

Winter 2018

COMMUNITY BENEFIT BULLETIN

A quarterly update from the Department of Community Benefit

EDITOR'S NOTE

Playing with kids and dirt. This issue explores great things in the community that are all a part of great clean fun!

Growing Healthy Communities – 2017 Healthy Living grantees received site visits from Community Benefit Advisory Council members

BOYS AND GIRLS CLUB OF WEST SAN GABRIEL VALLEY – TRIPLE PLAY

Each year our Community Benefit Advisory Council (CBAC) members select one or more of the Healthy Living grantees to conduct a site visit. The CBAC members volunteer their time to participate in this process and consider it one of the highlights of their time serving on the council. Not only is it a great time to see where the money they appropriated is being used, but it is also a time to engage with the local community and experience, firsthand, the impacts of their funding choices.

Ashley Millhouse, from the American Cancer Society, conducted a site visit with the Boys and Girls Club of West San Gabriel Valley. She said, "I think this program has great potential for growth and reveals a critical need in our education system. I suspect this may be needed in other schools and areas, and has the potential to really meet a systemic issue." The program, Triple Play, is being delivered to elementary school children at Janson Elementary School in Rosemead. Triple Play is a physical education program that fills in the gaps where the school district is unable to provide PE. While there, Millhouse met with the Boys and Girls Club staff member who is responsible for implementing the program. Patricia Duff Tucker, Set for Life, also



■ CBAC member, Ashley Millhouse from American Cancer Society asks questions about the Triple Play program in Rosemead.

conducted a site visit at the same location. Tucker exclaimed, "They service a large number of students! I was amazed at how organized they were!" She felt that the staff were "... doing an excellent job with their objectives of providing their athletic program to students. They have a detailed system for tracking their outcomes, including how student's attitudes are changing about becoming more physically fit. Students were VERY excited, engaged and really seemed to enjoy the variety of activities."

HEALTHY SENIORS AT THE FARM

Susan Nyzani, Walden University, and Peggy Diamond, Duarte Senior Center, teamed up and conducted their site visit at the five acre farm on the campus of the LA County Fairgrounds. Upon their arrival, they were introduced to the oldest senior participating in this physical activity program - a 90-year-old who once worked as an aerial performer for Barnum and Bailey Circus. The program is designed with the idea that if you were to get seniors out to The Farm, doing the active responsibilities that it takes to keep the farm going, you could improve their health. The seniors are expected to volunteer for 400 hours per year and track their physical activity with a Fitbit.

Nyzani and Diamond attended the new volunteer orientation and by the time day was over, were looking for their own ways to participate in the program. Nyzani felt, "The program has the potential to grow because of the partnerships they have and the constant re-evaluation to see how they can improve on what they have, e.g., there are always ways to recruit more seniors for the project." After the orientation both Nyzani and Diamond were provided with a tour of The Farm, which included a stop in the livestock areas where they were able to hold 3-day-old quails and see a variety of different types of chickens and rabbits. The Farm incorporates the seniors in everything from planting and weeding to food preservation and packaging of food products for sale.



■ One of the senior volunteers participating in the Health Seniors at The Farm.



■ CBAC members, Dr. Susan Nyanzi and Peggy Diamond, walk The Farm with Barbara Tuen.



■ **Top row:**
Astrid Williams
Katty Nerio
Kelly Hansen

■ **Bottom row:**
Marisela Garcia
Sophia Yeung

FIRST SET OF KINDNESS GRANTS AWARDED

On Thursday, Jan. 18, the Community Benefit Advisory Council awarded five Do-Gooders at City of Hope, with money to help them do more to address the needs in our local community.

In total, \$4,400 was awarded to the following programs:

- Laryngectomy Support Group – Submitted by Kelly Hansen
- Chinese American Community Cancer Health Education Forum – Submitted by Sophia Yeung
- Duarte Senior Center Food Distribution Wagons – Submitted by Astrid Williams
- Eating Healthy with the Teen Nutrition Council – Submitted by Marisela Garcia
- Striving for a Healthier Foothill Unity! – Submitted by Katty Nerio

To learn more about these funded programs and to apply for a Kindness Grant, go to our iHope page. The next grants will be awarded in April 2018.

To deepen understanding about Community Benefit activities here at City of Hope, send us a note:
CommunityBenefit@coh.org. We would love to hear from you!

City of Hope, 1500 E. Duarte Road, Duarte, CA 91010 • **CityofHope.org**

