



*Facilitated by Community Health Improvement Partners*

# Network Leaders Learning Circle - Spring 2018 April 25, 2018



COMMUNITY HEALTH  
IMPROVEMENT PARTNERS  
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[www.sdchip.org/initiatives/lemon-grove-heal-zone](http://www.sdchip.org/initiatives/lemon-grove-heal-zone)

# Strategy Overview:

- Increase Opportunities for more frequent and consistent physical activity in Lemon Grove through community mobilization and resident led advocacy.





# Community Advocacy at the School Board Meeting

March 21, 2017 - Lemon Grove Athletic Field

Karen Flores Nuñez, Jasmine Nelson, Linda Contreras



## Heal in Lemon Grove Meetup

### Lemon Grove Walkaholics at Lemon Grove Academy Field

•8:30 AM

•[Lemon Grove Academy Athletic Field](#)

•7866 Lincoln Street, Lemon Grove, CA

•We are planning to meet every Saturday at the Lemon Grove Academy Sports Field. Saturday is the day this area is open to the public. Let's enjoy a safe environment to exercise and make sure to bring the whole family!

- ▶ Learn to Play Tennis
- ▶ [Tell a friend](#)
- ▶ 9:00 AM to 10:00 AM
- ▶ [Lemon Grove Academy Athletic Field](#)
- ▶ 7866 Lincoln Street, Lemon Grove, CA ([map](#))
- ▶ Our goal is to form a Tennis group. If you are a Novice, come and learn. If you are an expert, please come and teach or mentor a beginner. Or just come for the fun of playing.

**Evening Walk Group**  
**Lemon Grove Park**  
**2271 Washington St,**  
**Lemon Grove, CA 91945**  
**5:30pm to 6:30pm**  
**Monday and Wednesday**

**Soccer Club at the**  
**Lemon Grove Athletic**  
**Field on Saturday**  
**All ages welcome!**  
**8:30 am to 10:00 am**

### Lemon Grove Walkaholics Berry Park Walk

•8:30 AM

•[Berry Street Park](#)

•7071 Mt. Vernon St., Lemon Grove, CA ([map](#))

•We will meet every week on Thursdays at 8:30 AM for a fun (or serious) walk at the walking path at Berry Street Park. All levels are welcome.

**Free Zumba Class!**  
**At San Altos Elementary**  
**every Monday, Tuesday,**  
**and Wednesday. Child**  
**friendly, as long as they**  
**Zumba with You!**  
**6:00pm to 7:00pm**  
**1750 Madera St, Lemon**  
**Grove, CA 91945**



# Healthy Kids Day to Launch #SeeYouSaturday Campaign

Was the launch for #SeeYouSaturday campaign, more than 30 committed volunteers made sure the 300+ attendees were comfortable, engaged and safe!



the **Y** YMCA

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CHARGE INTO SUMMER!

**HEALTHY KIDS DAY®  
APRIL 29**

Families are invited to this free event!  
Come dressed ready to play and meet the Mayor of Lemon Grove, dance to the DJ, jump in Bounce Houses, eat healthy snacks, compete for prizes and more!

Sponsored by YMCA Childcare Resource Service  
CHIP Community Health Partners and Lemon Grove HEAL ZONE

**SATURDAY, APRIL 29**  
**10:00 AM - 2:00 PM**

**HEALTHY KID'S DAY AT LEMON GROVE!**  
RECREATION CENTER & ACADEMY ATHLETIC FIELD  
3131 School Lane, Lemon Grove, CA 91945

**Lemon Grove  
HEAL ZONE**  
A COMMUNITY IN ACTION  
Facilitated by Community Health Improvement Partners



# Outreach by Resident Leadership Team Members

## Lemon Grove Athletic Banner and t-shirt Design

Lemon Grove  
**HEAL ZONE**

A COMMUNITY IN ACTION

Facilitated by Community Health Improvement Partners

Call Lemon Grove HEAL Zone/

Llame al Lemon Grove HEAL

Zone 619-942-2164

Open 8 AM to 7 PM

**See You Saturday!**  
*At the Lemon Grove Athletic Field*  
**¡Nos Vemos el Sábado!**  
**Campo Atlético de Lemon Grove**

Come play soccer, tennis, walking, basketball and fitness classes

Venga a jugar fútbol, tenis, caminatas, baloncesto y clases de ejercicio

3131 School Lane, Lemon Grove, CA 91945



*See You Saturday!*

*At the Lemon Grove Athletic Field*

*3131 School Lane, Lemon Grove*

*Come Out and Play!*



**Creating a Team:**  
The true power of teamwork  
comes from the group's cohesion  
and combined energies focused  
on a common goal.



