



Connect

SPARTANBURG

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inside stories



Strategic Plan:
July 2016 - June 2019



Growing Up Healthy:
Milliken Partners with PAL to Build Bikes

Spartanburg Moves:
Hub Cycle Stories



Friendly Spaces, Happy Places:
Mary Black Foundation Rail Trail Extension

Oakland Elementary School Makes Great Strides

Spartanburg County is fortunate to have many school wellness champions who work diligently to increase physical activity and promote healthy eating in schools. In this issue, we highlight one school whose advocates for wellness are making great strides.

Oakland Elementary School in Inman began working with Alliance for a Healthier Generation Healthy Schools Program (a national model) with a mini-grant and assistance from Partners for Active Living (PAL) in August 2014. Since then the Oakland Wellness Committee, led by Carolina Cabe, has implemented many active living and healthy eating programs, including CATCH, Coordinated Approach to Child Health. CATCH promotes healthy eating and physical activity by integrating



these life-balance concepts into the regular school day. In 2016, Oakland was chosen as one of the recipients of a four-year partnership and grant from Mary Black Foundation and PAL to continue expanding their school wellness programs.

Included in the innovative programs taking place at Oakland are: Move It Mondays, Final Fitness Fridays, and Fruity Fridays. Move It Mondays begin with a wellness topic during morning announcements. Teachers discuss the topic with their students throughout the week, and put the lesson into play with a daily physical activity. Fruity Fridays encourage teachers and students to bring fruit for their snack each week. On Final Fridays, each

classroom is taught a CATCH curriculum nutrition lesson.

Oakland also engages fourth grade Fitness Ambassadors as wellness mentors. These students are members of the PE Club who meet once a week after school. They help with the Morning Workout program and teach six to eight nutrition lessons to all students throughout the school year. What a great way to incorporate leadership development with school wellness!

Oakland's staff members are dedicated to their own health as well as the health of their students. The staff Wellness Club shares healthy recipes and participates in activities like Wellness Wednesday

“Oakland’s staff members are dedicated to their own health as well as the health of their students.”

Walks and Thirsty Thursdays where teachers pledge to drink only water for the day. Modeling healthy behaviors has a proven positive impact on children.

Congratulations to Oakland Elementary for all the great work, and to all our Spartanburg County school wellness champions. ■



Letter from:
The Director

PAL Board of Directors
Outlines Priorities



In this newsletter, you will see creative ways Partners for Active Living is working with schools to teach healthy habits, and you will see ways that we are advancing community design so that being active in our community gets easier and easier.

Our approach to improved community health is based on three ideas – first, our children need to learn healthy habits as young as possible; second, we must design and build a community that promotes physical activity and healthy eating in the most safe and convenient manner; and finally, our programs and events should encourage health to be fun and inviting.

To do these things, we need your help. It does indeed take a village and your support of Partners for Active Living benefits the broader community in so many wonderful ways!

Sincerely,

Laura Ringo,
Executive Director

Partners for Active Living Strategic Plan

July 2016- June 2019

VISION

To transform Spartanburg County into a more vibrant, connected, healthy community

MISSION

Through policies, partnerships, places and programs, Partners for Active Living inspires a healthy and active Spartanburg

1

Secure \$4.2M to complete 15 continuous miles of the proposed 32 mile trail network in Spartanburg County and the Rail Trail Park by June '19



2

Improve health of students in 8-9 targeted schools through the implementation of the Healthy Schools Initiative utilizing the Alliance for a Healthier Generation framework and continue support for the Childhood Obesity Task Force

Promote active living and community connectivity through ongoing programs such as Hub Cycle and BCycle and serve as a resource for the community on policies, procedures and infrastructure

3



4

Increase unrestricted funds to 30% of the annual budget, resulting in a 3-month operating reserve fund, through a comprehensive resource development plan and revenue from special events

Strengthen the effectiveness of the Board of Directors to enable it to fulfill the mission through recruitment, succession planning and defining of roles

5



did you know?

About GHS Turkey Day 8K:

-40- Participants in 2005
(our inaugural run)

Participants in 2016 -1,600+-

-15,000+ lbs- Food collected for donation

The Upstate's first free run on Thanksgiving morning! -1st-



P.O. Box 6728
Spartanburg, SC 29304
www.active-living.org





FOCUS ON: Milliken Partners with PAL to Build Bikes

PAL was honored to work with Milliken & Company on a bicycle building project for their Global Human Resources team-building day. Milliken employees teamed up to build bicycles that supported Meeting Street Academy-Spartanburg (MSA) and PAL's Hub Cycle program. Eight children's bikes were donated to MSA and two adult bikes were donated to Hub Cycle. The bikes will be used at MSA to teach children how to ride and to provide additional fun on the playground!



Claudia Albergotti, Director of Marketing at MSA, had to say this about the generous donation from Milliken & Company,

"Meeting Street Academy is so grateful for the partnership of Partners for Active Living and Milliken & Company. The opportunity for our students to learn how to ride a bicycle at a young age in a safe environment provides a healthy exercise outlet, helps develop strong gross motor skills, and teaches a skill that will last them a lifetime." ■

"...provides a healthy exercise outlet, helps develop strong gross motor skills, and teaches a skill that will last them a lifetime."



