Dear HLI Partner,

In this month's newsletter you will find news and updates from several of our communities. If you have any questions about the exciting things happening across the state, we are sure that the individuals in those communities would be happy to assist you.

Also found in this newsletter are articles that may be of interest to you. Please be sure to "like" our Facebook page, and let us know if there are individuals we should add to the recipient list of this newsletter. Finally, please share with us your community newsletters! You can find our newsletters from past months now on our website at www.extension.missouri.edu/healthylife.

We appreciate all you do and your help in showing the impact of Extension support in your communities.

We hope you had a Happy Thanksgiving!

Sincerely,
Your On-Campus HLI Team
Ann, Margie, Nancy, Kristin and Rachel

Refocusing and Progress in Lafayette County

Those that attended the 2012 Community Convening held in August left thinking that "re-energizing" their group should be a top priority. Over the 3+ years of HLI in Lafayette County, the dynamics of the original workgroup has changed due to things such as people changing jobs and teachers retiring. As a by-product of this change and discussions from the convening, the Lafayette County Live Healthy, Live Well Partnership (LHLW) held an Update Meeting in September. The purpose of this meeting was to make a concerted effort to bring new people to the table, re-focus current members of the partnership, and identify target issues and projects.

The meeting began by discussing the purpose of the meeting and an update on the health status of Lafayette County from the Health Department. The LiveWell Greenville video clip was then viewed by attendees to get the group focused and energized. An update and overview of all LHLW Programs was then presented to the group.

The most meaningful part of the meeting came with work group discussions following the update and overview presentation. Attendees of the meeting were divided into three discussion groups based on the LHLW three focus areas (Schools, Community, Worksite) and asked to respond to three primary questions:

1. What could be done to expand or enhance these efforts?
2. What are other major issues that are not currently being addressed?
3. Who else needs to be involved? Is there a target audience being missed?

The ideas from these group discussions were shared on flip chart paper and hung around the room. Each group then presented briefly on their discussions and their ideas for the future. Following these short presentations, all attendees of the meeting were then asked to go around the room and indicate what they believed were the top 4 projects/issues that should become priorities for the group. They were also asked to write their name by the one project/issue they would be interested in working with personally.

The meeting concluded with a discussion of the ideal time to hold Live Healthy, Live Well Partnership meetings. This discussion revealed that members of the group were not satisfied with the current meeting time, thus resulting in a change.

The Update Meeting was very well received, with good input and enthusiasm from members of the LHLW Partnership. The meeting was deemed successful in re-energizing and refocusing members and helped the group to identify the top priorities for the upcoming months.

Following the Update Meeting, results from the breakout sessions were tallied and will be used as a "guide" for planning future meetings. For example, "how to get funding for projects in communities" was a top ranked item from the breakout sessions. The first meeting since the Update Meeting was recently held, and the group had two presenters on funding opportunities and how to effectively apply for grants. The next meeting will be on another ranked item from the breakout session. From the Update Meeting, organizers learned that people don't want to come to a meeting to "meet", but want to learn or accomplish something.

Perhaps you are considering a meeting such as this to re-focus your community partnership. Please feel free to contact Marsha Corbin with questions or for more information at (660) 584-3658 or corbinm@missouri.edu.

"Like" Our Facebook Page!

You asked for a Facebook page to help facilitate better communication and collaboration - and you got it! If you use Facebook, please visit https://www.facebook.com/MUhealthylifestyleinitiative and "Like" our page! We will post any news, upcoming grant deadlines, and events that may be of interest to you. Please feel free to use the page to share what is going on in your communities, questions you have for other HLI groups, or anything else you feel is pertinent or interesting for HLI groups across the state.

HLI Newsletter Distribution List

Below is a list of every individual that is currently on the newsletter recipient list. If someone from your group has been left off the list, please email Rachel Kagay at rachellagay@mail.missouri.edu with the full name and email address of the individual(s) that should be added. If your community has a list serv, please send that list to Rachel and she will add all members to this newsletter mailing list.

Karen Bailey Teresa Keller
Meridith Berry Sarah Kenyon
Melissa Bess Ericka Klinger
Carolyn Boland Kristin Kovar
Tana Bradshaw Dean Larkin
Jo Britt-Rankin Sherry Lea
Alfreda Brown Kara Lubischer
Wendy Brumbaugh Wilson Majee
Jen Butler Sarah Massengale
Sean Coder Vera Massey
Missourians Skip Meals to Feed the Children

There are a total of 2.5 million households in Missouri. 16 percent of those households are food insecure, and 6.7 percent of which experience very low food security, according to a new report from the U.S. Department of Agriculture (USDA). That means they struggle to put food on the table - and in some cases at least one adult in the family skips meals so the others can eat. Christine Woody with the Missouri Association for Social Welfare says she is not surprised. "We do have a lot of poverty in Missouri, with a lot of families, and not only in the cities - Kansas City and St. Louis - but also in the rural areas." Nationwide, the USDA report estimates that nearly 18 million American households, or 50 million people, don't have enough money for everyone in their household to eat nutritious food, every day.