# #SeeYouSaturday!

Lemon Grove Community being active at the LG Athletic Field on Saturdays!





Many Residents participate in Free Yoga Rascals classes provided by the LG HEAL Zone, It is a fun and energizing experience for children and





# Ongoing Outreach!!



## FREE 6-Week Yoga Class

**Lemon Grove  
HEAL ZONE**  
A COMMUNITY IN ACTION  
Partnership by Community Health Improvement & Policies

**Join the Lemon Grove HEAL Zone  
See you Saturday Movement to be  
Healthy and Active!**



Heal Zone Lemon Grove Yoga with Yoga Rascals

Please join Yoga Rascals for a series of 6 yoga classes for the whole family! During the first two classes adults learn basic yoga poses while kids explore fun yoga adventures. For the third class families unite to practice yoga together. Move, laugh, and connect with your loved ones during this family yoga class. Classes 4 – 6 follow the same pattern. Classes are suited for beginners as well as experienced practitioners.

Practicing yoga regularly helps develop flexibility and strength, as well as improve balance and coordination. Additionally, participants learn breathing and relaxation techniques for stress reduction. Take this class and leave feeling relaxed, peaceful, and happy! Please bring a yoga mat (preferred). If you don't have a yoga mat, you may bring a beach towel.

### Event Details:



Saturdays October  
28-December 9, 2017  
No class Nov 25



Sign Up Begins: 8:45a  
Class Starts 9:00a



Lemon Grove  
Recreation Center &  
LGA Field



Family Friendly  
Adults, Children and Teens  
Ages 4+ preferred

3131 School Lane,  
Lemon Grove, CA  
91945

Free T-shirt after completion  
of Camp

For more information contact the Lemon Grove HEAL Zone



Lemon Grove HEAL Zone  
619-942-2164



lghealzone@sdchip.org



Follow us!  
Lemon Grove HEAL Zone



Join us!  
HEAL in Lemon Grove



# New Park Regulations

RLT members conducted environmental scans, IPS created a report and presented it to the City Council. Advocacy Led to  
On Tuesday, May 16, 2017 the City Council adopted ordinance No. 445 amending park regulations in response to residents' concerns about safety.

Form 0001-17  
Environmental Scan Form

Please complete one Environmental Scan Form for each business/establishment you observe and indicate how often you observed any of the following conditions/behaviors using the codes provided below:

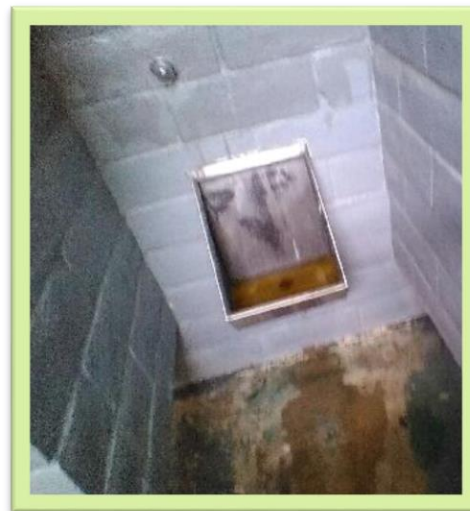
0 = none observed    1 = a little/once observed    2 = a lot/frequently observed

Name of Business Observed: \_\_\_\_\_  
Street Address of Business Observed: \_\_\_\_\_

Condition/Behavior Observed	0	1	2
Alcohol sold			
Drugs sold			
Smoking			
Public drinking			
Public urination			
Public defecation			
Other			

Please enter any comments/notes regarding your observations here:

In front of the new building (Celsius) across the street are 2 grocery shopping carts with trash, some items of clothing, food on walkway. Thousands of cigarette packs hanging out. There is also visible graffiti cover up on new structure painted over with not matching paint. People hanging out drinking. They look like they might of spent the night



*Safe & Healthy*  
**LEMON GROVE**  
*Parks*

Be Safe & Enjoy City Parks  
From Dawn to Dusk


As of July 2017 all  
Lemon Grove parks  
are alcohol and  
smoke-free

For questions regarding Ordinance 445 contact  
Lemon Gove City Hall: 619-825-3800


*If you see something say something.*  
Sheriff's non-emergency line 858-565-5200  
To report an emergency: 911



# Tangible and Visible Advocacy



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Lemon Grove Recreation Center Proposal  
Drafted by the Lemon Grove HEAL Zone Intergeneration Workgroup  
Draft 10/10/17

**Lemon Grove HEAL Zone Objective:** Increase Recreation opportunities for more frequent and consistent physical activity in Lemon Grove.

**Workgroup Goal:** Increase recreation opportunities at the Lemon Grove Recreation Center 3 times per week by March 2018.