Hub Cycle Stories

PAL's Hub Cycle program benefitted from Milliken & Co.'s team-building, as well. Over 1,000 community members have used Hub Cycle and their stories speak volumes about the importance of making bikes available for fitness, fun and for getting around town.

"Partners for Active Living really kick-started a more active lifestyle for my wife and me. We used the bikes we received from them to discover trails in Spartanburg and Greenville."

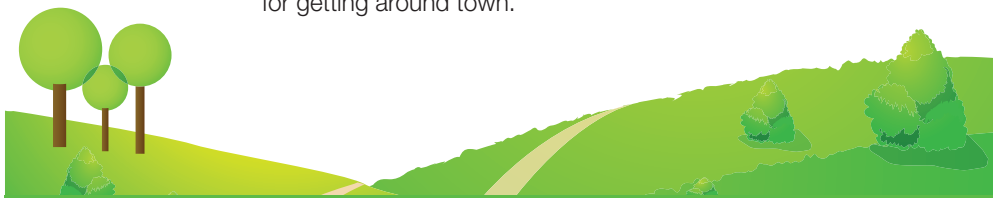
-Tim Gault

"I ride my Hub Cycle bike 12 miles one way to my job as a Grill Master at Red Lobster. It gives me a sense of freedom when I am traveling."

-Darren Rose

"After receiving my Hub Cycle bike, I found myself exploring parts of town I hadn't been to and spending more time outside with the people I love."

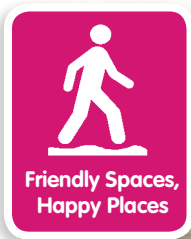
-Eric Kocher ■



Park Construction Schedule

► Partners for Active Living has been honored to collaborate with many community partners, businesses, and generous donors in the creation of the future park on the Mary Black Foundation Rail Trail. We have hired **SLANT Media** to suggest a name for this great recreation addition, which we hope to announce soon. In addition, we are thrilled to announce that construction will begin in early 2017, with a ribbon cutting to follow soon.





Friendly Spaces,
Happy Places



MBF Rail Trail Extension

**Great news
for trails in
the County!**

The Mary Black Foundation Rail Trail is one of Spartanburg's most frequently used recreation facilities, but we all know the feeling of getting to the end of the trail and not being

able to continue. This project will correct that by installing an enhanced crossing at Henry Street and building a curb-protected multi-use path along Union Street leading all the way to Barnet Park by Kennedy and Converse Streets. Final approval by the South Carolina Department of Transportation is underway, with construction set to begin mid 2017.

Our broad community commitment to improving conditions for biking and walking will be made evident as more of the "street" will be converted to people-centered travel, and we'll better support getting into our burgeoning downtown. Work to connect to the west side via Harvest Park, the Butterfly Branch and VCOM is underway. These improvements will provide more opportunities for citizens to make the healthy choice. ■

"...improving conditions for biking and walking will be made evident as more of the "street" will be converted to people-centered travel..."

Donate a Tree on the Rail Trail for a great Holiday Gift!

The future park on the MBF Rail Trail will include more than 50 new trees thanks to the design of local horticulturist Stewart Winslow. A few of the varieties are ***Emerald Green Tulip Poplars, American Beech, Overcup Oak, and Swamp White Oak.*** If you are interested in supporting the park project, please consider "purchasing" a tree in honor or memory of a friend or family member. A plaque will be included and note of recognition will be sent to the recipient.

This can be done by visiting <http://www.active-living.org/productsforsale>



About Partners for Active Living (PAL):
Partners for Active Living transforms Spartanburg County into a vibrant, healthy, connected community where we live and grow.



get moving & get involved

- **PAL & RJ Rockers Runs**
Meet at RJ Rockers Brewery on Tuesday's at 6:00 pm for a 5k run
- **Friday Lunchtime Rides**
Meet at First Presbyterian Church at the Family Life Center at noon
- **Spartanburg Regional Criterium**
Join us on April 28, 2017 for Spartanburg's "Fastest Night!"
- tailgating tent spots to go on sale January 16
- **Volunteer with PAL**
- Help PAL sustain our local trails as a trail liaison
- Criterium volunteers and volunteer leaders needed
- BCycle mechanic volunteers needed

For more event information, visit www.active-living.org or call (864) 598-9638.

staff members

- Laura Ringo
Executive Director
- Ned Barrett
Trails Coordinator
- Liz Perry
Healthy Kids Coordinator
- Lindsey Graham
Resource Development Coordinator
- Christy Barrett
Bicycling & Administrative Assistant
- Dawn Wade
Bookkeeper
- Genevieve Dallmeyer
AmeriCorps VISTA

contact us

226 South Spring Street
P.O. Box 6728
Spartanburg, SC 29304
(864) 598-9638