Exciting News for Healthy Dent County

**Healthy Dent County (HDC) is proud to announce that it has been chosen to receive tax credits through the Missouri Department of Economic Development's Neighborhood Assistance Program (NAP).** NAP helps not-for-profit organizations raise private-sector funds by providing partial state tax credits to businesses that make contributions to approved community improvement projects. Through NAP, businesses and individuals with business income can donate cash, materials, supplies or equipment; technical assistance and professional services; labor; real estate; or stocks and bonds. Donations received through NAP will benefit Healthy Dent County as they renovate and expand the Salem Freedom Activity Center into a Community Center. Credits can equal 70 percent of the total amount contributed, providing a
state tax savings for businesses and individuals who participate, while making a difference in the lives of the citizens of Dent County.

HDC has been approved for $347,620 in NAP tax credits. HDC will conduct a capital campaign for the $500,000 needed to begin renovation of the Salem Freedom Activity Center (former National Guard Armory) located at 1200 W. Rolla Road. Currently, HDC has raised nearly $150,000 towards the $500,000 goal.

The benefit to Dent County residents will be a permanent Community Center that will provide recreational and health benefits for all ages. "The prospect of a Community Center in our community has been a long awaited dream and to be able to make strides toward that dream is very exciting," explained Sherry Lea, Executive Director of Healthy Dent County.

Liz Gruendel, Chairman of Healthy Dent County, Doug Barnes, Chairman of the Community Center Committee, Sherry Lea, Executive Director and numerous committee members and volunteers have been working towards finalizing plans, writing grants and raising the funds needed for this first phase of a multi phase fully completed Community Center. In this first phase the $500,000 raised will renovate the gym into a multi use area, consolidate and expand the Salem Fitness Center, improve the entrances, add a concession stand and renovate the bathrooms. Other stages will be completed when additional grants are received and include a walking track, new additional gymnasium, family recreation area, racquetball court, climbing wall, outdoor walking track, therapy/lap pool, endless current pool and meeting rooms.

Gruendel stated, "The NAP funding approval would not have been possible without the strong endorsement of the City of Salem Board of Alderman who recently gave the Healthy Dent County Board a 10 year lease to renovate and improve the Salem Freedom Activity Center into a Community Center. These forward thinking men should be commended for seeing the need to improve the quality of life of area citizens."

Contributions made by businesses to HDC will provide several tax advantages to the donor. In addition to lowering the donor’s Federal and State taxable income, the State of Missouri allows 70% tax credit against the donor’s Missouri income tax. This allows donors to direct their State tax dollars to this local capital project.

In addition to the NAP tax credit program, Healthy Dent County recently received a mini-grant from the Missouri Foundation for Health in the amount of $10,000. The mini-grant will be used to provide $15 vouchers for fresh fruit and vegetables to area residents. Along with the vouchers HDC will ask the recipients to complete a survey about eating and purchasing fresh fruits and vegetables. These vouchers will be used at their farmers market as well as their local grocery store.

For additional information on these or any Healthy Dent County project please call 729-8163 or e-mail sherry@salemtrc.com.

Send Us Your Newsletters!
We would love to receive your community’s newsletters! Please add hli@missouri.edu to your regular newsletter mailing list. We enjoy knowing what is going on in our communities across the state, and we may include some of your news in this state-wide newsletter!

HLI at Work in Northeast Missouri
Submitted by Darla Campbell

Scotland County
The 2011-2012 school year was made even more exciting for Scotland R-1 students and teacher with the introduction of fresh, local fruits and vegetables. They incorporated tomatoes, cantaloupe, watermelons, sweet corn, and cucumbers into their breakfast and lunch, including their salad bar. In 2012-2013, they added zucchini to menu and plan to grow the list of local foods even more next year. HLI funds were used to leverage the school’s purchasing power and keep that money in their local economy. Improvements continue on the Tiger Team Walking Trail in Memphis - these include widening, stabilizing, and improving access to the trail. Funds were utilized as match to secure additional grant dollars of $20,000. A dozen families benefited from a
community garden started in 2012 in which we were partners and teachers.

**Schuyler County**

We have assisted growers with production, marketing, and legal issues through farm visits and trainings. We have expanded the youth Garden 'N Grow program to include pricing, packaging, and marketing. Youth entrepreneurs sold their product to the Scotland R-1 K-12 School and to the Schuyler County Nutrition Site. We moved our not so successful community garden to a new site in Lancaster where we built raised beds in 2011 and added more in 2012. This past growing season, all 16 raised bed garden plots were planted. We hosted a Food Service Training this past summer targeting K-12 schools, care centers, Head Starts, and Senior Centers in six rural counties. The program focused on procuring and preparing local foods. The training was later replicated targeting another six counties in the region. We are working out the details to get local produce into the Schuyler R-1 School in 2012-2013.

