

Wallingford Community Health Alliance Improvement Plan





Community Health Alliance

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OVERVIEW: The Wallingford Community Health Alliance, formerly known as Healthy Wallingford 2020, is an initiative brought together with joint efforts of the Wallingford Health Department and the Wallingford YMCA. We are very passionate in providing a healthy community for our Wallingford residents. Our mission of the Wallingford Community Alliance is to “Engage the community in a healthy lifestyle, while impacting health outcomes and quality of life for all residents.”

GOALS:

1. Assessing our focus areas and objectives and to evaluate existing resources in the community that address our Focus Areas.
2. Engage partners and the community in focused health assessments.
3. Promote standard messages, across all segments of our community, to engage in healthy modeling to de-stress and increase civility towards all.

Focus Areas:

1. Healthy Housing (Health Department)

- i. Asthma*
- ii. Falls Prevention*
- iii. Lead Poisoning Prevention*

2. Behavioral Health

- i. Suicide Prevention*
- ii. Substance Abuse*
- iii. Teen Dating Violence*

3. Healthy Lifestyles

- i. Obesity*
- ii. Physical Activity*
- iii. Nutrition*
- iv. COPD (Chronic Obstructive Pulmonary Disease)*
- v. Substance Abuse*

5. Eat, Play, Unplug

- 1. Quarterly message focused on community values.*

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HEALTHY PEOPLE

2020:

Healthy People 2020 is “a national health promotion and disease prevention initiative bringing together many individuals and agencies to improve the health of all Americans.” In doing so a framework has been created to guide efforts with visions of creating a society in which people live long, healthy lives ([HP2020](#)).

HEALTHY CONNECTICUT 2020:

State Health Improvement Plan (SHIP)

Healthy Connecticut 2020 is our state’s rendition of the Healthy People 2020 initiative, also referred to as our *State Health Improvement Plan*, or (SHIP). The purpose, to integrate and focus efforts from the Connecticut Department of Public Health, local health districts and departments, key health system partners, and other stakeholders to actualize measurable advancement of health outcomes. Based on State Health Assessment data, priority areas and specific goals and objectives were identified.

January 2019 UPDATE: The *SHIP* is focused on yearly updates, with the goal of increased health outcome by the year 2020 ([HCT2020](#)).

HEALTHY WALLINGFORD 2020: (Meeting committee known as the Wallingford Community Health Alliance)

Wallingford Health Improvement Plan (WHIP)

The Steering Committee of the Healthy Wallingford 2020 began meeting in September 2014. This is a local effort of multiple community partners, co-chaired by the Wallingford YMCA and the Wallingford Health Dept. We have been working very diligently to better define and identify Focus Areas that align with both the SHIP and the needs of the Wallingford community. The goal of the HW2020 is to “Engage the Community in a Healthy Lifestyle, to Impact Health Outcomes and Quality of Life for All Residents”.

Town of Wallingford Leadership Team:

Sean Doherty, Executive Director, Wallingford Family YMCA

Stephen Civitelli, Director of Health, Wallingford Health Department

Community Health Alliance Steering Committee:

William Dickinson, Mayor of Wallingford

Alexis Steele, Public Health Educator

Lynn Faria, Midstate Medical Center

Anthony Loomis, Wallingford Public Schools

Sally Darrow, Wallingford Family YMCA

Craig Turner, Director, Wallingford Youth & Social Services

John Gawlak, Director, Wallingford Parks and Recreation

Jane Fisher, Director, Wallingford Public Library

Liz Landow, Wallingford Center, Inc.

Dr. Sal Menzo, Superintendent, Wallingford Public Schools

Kristina Kiely, Principal, E. C. Stevens Elementary School

Adriana Rodriguez, Director, SCOW

Maria Harlow, Director, United Way of Wallingford

Ken Welch, Coalition for a Better Wallingford

Mary Mushinsky, State Representative

Amy Foreman, Masonicare

Bill Viola, Director, Wallingford Senior Center

Chris Bacote & Carlos Collazo, Ulbrich Boys & Girls Club

Ana Gopoiian, TriCircle

Our initial Wallingford Health Improvement Plan (*WHIP*) focus areas were developed in 2015. The Wallingford Community Health Alliance has met since 2015 and continues to meet with the goal of assessing our focus areas and objectives and to evaluate existing resources in the community that address the Focus Areas. In addition to our listed Committee members, it is recognized that many additional civic organizations and faith-based institutions have an inherent goal of supporting a healthy lifestyle and an enhanced overall healthy community.

