Cat Urrutia

Janelle Grabowski

Intellicom

The Urrutia's

Be Well Receives CHI Grant Funding

Be Well Buffalo County was awarded \$30,000 in grant funding from the Community Benefit Action Team (CBAT) at CHI Health. The funds will help support Be Well's work over the next year. Be Well aims to:

- Increase the number of vendors accepting electronic payment at farmer's markets.
- Conduct environmental scans of food pantry offerings.
- Increase the number of schools with wellness policies that include extracurricular activities.
- Increase the number of school concession stands with menus that consist of healthy options.

These activities will help the collaborative meet their goals of increasing physical activity and consumption of fruit and vegetables here in Buffalo County.

Buffalo County Community Partners Contact Information

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Eaton Hosts Worksite Diabetes Screening

The Diabetes Referral Network (DRN) partnered with Eaton corporation to help the company provide a diabetes screening event for its employees. The screening was held at Eaton on Thursday, November 2nd.

The event was put on with the help of 18 volunteers from 8 different organizations. They helped screen 84 Eaton employees. All of the employees who participated completed the Center for Disease Control and Prevention's pre-diabetes screening tool and had a glucometer reading to measure their blood sugar.

Those with screening and/or blood sugar scores that suggested diabetes risk were asked to have an A1C test done. An A1C test indicates a person's average blood sugar over the last three months.

About 30% of the participants' numbers suggested they needed an A1C test done. Of those, 44% tested at risk for diabetes or pre-diabetes.

"The diabetes screening was a great opportunity for our employees to take advantage of a free, on-site, preventative screening in an effort to protect their overall health," said Katie Shively of Eaton. "We had 84 participants and a few that were pre-diabetic who would not have known had they not participated."

DRN hopes to continue these screenings in worksites to help those at risk for diabetes get connected with local resources. For more information contact wellness coordinator, Kendra Hansen, at Wellness@BCCHP.org.



UNMC students and DRN volunteers assist in screening Eaton employees for diabetes and pre-diabetes on November 2nd at Eaton.

Community Partners Refreshes with Staff Retreat

The Community Partners staff took one day before the rush of the holiday season to have a staff retreat. This type of retreat is designed to help the staff step outside of their day-to-day responsibilities and look more broadly at the vision behind the work we do.

Staff started the morning with "chair races" to help everyone get involved with the United Way's Annual Campaign. They spent most of the morning discussing the vision of Community Partners, the successes they've seen this year, and where the community might go next as we approach completion of our 2020 vision.

The afternoon was spent "practicing what we preach" as we ate lunch and attended a yoga class together. Twice yearly retreats allow staff to unplug from the work they do daily and reconnect with one another and the vision of Community Partners.



Community Partners staff do yoga at Just Breathe Yoga.

Adult Survey Tool Finalized

The Adult Behavioral Risk Survey tool was finalized last month. Community Partners' Planning and Measurement Committee has contracted the University of Nebraska at Kearney to help create the survey, collect responses and analyze the data. The committee chose questions based on the Center for Disease Control and Prevention's Behavioral Risk Factor Surveillance System.

This is the first year that UNK has been involved in the implementation of the adult survey. The survey will be distributed online beginning early in 2018. It consists of approximately 50 questions regarding adult behavioral health in our county. A similar survey measuring adult health status will be conducted in 2019.



Community Partners utilizes data from this and other surveys to help drive the work we do in the community. This data will help us to assess the work of our coalitions and to determine emerging issues and priority areas here in Buffalo County.

Buffalo County Votes on Worksite Wellness Membership

The Buffalo County Board of Commissioners voted for Buffalo County employees to become members of Activate Buffalo County's worksite wellness membership.

Activate Buffalo County's worksite wellness membership provides local businesses with resources to improve their worksite wellness programs. They have partnered with a variety of local businesses who offer "wellness perks" to member businesses and their employees.

"This membership program is a testament to how collaborative our local worksites really are," said Kendra Hansen, wellness coordinator at Community Partners. "We've had a number of businesses come together to create solutions that impact the whole community."

As a member, employees of the county will be represented on the Activate Buffalo County coalition. The county will have access to resources to maximize its employee wellness program. Employees of the county will have access to discounts and special events in the community.

Buffalo County has approximately 238 employees.

Learn more about signing up for a worksite wellness membership at ActivateBuffaloCounty.com/Membership.



Student Volunteer Spotlight

Hi, my name is Isabella Breinig, an active senior at Kearney High School. Recently I have done some volunteer work for BCCP. I've found my experience to be very enjoyable and enriching!

My favorite experience was helping at the Children's Museum—showing the amount of sugar in the drinks commonly consumed and watching kids blend smoothies on a bike.

Most of my volunteering efforts included writing an article about body image, or more specifically the harms of having a poor one. Through volunteering at BCCP I've learned many things, most importantly how necessary it is that Kearney be a healthy, happy community, and how much thought and work goes into keeping it that way.

I chose BCCP because I wanted to give back to my community and get a behind the scenes look at how Kearney handles mental health. I highly encourage anyone, especially young people looking to get more involved in the community, look for volunteer opportunities through BCCP.



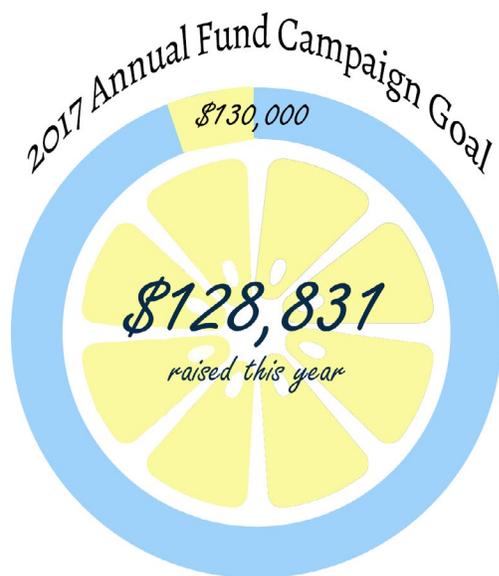
BCCHP.org/BodyImage



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*We would like to thank CHI Health
Good Samaritan for providing mailing
services for our newsletter.*

Thanks to Our November Donors



Greg and Sanae Shea

Shayne and Denise Zwiener

All who donated on December 7th
as part of Give Where You Live

If you would like to partner with us through
a financial donation, you can:
Contact 308-865-2280 or dzwiener@bcchp.org
Or donate online, BCCHP.org/Give



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