WeTHRIVE! Forest Park

2022

Year End REPORT
Thank You to Our Sponsor
Life Center Organ Donor Network

LifeCenter

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# 2022 Team Members

**Team Lead:** Jermaine Hill, Forest Park Fire Department  
**Facilitator:** Kim Chelf, Forest Park Fire Department  
**City Council Representative:** Dr. Rosalind Moore

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<thead>
<tr>
<th>Sharlee Adams</th>
<th>Jennifer Lipke</th>
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<tr>
<td>Trivina Adams</td>
<td>Stephan Moje</td>
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<tr>
<td>Loretta Allen</td>
<td>Dee Dee Moore</td>
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<tr>
<td>Ashley Barrow</td>
<td>Sonya Moore</td>
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<tr>
<td>Daniele Bond</td>
<td>Kimberly Morris</td>
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<tr>
<td>Anne Burghard</td>
<td>Jake Otte</td>
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<td>Annette Dean</td>
<td>Pamela Phillips</td>
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<tr>
<td>Jay Dennis</td>
<td>Willetta Reese</td>
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<tr>
<td>Mark Docter</td>
<td>Ursula Robinson</td>
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<tr>
<td>Inez Edmondson</td>
<td>Vanessa Sams</td>
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<tr>
<td>Donnieta Edwards</td>
<td>Sandy Sanders</td>
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<tr>
<td>Keva Elam</td>
<td>Natombi Simpson</td>
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<tr>
<td>Kellee Haslon</td>
<td>Vernita Smith</td>
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<tr>
<td>Rachel Hudson</td>
<td>Michelle Sneed</td>
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<tr>
<td>Amanda Irwin</td>
<td>Jimmie Walker</td>
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<tr>
<td>Drew Jackson</td>
<td>Lula Whitehead</td>
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<tr>
<td>Jan Harper-Jackson</td>
<td>Ron Wilson</td>
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<tr>
<td>Alfie Jones</td>
<td>Zadonna Williams</td>
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<td>Karen Jones</td>
<td>Katrina Wyche</td>
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WeTHRIVE! Forest Park was founded in 2014 when the county wide WeTHRIVE! Initiative was relaunched. Then Lieutenant Jermaine Hill was the driving force behind the establishment of the community team and the initial action plan.

From the beginning the team has been focused primarily on increasing opportunities for physical activity in Forest Park as well as providing more access to healthy foods for residents. In order to accomplish these goals, the team has worked with a variety of community partners and other organizations including Our Harvest, Winton Woods School District, Home Depot, Kroger, Walmart, Mercy Health, Life Center, Interact for Health, and more!

In 2016 WeTHRIVE! Forest Park was awarded a Thriving Community Grant from Interact for Health which has provided support and funding for team activities over the last 7 years. The team has also implemented their own fundraising activities in order to help move their goals forward.
2022 was a banner year for the WeTHRIVE! Forest Park team. After several years of reduced activities due to COVID, 2022 saw a return to a more active team.

Over the course of the year, several grants were applied for and the team was awarded $15,000 for car seat safety through Buckle Up for Life as well as additional bike helmets through Put A Lid On It. Applications for Safe Routes to School and the AARP Challenge grant were also submitted, but were not awarded.

Officer Rebecca Davis changed roles and was replaced by Officer Ron Wilson as the police representative for the team. He jumped right in where Rebecca left off and even expanded into other programs and activities.

The team strengthened partnerships with OSU Extension, Winton Woods Schools, Home Depot and the Library and developed a new partnership with Life Center and the Cobalt Queenze. Several new initiatives were started and others were expanded. Many volunteers were engaged, and everyone is excited to see what might happen in 2023.
Community Events

During 2022, WeTHRIVE! was represented at a number of community events in Forest Park and the Greater Cincinnati community. Tabling at events is an important part of the WeTHRIVE! team's work. It offers several opportunities.

First, it allows us to distribute health information and event flyers to the community. This is a great way to get information into the hands of those who may not seek it out on their own.