Our partnerships have expanded to include representatives from:

- Anthem BlueCross BlueShield

- Comprehensive Orthopedics
- Gaylord
- Hartford Healthcare
- Masonicare
- Spanish Community of Wallingford
- United Way of Meriden/Wallingford
- Yale New Haven Hospital
- Wallingford Center Inc.
- Wallingford Public Library
- And Wallingford Residents-at large

We recognize the need to identify existing opportunities within our community and strive to be a link in the partnership to a Healthy Community. With our overall goals and objectives in mind, we have realigned the *HW2020* focus areas for the upcoming years, 2017-2020. The realignment more clearly reflects the needs of our community. For example, our initial plan had a primary focus area of “Health Systems”. After much review of the SHIP focus area, we soon learned that this focus area is really at the macro level to address access to health care. Instead, we will incorporate components within our redefined focus areas. One issue of great concern is Health Literacy, including Culturally Linguist Appropriate Services (CLAS). Our focus is to be the link in identifying existing community resources, such as the United Way 211, Wallingford Library, Wallingford Youth and Social Services, and SCOW, to name a few, to help unravel the often-baffling process of access to health services, forms completion or access to information posted on government websites.

The Wallingford Health Improvement Plan is a fluid document and the goals and objectives identified and will be reviewed and revised as policies, programs and time evolves. The Steering Committee and Focus Area subcommittees are committed to identifying and incorporating policy, program and partnerships to have a positive long-term impact on the overall health of our community.

One of our challenges continues to be the gathering of Wallingford specific data. Most statistical data are based on county-level or illness (morbidity). CDC and the SHIP strongly recommend using evidence-based programming or policy to influence health outcomes. This is not to imply that we have no local data, we are using Wallingford-specific data such as the Youth Behavioral Health Survey; EMS response calls; hospital emergency data, insurance utilization data, and data provided by CT DPH.

The Wallingford Community Health Alliance continues to be based upon Focus Areas. We have, however, revised the organizational set-up to more narrowly define Wallingford focused initiatives.

The Wallingford Community Health Alliance has launched a website intended to serve as a central location and community calendar for existing programs and services and to provide a platform for information on the on-going efforts of each subcommittee. Link to the website:

<https://healthywallingford06492.weebly.com/>

ORGANIZATIONAL CHART



FOCUS AREA: 1 *HEALTHY HOUSING*

Focus Area 1: Healthy Housing

Asthma

Goals:

1. Increase awareness throughout our community of asthma triggers in the household as well as the environment.

Objectives:

1. Identify number of children in licensed daycares with Asthma Action Plans.

Data:

BASELINE	27.3% Emergency room visits in 2014 (ct.gov)
TARGET	Wallingford residents
TARGET-SETTING METHOD	10% improvement of CLP

Strategies:

- Asthma: Meet with daycare facilities nurse consultants and/or directors to establish an educational campaign on identifying triggers in the home.

Time Frame:

- Develop appropriate frame work for October 2020.

Partners: Region 1 Asthma Coalition, and Licensed Daycare Centers.

Updates and Progress:

- Collaborated with DPH Representative to begin “Putting on Airs” program in Wallingford.
- Health Dept. met with an at-risk child/family in mid-April to potentially implement the “Putting on Airs” program.
- Aim to meet with daycare facilities nurse consultants and/or directors to establish an educational campaign on identifying triggers in the home.
- Health Educator looking into becoming a certified asthma educator. DPH is going to cover 75% of the cost for certification.
- Health Department provided HEPA vacuum to family in need.

Focus Area 1: Healthy Housing

Lead Poisoning Prevention

Goals:

- Reduce the number of children with elevated blood lead levels and minimize exposure.

Objectives:

- Increase overall lead poisoning awareness in the Wallingford community.

Data:

BASELINE	TBD
TARGET	Wallingford residents
TARGET-SETTING METHOD	10% Decrease by 2020

Strategies: Conduct free visual lead risk assessments to parents of children < 6 years of age. Actively work with families whose children have high levels of lead in the blood.

Time Frame: Develop appropriate frame work for October 2020.