**Background**


The Lemon Grove HEAL Zone is a public health initiative designed to influence policy and built environment that support the prevention of childhood and adult obesity and chronic conditions. Extensive research has demonstrated direct connections between access to health resources, such as water and health food options, recreation activities, as well as access to safe parks with amenities and reduction in the prevalence of obesity residents. Since 2009, the Lemon Grove Recreation Center, located at 3131 School Lane, remains limited in the services it offers to community members primarily due to budget constraints. It is evidenced, with out access to this much needed facility, the Lemon Grove Community will continue to face high rates of both adult and childhood obesity, along with higher rates of emergency room visits for chronic related conditions.

Through our collaborative building efforts, the HEAL Zone has garnered the support of many local recreation leaders who are interested in providing additional services to Lemon Grove families. As a result, we have convened a monthly workgroup to spearhead forming a new umbrella organization that could coordinate services, manage enrollment, and recruit activity leads. The goal of this emerging organization is to simplify the management of recreation services for City Staff, while increasing opportunities for all community members to engage in healthy behaviors, all the while creating safe places for youth, and promoting family enrichment activities.


Since 2012, the Lemon Grove HEAL Zone has collaborated with community leaders, health advocates, Lemon Grove City leadership (staff and elected officials), to increase opportunities improve physical activity services to Lemon Grove residents. Since this time our collective work has resulted in a few referenced activities and improvements to the city:

- Resident lead assessments of park and safety improvements in local parks, including alcohol ban in parks
- Installation of walking track at Berry Street Park


HEAL Zone core funding provided by:



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MEMO

To: Lydia Romero, City Manager, City of Lemon Grove

From: Anita López, Program Manager, Lemon Grove HEAL Zone/Community Health Improvement Partners

Cc: Jennifer Mendoza, Mayor Pro-Tempore/ HEAL Zone Representative  
Ce: David Arambula, Councilmember/ HEAL Zone Representative (Alternate)

Date: June 26, 2017

RE: Lemon Grove HEAL Zone Park Improvement Recommendations

Dear Ms. Romero,

I want to thank you for taking the time meet with me to discuss the goals of the HEAL Zone efforts.

As you may recall from our previous communications, the Lemon Grove HEAL Zone Collaborative has identified park improvements to be a priority strategy for increasing local opportunities for community members to maintain a healthy and active lifestyle.

Over the course of the last 8 months, our Resident Leadership Team members have met monthly to identify various approaches to increasing park utilization for residents, with a focus on Lemon Grove Park. A summary of the recommendations are below:

- Addressing alcohol and marijuana use in public parks
- Replacing and adding park signage to report suspicious or illegal activity in English/Spanish
- Improving maintenance and cleaning schedules of restrooms at Lemon Grove Park
- Fix or replace broken water fountain at Lemon Grove Park
- Installing solar-powered, low level lighting to improve night time visibility to prevent and/or report suspicious or illegal activity
- Adding/modifying physical activity equipment, pathways, and signage to better support moderate to vigorous exercise at Lemon Grove Park

5095 Murphy Canyon Road, Suite 105, San Diego, CA 92123  
P: 858.609.7960 F: 858.609.7998 | www.sdchip.org



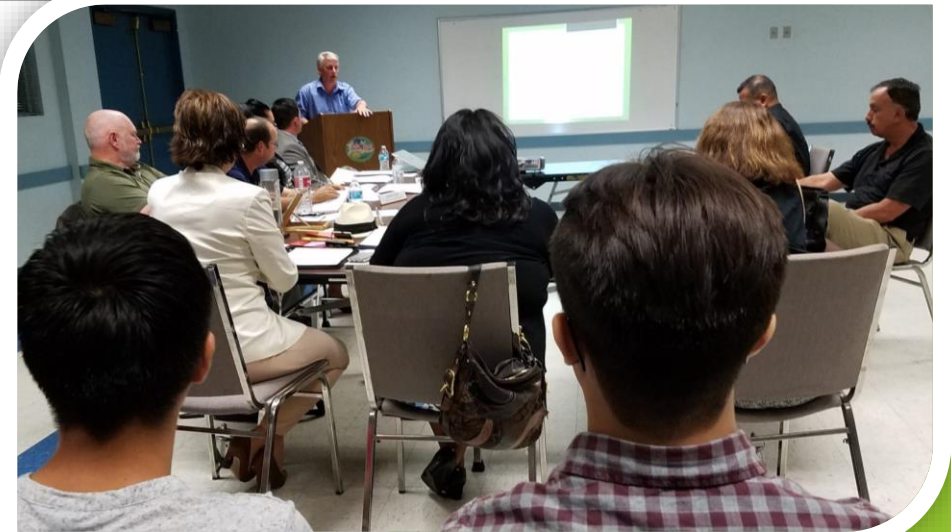


# Recreation Advocacy at the City Council Meeting



Many concerned Lemon Grove Residents spoke at the special City Council Meeting on October 10, 2017 to support more youth programs at the Recreation Center as a way to keep our kids safe and healthy.