Second, it allows us to raise awareness of the work WeTHRIVE! Forest Park is doing in the community, building support for our initiatives.

Finally, events allow us to make connections both with community members as well as with other organizations and groups that are working in the community.

Starting with the Black Family Reunion, Community Health Educator Kim Chelf developed a display board that can be used at events to promote WeTHRIVE! Forest Park and the work that is being done.
Sunrise Treatment Center
Health and Safety Fair

June 10, 2022
Sunrise Treatment Center

WeTHRIVE! Forest Park was invited to participate in the health and safety fair at Sunrise Treatment Center. They have games and crafts for the kids as well as a number of health related tables set up to provide information to the community.
City Cycle

June 11, 2022
Central Park

The second annual Forest Park City Cycle was held in 2022. The community bike ride was followed by a free family field day that included games, food, and a DJ. WeTHRIVE! had a table at the event where we handed out health information, stickers, and goodies for the kids.
Black Family Reunion

August 20, 2022
Sawyer Point

Forest Park was able to participate in the Black Family Reunion parade and event at Sawyer Point for the first time in 2022. WeTHRIVE! was represented at the Forest Park table by Councilwoman Dr. Rosalind Moore and a display board. Despite the rain and wind, the event was a great way to showcase the community and what makes it great!
Life Center Organ Donor Network
Live Healthy and Move Event

August 28, 2022
Forest Park Fire House 42

Life Center Organ Donor Network partnered with Forest Park Fire Department to host their 2022 Minority Donor Awareness Month event: Live Healthy & Move! The event was held at the fire house and hosted a variety of health and wellness screenings and informational tables. Turn out was high and guests enjoyed free food, games, and activities.
Harvest Festival and Open House

October 8, 2022
Forest Park Fire House 42

This year, the Harvest Festival was moved from the last Saturday of the month to the first Saturday of the month in order to have better weather. The move worked and the weather was beautiful! Members of the community came out to "trick-or-treat" at the vendor booths, judge the chili cook-off, play games, do crafts, see a glass blowing demonstration, and get some great food.
WeTHRIVE! Forest Park was invited to participate in the Forest Park branch of the Cincinnati Hamilton County Public Library's Community Day. It was an event to showcase all the things that are going on in the community and make residents aware of what is available to them. It was a lightly attended event, but 15 families were able to learn about WeTHRIVE! in Forest Park.
The WeTHRIVE! Champion Health for All award is given to an individual or team who works across sectors to ensure that everyone has an opportunity to thrive, regardless of where they live, work, learn, and play. Health for All champions are advocates for a diverse and inclusive environment for all, ensuring that community members of all backgrounds and abilities have access to health and safety initiatives.
Healthy eating is one of the WeTHRIVE! Pathways that Forest Park has focused on since the beginning. We understand that being healthy often begins with helping people to access healthy foods, teaching them how to cook those foods so that they taste good, and making those foods as affordable as possible.

While there is no shortage of grocery stores in Forest Park, not everyone has access to those stores or can afford to shop at them. With the rising cost of everything, sometimes the food budgets are tight. For others, they need help learning what healthy food is and how to prepare it.

The WeTHRIVE! Forest Park team has implemented a variety of strategies in order to help the residents of Forest Park access and consume more healthy foods.
Produce Pop Up

Forest Chapel Church

On the first Thursday of every month, from March - December, WeTHRIVE! Forest Park gives away bags of free produce to anyone who wants it. The give away is held at Forest Chapel Church. This year, the event was moved from around noon to later in the day to increase the amount of people who could come pick up food.

The food provided each month varies, based on what is delivered, but each month we distributed food for 150 families. Participants were able to pull up in their cars and volunteers put the bags of food directly into their trunks.

Each month volunteers from the community, the WeTHRIVE! team, and other organizations helped to bag the food and to distribute the food to the community.