Partners: The Wallingford Health Department.

Updates and Progress:

- The Health Department has 3 certified lead risk assessors.
- Health Department continues to provide free lead risk inspections.
- We also monitor local cases provided by the State for the Wallingford area. If the State gives us a case of a child with lead poisoning, we go in and assess the home and call to ensure that the child is getting proper medical care.
- Health Director attended mandatory lead update training.

Focus Area 1: Healthy Housing

Falls Prevention

Goals:

- Reduce number of residents, aged 60 and older, who experience a fall.

Objectives:

- Assist as many residents as possible in order to reduce number of falls.

Data:

BASELINE	
TARGET	Wallingford residents
TARGET-SETTING METHOD	10% Decrease by 2020

Strategies: Conduct in-home assessments and medication review of at least 12 residents per year at risk for a fall.

The Health Educator and Public Health Nurse will conduct the Matter of Balance classes at the senior center.

Time Frame: A Matter of Balance classes began in September of 2018 and will continue to be offered through 2019.

Partners: Wallingford Health Department, Wallingford Senior Center.

Updates and Progress:

- The Health Department added the Health Educator to the Falls Prevention grant for additional assistance.
- As of 2018, we have conducted 10 in-home falls assessments and presented 3 professional educational sessions to the Wallingford Housing Association (WHA).
- The Public Health Nurse and Health Educator attended the Matter of Balance Master Trainer session, so they are now certified to teach Matter of Balance classes for the community and train coaches to teach the classes
- Seasonal Matter of Balance classes have begun at the senior center & master trainers have trained 1 coach.

Focus Area 1: Healthy Housing

Emergency Preparedness

Goals:

1. Increase awareness and the number of volunteers in the Wallingford Medical Reserve Corp who participate in trainings and educational activities.
2. Increase Wallingford awareness on how to prepare, respond and prevent a major health issue.

Objectives:

1. Increase the number of Wallingford citizens that engage in preparedness activities with the MRC to develop an emergency plan if there were to be a major health disaster.

Data:

BASELINE	146 volunteers to date
TARGET	Increase MRC volunteers by 10%
TARGET-SETTING METHOD	US HHS/MRC guidelines/data analysis

Strategies:

- Engage faith-based community in public health preparedness activities.
- Develop a tiered level of current volunteers based on area of expertise/volunteer interests.

Time Frame:

- Increase the number of MRC volunteers by 10% by June 2020.

Partners:

- National MRC framework
- Community faith-based institutions
- Wallingford Health Department/OEM

Updates and Progress:

- 142 members as of May 2019.
- 12 trainings offered in the spring of 2018 as a means of educations and recruitment.
- MRC Coordinator and Health Educator attended the 2018 NACCHO Preparedness Conference to network our Emergency Preparedness unit and obtain more recruitment resources. Attended 2019 Conference and will attend 2020 conference, as well.
- MRC group continues to be engaged with trainings.

Focus Area 1: Healthy Housing

Homelessness

Goals:

Objectives:

Data:

BASELINE	
TARGET	
TARGET-SETTING METHOD	McKinney-Vento Act Grant

Strategies:

Time frame:

- Decrease in homelessness from McKinney-Vento Act Grant.

Partners:

Updates and Progress:

FOCUS AREA: 2 BEHAVIORAL HEALTH

Focus Area 2: Behavioral Health *Teen Dating Violence*

Goals:

1. To promote positive relationships and environments in our schools and community.

Objectives:

1. Decrease the number of students physically abused by a significant other in the past year by 15% (currently reported at 8.6%) as reported on the CT school health survey.
2. Decrease the number of students forced into sexual behaviors during the past year by 18% (currently reported as 12.8%) as reported on the CT school health survey.

Data:

BASELINE	<ul style="list-style-type: none">• 8.6% (physically abused)• 12.8% (forced sexual behaviors)
TARGET	Wallingford Students
TARGET-SETTING METHOD	15% decrease by Fall of 2018

Strategies:

- Health curriculum addresses teen dating.
- Rachel's challenge; a Bully Prevention Program for Wallingford High Schools.
- Texting and internet safety presentations.
- For more information, please refer to our Wellness Committee Strategic Plan from the Wallingford Public School System.

Time Frame:

- Fall of 2020

Partners: The Wallingford Board of Education, SCOW and SCC.