**Adair County**

Adair County - We have worked with many local growers in this county as well through farm visits and classes. We are teaching the Garden 'N Grow curriculum to youth ages 8-13 with a lot of emphasis on cooking. We have partnered with Truman State University to host local foods week and work with the Local Foods Coordinator.

In all of these counties, we have worked with the Farmers' Markets and Health Departments to insure a safe and thriving environment for local foods. Partnerships are critical for getting sustainable programs and policies in place.

**Children's Mercy to Stop Sales of Sugary Drinks**

In a city where a third of children are overweight, it makes sense that the hospital responsible for their health, treatment and well-being would take steps to curb kids' consumption of sugar and fat.

Children's Mercy's administrators say the hospital is taking the lead in the Kansas City area by being the first to eliminate all sugary drinks there, starting in January. That means no soda or sugar-filled juices in the vending machines, the cafeteria or the gift shop.


**Upcoming Dates and Events**

**Missouri Foundation for Health 2012 Healthy Summit**
"Community Solutions. Community Change."
December 3-4, 2012
Sheraton Westport - Lakeside Chalet - St. Louis, MO
Cost: $75/person (Hotel not included)

The conference is full and registration is now closed, however if you would like to be on the waiting list, contact Bev Piffer-Harms at (314) 345-5505 or bpifferharms@mffh.org. Those on the wait list will be notified November 26-29 if space becomes available.

Click [HERE](http://www.kansascity.com/2012/11/04/3900501/childrens-mercy-to-cut-off-sales.html#storylink=cpy) for more information.

**Save the Date!**
**2013 Healthy Communities Movement Summit**
April 18-19, 2013
Columbia, MO
Grants and Funding Opportunities

**Allen Foundation**
Grants are awarded to assist in the training of persons to work in nutrition education and to disseminate information about good nutritional habits. Award amounts range from $5,000 to $100,000.

**Deadline:** December 31, 2012
Application and more information may be found at: https://www.allenfoundation.org/Default.asp?

**Champions for Healthy Kids**
Through the Champions for Healthy Kids program, the General Mills Foundation will award 50 grants of $10,000 to nonprofit organizations working to improve nutrition and physical fitness behaviors for youth (ages 2-18). SPARK is a model program for this grant and can provide the resources you need to promote physical activity and healthy eating.

**Deadline:** December 3, 2012
Application and more information available here.

**Emerson Charitable Trust**
Emerson Charitable Trust offers grants in the areas of education, health and human services, arts and culture, civic, and youth in St. Louis. For more information click here. Award amounts vary between $10,000 and $100,000.

**Deadline:** Rolling, the fiscal year begins in October.

**National Garden Association (NGA) Youth Gardening Grants**
The National Garden Association website provides information on several grants available for children's educational gardens at school and in the community.
Award amount: Awards differ between the different grants, but may include gift cards to the Home Depot, gift cards for NGA educational materials, $500 awards in gardening supplies and soil.

**Several grant deadlines are quickly approaching!** Visit http://grants.kidsgardening.org/ for a list of upcoming deadlines and more information.

**The National Education Association Foundation**
Learning and Leadership grants support public school teachers, public education support professionals, and/or faculty and staff in public institutions of higher education to fund participation in high-quality professional development experiences, such as summer institutes or action research. All professional development must improve practice, curriculum, and student achievement. Apply for funding to attend the SPARK Institutes today!

**Deadline:** February 1, 2013
**Award Amount:** $2,000
Application and more information available at: http://www.neafoundation.org/pages/educators/grant-programs/learning-and-leadership

**Wal-Mart Facility Level Giving**
Walmart offers $250 to $5,000 for education, workforce development/economic opportunity, health and wellness, environmental sustainability, and hunger relief. Award amounts vary from $250 to $5,000. For more information visit: http://foundation.walmart.com/apply-for-grants/local-giving.

**Deadline:** December 1, 2012

**COS Funding Opportunities**
COS provides the world's most comprehensive funding resource, with more than 25,000 records worth over $33 billion. To search for funding opportunities you may be eligible for visit http://pivot.cos.com/.

See our website for a detailed list of funding opportunities and deadlines. Many grants have rolling submission deadlines, so look closely!

Comments or Suggestions? Let Us Know!
In order to be the most effective we can be for you, we need your feedback! Please feel free to reply to this e-mail or send us an e-mail to hli@missouri.edu to let us know what you thought of this newsletter and what you’d like to see in newsletters to come!