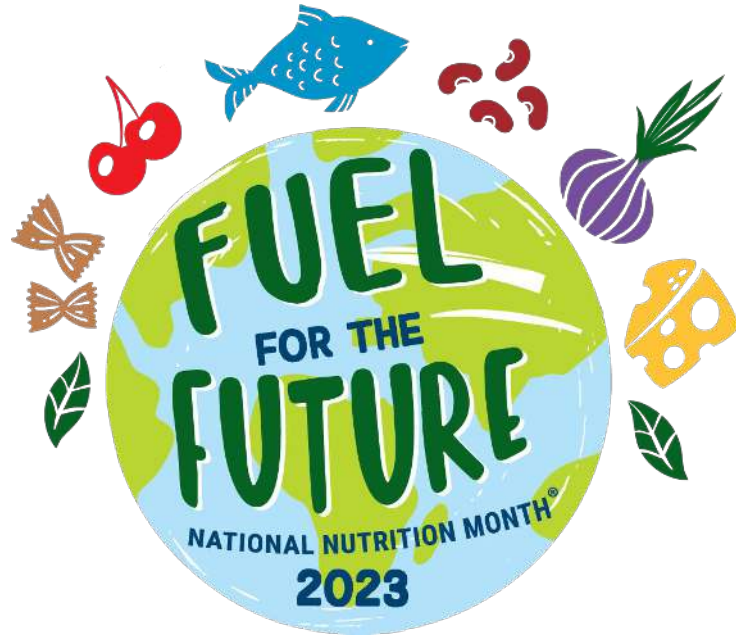




March 2023

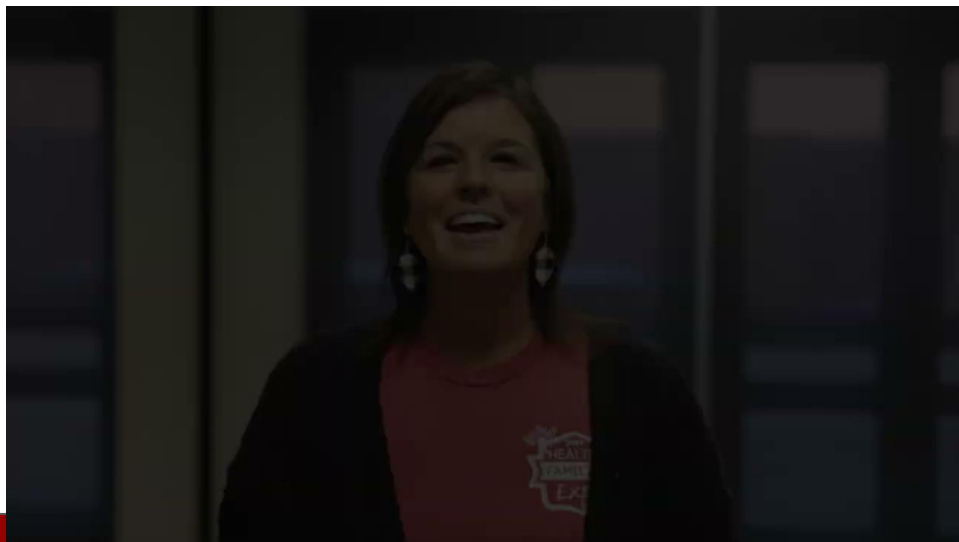
March is National Nutrition Month! It is a great time to reflect on our diet choices and educate ourselves around the important role nutrition plays in our lives. **This year's theme is "Fuel for the Future."** Eating with sustainability in mind is a tasty way to nourish ourselves during every phase of life and protect the environment. A Registered Dietitian Nutritionist can help you create healthy habits that are sustainable and celebrate your unique needs. To learn more about National Nutrition Month and to access the resources available head to: [National Nutrition Month® \(eatright.org\)](https://eatright.org)



Activate Allen County had a busy 2022!! We are so thankful to be a part of so many great community partnerships and activities- all aiming to increase the health and wellbeing for those who live, work, worship and play in Allen County!