Updates and Progress:

- High school staff convened on Feb 28 2018 with 20-40 high school students to propose mental health, school safety and legislative issues. They chose to focus on mental health a peer helping peer community. Student group with support from adults, teaching social and emotional behaviors through the students.

Focus Area 2: Behavioral Health

Suicide Prevention

Goals:

1. Continue to offer multiple programs that support and educate students, parents, school staff, and community members on the importance of behavioral health.

Objectives:

1. Decrease the number of students that have attempted suicide during the past year by 10% (currently reported at 7.2%) as reported on the CT School Health Survey.

Data:

BASELINE	7.2% students attempted suicide in 2017
TARGET	Wallingford student population
TARGET-SETTING METHOD	Decrease by 10% by Fall of 2019

Strategies:

- Encourage school programming on decision making, peer pressure, coping skills—BABES program (South Central CT Substance Abuse Council).
- Align with objectives and strategies in the CT Suicide Prevention Strategy to provide training to community and service providers on prevention of suicide and related behaviors: Wallingford School District, South Central CT Substance Abuse Council, Coalition for a Better Wallingford, others.
- For more information please refer to our Wellness Committee Strategic Plan from the Wallingford Public School System.
- QPR training being offered free of charge. Professional from the Coalitoin will be trained QPR “Gatekeepers” to be able to certify others.

Time Frame: Fall of 2020

Partners: MidState Medical Center, Wallingford Public Schools, and the Coalition for a Better Wallingford.

Updates and Progress:

- Schools have added books and discussions to their curriculum surrounding the topic of suicide to address the stigma.

- Results from the 2018 school health survey will be analyzed for further progress updates.
- Wallingford Schools added two more health classes, Mental Health will be a topic of focus.
- State is looking more into suicide prevention and peer advocates will have youth QPR training.
- Children's Mental Health Day will be live broadcast from the Wallingford Library on May 6, 2019 at 3pm.
- YSS expanded counseling services.
- Mental Health First Aid was offered at the April 17th and June 8th of 2019.

Focus Area 2: Behavioral Health

Substance Abuse

Goals:

1. Increase the overall awareness of the pervasive issues of alcohol and substance abuse in the Wallingford community.

Objectives:

1. Continue to offer multiple programs that support and educate students, parents, school staff, and community members on the dangers of substance abuse to increase awareness and provide support.

Data:

BASELINE	Students that use alcohol: 33.9% get alcohol from an elder
TARGET	Wallingford Students
TARGET-SETTING METHOD	Decrease by 10% by Fall of 2018

Strategies:

- BABES Program (drug prevention program at the elementary level)
- SADD (Students against destructive decisions)
- Chasing the Dragon (opioid addiction video produced by the FBI)
- Wellness Committee Strategic Plan from the Wallingford Public School System.
- YMCA's Upward Bound program.
- Narcan/QPR trainings
- Tobacco 21

Time Frame: Fall of 2020

Partners: Wallingford Board of Education, Youth and Social Services, SCCTSAC, Coalition for Better Wallingford, Elks Club, SCOW and Wallingford Family YMCA.

Updates and Progress:

- The School Health survey will give us the status of teenage substance abuse when the results are available.
- 2 Narcan/QPR trainings were conducted in 2019. Those who attended the training were given a free unit of Narcan.
- Tobacco 21 ordinance was passed to address teen vaping epidemic.

FOCUS AREA: 3 HEALTHY LIFESTYLES & ACTIVE LIVING

Focus Area 3: Healthy Lifestyles and Active Living

Chronic Obstructive Pulmonary Disease (COPD)

Goals:

1. Promote respiratory health throughout Wallingford through educational efforts, early detection and prevention methods.

Objectives:

1. Increase overall awareness of COPD in the Wallingford community.

Data:

BASELINE	1 in 20 people have COPD in CT.
TARGET	Wallingford residents
TARGET-SETTING METHOD	Increased awareness by 2020
DATA SOURCE	CT Data/ Community Health Assessment

Strategies:

- Provide education to our community to detect COPD earlier. COPD is preventable and treatable. *COPD is the 4th leading cause of death in the US (healthypeople.gov).*

Time Frame: Fall 2020

Partners: Gaylord Hospital, MidState Medical Center, Masonicare, and the Wallingford Health Department.

