



Healthy and Active Rainier Valley Coalition

<http://www.metrokc.gov/health/steps/HARVC/>

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A partnership aimed at building and strengthening the Rainier Valley by increasing the health of its residents through culturally relevant promotion of physical activity and nutrition.

Mini-grant Updates

Rainier Community Ctr. Teen Fit

This teen program is introducing healthy snacks at our Teen Council meetings and creating a list of healthy snacks to eat during programs. (Some popular ideas were carrots with ranch dip and smoothies made from fresh fruit.) We are also starting a cooking class which includes Shop Arounds. This month we'll buy sports equipment to use for indoor games during the winter and outdoor games in the summer. For more info contact Kim LeMay at: kim.lemay@seattle.gov.

Mindful Stress Reduction

This 8-week class is an alternative way of working with pain and suffering by teaching mindfulness as a way of relating to our lives. Mindfulness is a way of relating directly to whatever is happening in our lives, moment-to-moment, breath-by-breath. In the class we will learn a variety of practices including sitting meditation, walking meditation, mindful stretching (yoga), and body awareness (body scan).

Walk Around the World, 98118

"Walk Around the World, 98118", a virtual trek around the world. Participants keep track of their mileage and submit logs. The miles of all participants will be added up and there will be four destination parties to mark the miles. So far there are 220 participants who have walked a total of 21,000 miles. For more information please contact Ruth.

Fatima Gordon leads African dancing at recent event celebrating arrival at East Africa



Healthy Restaurants Initiative

Healthy food in the valley! 16 restaurants are serving healthy choices. For more info visit web site at: www.metrokc.gov/health/steps/HARVC/.

A Matter of Balance

This is a class to prevent seniors from falling. A session just finished at the Rainier Court and a new session will be starting in 2008. For more info contact Ruth.

Rainier Health and Fitness



Blinds are installed and attendance by women desiring more privacy is up. Vietnamese, Spanish and Somali translations for "Women's Only Night" flyers are done and being printed. For more info contact Miyuki at: miyuki.bigelow@gmail.com.

Eat Better, Feel Better

October is the first month of EBF at Emerson and John Muir Elementary Schools. Wellness coordinators are working this month making contacts within the schools and building necessary relationships. At Muir, the coordinators are working with staff to develop a "train the trainer" program on nutrition and physical activity. At Emerson, coordinators are introducing new fruits and vegetables to students using weekly school-wide taste tests, where staff introduce new items and one class tastes it and rates it. Students have taste tested Gala apples, sugar snap peas and pink grapefruit. For more info contact Katy Busby at: Kathleen.busby@kingcounty.gov.

Ongoing Projects

Latino Health Outreach

“Tres Historias de la Vida” was held last November followed up by a diabetes education day.

Work continues to improve pedestrian safety at the intersection at Oregon and Rainier Ave. S ..

Initial planning has started to do another diabetes education and screening day in January.

For more info contact Nelson Lopez at: lopezn@psnhc.org

Community Kitchen

Whether you call them cooking clubs or sharing kitchens the idea is the same: a group of people who get together to cook healthy, tasty and economical meals. All members participate in cooking to the best of their ability.

Our kitchen is held the second Wednesday of the month from 6:30 to 8:30 pm, (starting on December 12th), at the Rainier Community Center. For more info contact Diana.



Students getting ready for a kitchen session.

Health Policy in the Rainier Valley

To improve our community’s health we need to participate in planning the environment around us.

Studies show that communities where people can safely bike or walk , buy healthy low cost food and access mass transit are in general healthier.

It’s up to us as people who care about health in the Rainier Valley to work with our political leaders to enact healthy policies. This section will start this dialogue.

If you have ideas for this section please contact Diana.

Ways to Make The Valley More Biking and Walking Friendly

To request a bicycle rack for a business or residential building in the City of Seattle, send an email to walkandbike@seattle.gov with:

- A description of the establishment
- A detailed location
- If possible, the name and phone number of the proprietor or property owner/manager.
- Check [SDOT's website](#) to learn more about bike rack types and rack location criteria.

Upcoming Events

- **Healthy and Active Rainier Valley Coalition meetings** third Wednesday of the month at Rainier Community Center from 1-2:30 pm.
- **Community kitchen** 2nd Wednesdays from 6:30-8:30pm at Rainier C.C.. Next kitchen is 12/12/07

Volunteer Opportunities

- Once a month for two hours on Saturday staff a table at Safeway with information on HARVC member programs

Members



- Genesee Merchant’s Assoc.
- AARTH Ministries