Please enjoy a short video highlighting some of our favorite parts of 2022!

[AAC 2022 Highlight.mp4 - Google Drive](#)



South Jackson Community Garden

We are gearing up for a great season at our **South Jackson Community Garden!** Thanks to **funding from AARP**, we have been able to add **4 additional raised beds** to our space.



Additionally, we are working with the City of Lima in **hopes of adding a permanent structure on the property** to allow us to better serve our residents with community events and education.

Applications Open for Activated Faith Challenge Funding!

The **2023 Activated Faith Community Challenge is open** for applications! We are looking to work with Faith Based Organizations and Churches to assist them in creating healthy environments for those they serve. Projects in the past have including walking paths, meditation spaces, healthier foods at fellowship time, Mental Health First Aid trainings, and so many more! **We would love to work with you and fund projects** that are impactful and sustainable. Contact us with questions, or get started by filling out the application using the link below. Applications will be accepted through April 30, 2023.

To apply for the challenge, follow this link:

<https://activateallencounty.com/activated-faith-community-challenge/>



Activate Change-QUIT Tobacco Cessation Program

**You can quit.
Start today.**

Smoking cessation
classes for you
and your family



Patient Success Story:

https://blog.mercy.com/st-ritas-activate-change-quit-program/?utm_source=facebook&utm_medium=organicsocial&utm_campaign=contentpromotion&utm_content=facebook_contentpromotion_lima_activatechange&fbclid=IwAR3rFnkLm6yxR4nhReker62ZXkeGiHuNPNLXxotFDCqjPSYxXcoWG4CIPNY

To learn more, visit
ActivateAllenCounty.com and/or register
online at **Mercy.com "Events"**

**Please call for availability, both self
and MD referrals taken**

Call 419-996-5633, option 2 to register-
Phone line will be checked twice a
week and we'll call you back to get you
in a program (and provide a start date).
Patients will receive one week of free
nicotine patches following every weekly
session they attend.

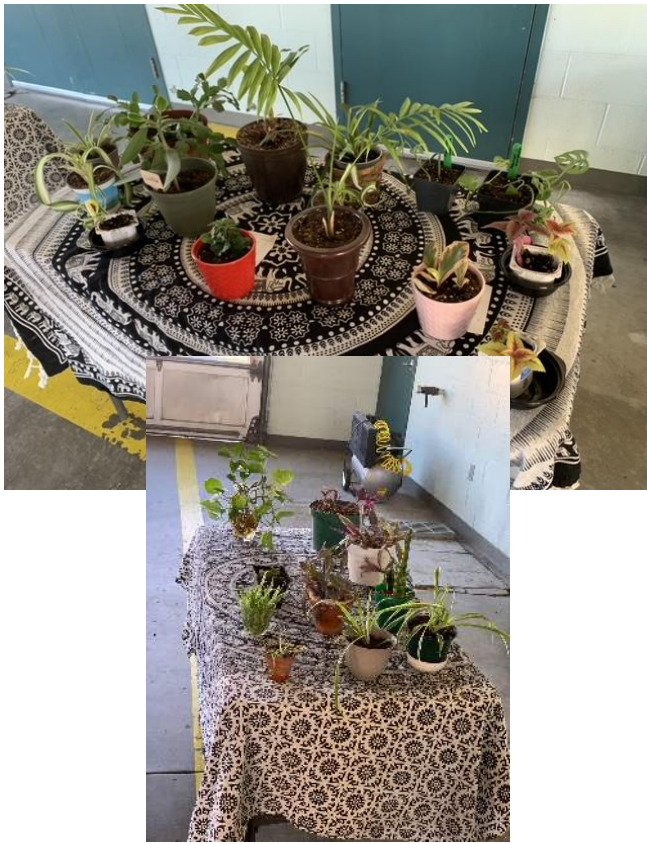


Community Health Improvement Planning is Underway!