Updates and Progress:

- Active COPD Group with Gaylord.

Focus Area 3: Healthy Lifestyles and Active Living

Obesity

Goals:

1. To promote overall health and wellness of Wallingford citizens to reduce chronic disease rates through healthy diets and physical activity.

Objectives:

1. Decrease the number of Wallingford residents who are obese.
2. Increase the number of Wallingford residents who are eating a healthier diet.

Data:

BASELINE	As of 2017 26.9% of adults in Connecticut are obese and 36.4% are overweight. <i>(www.cdc.gov/dph)</i> Student Population: 32.7% students report being overweight or obese as of 2017.
TARGET	Wallingford Residents/Students
TARGET-SETTING METHOD	Residents: 10% reduction by 2020 Student population: 10% reduction by 2018

Strategies:

- Expand restaurant participation in the 3rd edition of Healthy Dining Guide Wallingford 2017. Once completed, we will conduct a survey to dining establishments concerning influence of participation by patrons in the Dining Guide.
- Sponsor a community wellness challenge focusing on Town Employees and Board of Education employees as a pilot study.
- Expand information to make available via social media and *Healthy Wallingford 2020* website.
- Promote an increase in physical activity for Wallingford businesses; including walking meetings and challenges.
- Promote physical activity via “Step It Up” program; expand communication plan to promote walking trails, routes, and activities.
- Health department “biggest winner” weight loss program.

Time Frame:

- Student goal of 10% decrease by Fall of 2020

Partners:

Wallingford Health Department; The Wallingford Family YMCA; The Wallingford Board of Education; Wallingford Parks & Recreation; MidState Medical Center.

Updates and Progress:

- Healthy Dining Guide 3rd edition, completed in Spring of 2018.
- Health department weight loss program begins April 30, 2019.
- Dance and fitness class being held at the boys and girls club.
- YMCA cardiac rehab 12-week program.
- There will be a Healthy Kids Day offered by the YMCA in mid-June.

Focus Area 3: Healthy Lifestyles and Active Living

Physical Activity

Goals:

1. To promote overall health and wellness of Wallingford citizens to encourage an increase of physical activity.

Objectives:

1. Increase opportunities for students and residents to become more physically active throughout the day.

Data:

BASELINE	<ul style="list-style-type: none"> • 24.9% of adults reported that during the past month, they had not participated in any physical activity. (www.cdc.gov/dph) • 17.5% of adolescents watched television 3 or more hours per day on an average school day.
TARGET	Wallingford Residents/Students.
TARGET-SETTING METHOD	Increased awareness by 2020.

Strategies:

- Promote physical activity via “Step It Up” program—expand communication plan to promote walking trails, routes, and activities.
- Create a historical walking trail down South Main Street and make information available via social media.
- Promote increased physical activity for businesses, including walking meetings.
- YMCA’s Fit to Go Youth Obesity initiative.
- Walking/Running Challenges including; Fishbein/YMCA Road Race, Turkey Trot, Gaylord Gauntlet.

Time Frame: Spring 2020

Partners: Wallingford Parks & Recreation, MidState Medical Center, the Wallingford Board of Education and Wallingford Family YMCA.

Updates and Progress:

- Kids Fun Run: Rock and Roll Relay in April of 2018.
- Sheehan High School Band hosted a Color Run for staff and students in May of 2018.
- Jump Rope for Heart joint event between Stevens Elementary and Pond Hill Elementary.
- Move and Mentor Program has been incorporated at Sheehan High School.
- Dance and fitness class at YMCA.

Focus Area 3: Healthy Lifestyles and Active Living

Substance Abuse

Goals:

1. Increase the overall awareness of the pervasive issues of alcohol and substance abuse in the Wallingford community.

Objectives:

1. Continue to offer multiple programs that support and educate students, parents, school staff, and community members on the dangers of substance abuse to increase awareness and provide support.

Data:

BASELINE	Students that use alcohol: 33.9% get alcohol from an elder
TARGET	Wallingford Students
TARGET-SETTING METHOD	Decrease by 10% by Fall of 2018

Strategies:

- BABES Program (drug prevention program at the elementary level)
- SADD (Students against destructive decisions)
- Chasing the Dragon (opioid addiction video produced by the FBI)
- For more information please refer to our Wellness Committee Strategic Plan from the Wallingford Public School System.