Give Away Events Held in 2022: 10
Families Served Each Month: 150
Average People Served each month (3,734 people total): 373

Volunteers From:
- Forest Chapel Church
- Community Block Watch
- Sunrise Treatment Center
- WeTHRIVE! Forest Park
- Forest Park Fire
- Forest Park Police
- Sharon Hill Daycare
Healthy Cooking Classes

Two session of healthy cooking classes were held during 2022. During each class, participants were able to cook a healthy meal using cost effective ingredients. They were also provided the opportunity to get some physical activity, and take home tools to use in their own kitchens.

In the spring a set of 8 classes were held on Tuesday evenings starting April 5. Those classes were taught by Margarita Monagas Lewis from Butler County Extension.

In the fall a set of 9 classes were held on Tuesday evenings starting August 30. Those classes were taught by Fred Paul from Hamilton County Extension.

16 Program Graduates
2 Series of Classes held in 2022
15 Recipes Made
17 Classes Held
Forest Park Fire House 42

The Blessing Box was installed outside Fire Station 42 in February of 2022. This is a joint project between the Cobalt Queenz, WeThrive! Forest Park, Forest Park Fire Department, The City of Forest Park, Winton Woods Schools, and Home Depot. The Cobalt Queenz stock the box each month with new goods, and others in the community contribute as they are able.

While everything is welcome in the box, the most popular items seem to be the hygiene and cleaning items including shampoo and conditioner, hand soap, dish soap, and multi purpose cleaners. The box is open 24 hrs a day, 7 days a week.
Falls are a huge problem for the residents of Forest Park, as they are for much of Hamilton County. One of the most common causes of injury in Forest Park are falls.

Because of that, WeTHRIVE! Forest Park is working to implement evidence based fall prevention. The goal is to reduce preventable falls for Forest Park residents. While we know that we can never prevent all falls in Forest Park, we hope to do as much as we can to prevent the falls that we can.

2022 was the first year that we were able to implement fall prevention strategies. We hope to grow and expand the program in future years.
Stepping On Workshop

Stepping On is an evidence-based fall prevention program, which is facilitated in a small group setting, within a community-based location. It consists of 7 sessions that are 2 hours each. The program is grounded in behavior change, preventative framework, and principles of adult education, with a focus on four critical domain: balance and strength exercises, medication review, vision review, and home modifications.

During the program, multiple guest experts come in to provide their expertise to the participants.

These experts include physical or occupational therapists, pharmacists or physicians, vision experts, first responders, and past program participants.

These guest experts are a critical part of the program and a highlight for the participants.

Series of Workshops held in 2022
Participants Educated
Guest Experts Engaged
Class Hours
Program Graduates
The Forest Park WeTHRIVE! Team knows that physical activity is important for many reasons. Good health often begins with physical activity.

Because of that, the team has prioritized making physical activity accessible for everyone in the community by holding free fitness classes every summer, encouraging residents to ride their bicycles, and trying to get more residents utilizing the great parks in the city.

While COVID restricted many of these activities, 2022 was the year that these efforts picked back up. The team is hoping to expand these opportunities further in 2023 and beyond.
Summer Fitness Series

Central Park Basketball Courts

2022 marked the 7th year that WeTHRIVE! Forest Park offered free one hour workouts during the summer months. Each Saturday morning, starting on April 23rd, residents gathered on the basketball courts at Central Park to participate in a variety of fitness activities.

Each workout was led by a guest instructor and was able to be modified to fit all ages and fitness levels. While participation varied each week, and a few weeks had to be cancelled due to weather, the classes were a resounding success.

- **17** Classes Held
- **16** Average Participants Each Week
- **5** Guest Instructors
- **5** Different Types of Workouts Offered

Workouts ranged from boot camp style classes, to full body HITT, DanceFit, Zumba, full body blast and more.

Each workout was done with very little equipment and everyone from school aged kids to older adults were welcome to attend.

For 1 hour each week, residents were able to exercise and socialize with each other, while also having fun!
We THRIVE!
Community Wellness in Action