In January, we kicked off another round of **Community Health Improvement Plan creation!** This process will take place through the fall and utilize the Community Health Assessment data we gained in 2022, community conversation data, stakeholder input and additional data to frame the health related goals and objectives that we want to work together to accomplish. If you would like to join us for these meetings, please let the Activate staff know- the more, the merrier!

Another Community Plant Swap was a Success!



In February, we hosted the **community's second Plant Swap** at the **LACNIP building on Spring Street**. **About 30 residents brought houseplants** and were able to leave with another plant. Everyone seemed to enjoy the swap and the ability to talk with other plant lovers!



New Signage at the City Parks!



If you have been out and about recently at our City Parks, you may have noticed some **new signage**! We are thankful to the City for reminding our residents about the dangers of smoking near where children are playing. Not only that, we desire to have attractive parks, so encouraging residents to smoke elsewhere is helpful in managing litter. **Thank you to the City of Lima and the Parks Department for taking this step to help protect our youth!**



Community Activities/Events



1ST SATURDAY OF EVERY MONTH AT 9:00 AM
LIMA YMCA
345 S ELIZABETH ST, LIMA, OH
 NO MEMBERSHIP REQUIRED!

JOIN US FOR WALK WITH A DOC!

You'll take a few minutes to learn about a current health topic, then spend some time enjoying a healthy walk at your own pace and distance. It's a great way to be active, learn about health, and build a habit for exercise! The events are free and open to everyone!

More information:

 walkwithadoc.org
 WWWADLIMA@Gmail.Com

2023 WALK DATES!

3/4/23	8/5/23
4/1/23	9/2/23
5/6/23	10/7/23
6/3/23	11/4/23
7/1/23	12/2/23



HEALTH AND WELLNESS EXPO

Working together to accelerate health equity for the mind, body and soul.

SATURDAY | LIMA SENIOR
APRIL 1, 2023 | CAFETERIA
10 A.M. - NOON

West Ohio Food Bank food distribution.

Community health exhibits with FREE giveaways

HEALTH INFORMATION
 Breast and cervical cancer
 Sleep apnea
 Alzheimer's disease
 Mental health
 Nutrition
 WIC program
 Medicare and commercial insurance

HEALTH SCREENINGS
 Hearing
 Osteoporosis
 Blood pressure
 Balance checks
 Diabetic checks

ACTIVITIES
 Chair massages
 Senior Services

And much more!

"Without health and long life, all else fails." - Dr. Booker T. Washington








PRESENTS

HERE'S TO OUR HEALTH

BLOCK PARTY!

Saturday, May 13, 2023
 700 Block of Brice Avenue
 Time: 11AM-2PM
 For More Info email:
cthompson@crimevictimservices.org

ONU HealthWise Bus tour

Bike Rodeo & Helmet Giveaway

Blood Pressure Checks

Health & Preventative Screenings

Live Entertainment

Photo Booth

WOFB Food Distribution

Man Cave!

Cornhole

Face painting

Food Trucks

Community Vendors

2023 Newsletter, March

YOU Are Activate! Please follow us on Facebook and Twitter if you have not already done so! Website: www.ActivateAllenCounty.com

These avenues are great ways to stay up to date with what is happening!

NEW PLATFORM- Allen County Health Atlas!!!! We are excited to launch an online data portal to our community! Please take a minute to check out www.allencountyhealthatlas.org and view this quick video to learn more. Stay tuned for more information coming soon!



Listen to our Podcast- Activate Your Health- every month!
[Activate Your Health | Podcast on Spotify](#)

Have a community success story to share?



twitter.com/ActivateAllenCo



facebook.com/ActivateAllenCounty



Interested in more information about Activate Allen County
and how to get involved? Please contact us today!

Contact us: 419-222-6045 • Email: kmonfort@activateallencounty.com