Time Frame: Fall of 2020

Partners: Wallingford Board of Education, Youth and Social Services, SCC-SAC, Coalition for Better Wallingford, Elks Club, and SCOW.

Updates and Progress: TBD



Focus Area 3: Healthy Lifestyles and Active Living: *Nutrition*

Goals:

1. Educate our community on the importance of a nutritious and healthful diet to reduce the risk of chronic diseases and help maintain a healthy BMI range.

Objectives:

1. Increase the number of nutritious food and beverage options offered in and outside of school.

Data:

BASELINE	<ul style="list-style-type: none"> • 22.2% of adults reported consuming fruit less than one time daily. (www.cdc.gov/dph) • 33.7% of adults reported consuming vegetables less than one time daily. (www.cdc.gov/dph)
TARGET	Wallingford Residents/Students.
TARGET-SETTING METHOD	10% improvement by 2020

Strategies:

- Support school district efforts regarding food reclamation.
- Evaluate need for food policy council or hunger action team formation in Wallingford after discussion with agencies providing services to those in need.
- Share healthy food donation lists with food pantries, faith communities, and business to reduce the donation and distribution of foods higher in sodium, fat, sugar, and carbohydrates.
- Work with identified food pantries to increase education and information on healthy food preparation for those shopping at food pantries.
- Encourage local restaurants to identify “heart healthy” menu items.

- Develop and manage a Wallingford Community Garden.
- Educate residents, students and parents on healthy grocery items and create a recipe book to hand out to families to make dinner time fun.

Time Frame: Spring 2020

Partners:

MidState Medical Center, Wallingford Health Department, Wallingford Family YMCA, and Wallingford Community Resource Alliance.

Updates and Progress:

- 2018 Healthy Dining Guide is available.
- Breakfast program has been implemented at Sheehan High School and Lyman Hall. Breakfast option for Middle School being explored.
- Live cooking presentations from PTAC are available online for all Wallingford School Students.
- A capstone student is doing brain fitness, cooking classes, and dance classes with the seniors at Masonicare.

FOCUS AREA 4: *Eat, Play, Unplug*



Goals:

1. Promote standard messages, across all segments of our community, to engage in healthy modeling to de-stress and increase civility towards all.

Objectives: 1. Increase community relations and reduce stress.

Data:

BASELINE	Board of Education Parent Survey 2017
TARGET	Wallingford residents
TARGET-SETTING METHOD	

Strategies:

- Quarterly messages based on core values to be repeated in all segments of our community.

Potential Strategy

- Gather a team of volunteer out-loud readers. Group would be tasked with finding an audience to read to. Shelter? Hospitals? Gaylord? Assisted Living? “unplugging.”

Time Frame: Oct 2017 – Sept 2019 and then reassess. Reassessed in 2018, and it was determined that we will continue to focus on **Choosing Kindness** as our community value.

Partners: Wallingford Health Department, Faith-based community, Wallingford Public Schools, all Healthy Wallingford 2020 partners.

Updates and Progress:

- “Kindness Rocks” project can be seen at churches and at schools and many other locations throughout Wallingford.
- The Public Library, all schools, and most public buildings in Wallingford have stand-up signage promoting Choose Kindness and the Healthy Wallingford Initiative.
- The Housing Authority has been inspired by the initiative and structured programming to promote kindness.
- Parks and Rec will be working with TLC to make parks more special needs friendly
- Parks and Rec is also offering hearing and speech screening for developmentally delayed 3-6 year olds

- May 8th there will be a parenting workshop talk with Dr. Amy Alamar from 7-8pm
- “Kindness Grows Here” Eagle Scout has created a ‘seed library’ offering seeds for people to grow and can later donate to Masters Manna.
- Community Day was executed on August 24, 2019. There was representation from 20 vendors (most from our CHA steering committee), free pizza from the East Coast Pizza Truck, Ben & Jerry’s Ice Cream provided by DCF, Zumba from SCOW, Mariachi Performance from SCOW, canoe and kayak rides from Mary Mushinsky, and many community members attended the event.
 - To represent our plan, we had rack card made that gave an overview of our focus areas and listed all active members.
 - The event was such a success; we hope to make it an annual occurrence to highlight the Wallingford Health Improvement Plan and keep the community engaged in the planning process.