**Next Advocacy Day: April-May 2018**





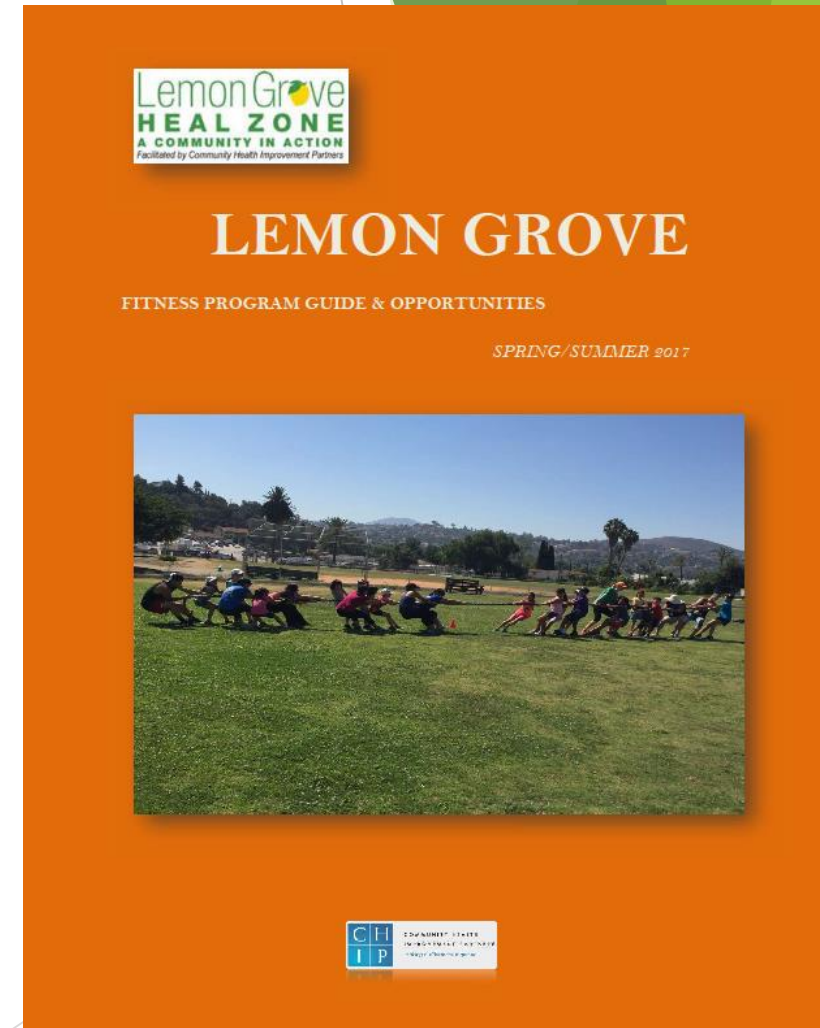
# Create the Right Partnerships!



Spears Academy of  
Martial Arts



Innercity Athletics Program





# March 2019 Goals Create NEW Partnerships!

- Recruit and Train 25 fitness partners/instructors to offer a regular schedule of a variety of movement/exercise classes up to 5x per week.
- Work collaboratively with lead agencies to ensure ongoing outreach and opportunities meet residents and organizations.
- Create stronger communication within community regarding recreation and PA opportunities
- Integrate more structured fitness opportunities into Schools and FBO's



It is the mission of Sporting San Diego to Foster and develops the physical, mental and emotional growth of San Diego youth through the sport of soccer. Sporting San Diego strives to maintain a safe and creative environment where athletes may express themselves on the field without consequence, while staying true to the core values of integrity, leadership, respect and teamwork.



As a mission-focused certifier, educator, content developer, researcher and representative of over 75,000 health and fitness professionals, building and sustaining relationships that are deeply rooted in meeting the organization's strategic objectives is where we believe the greatest impact can be had. Learn more about how we collaborate with like-minded organizations.





## American Council On Exercise Community Investment Program

- ▶ At the American Council on Exercise, we are committed to ending the obesity epidemic by 2035 and seek partners that share that vision. We are working to accomplish this through a variety of initiatives, including (but not limited to):
- ▶ **Expanding opportunities for current and aspiring health and fitness professionals to become certified by an NCCA-accredited program, and then continue their education through professional development delivered in person or through modern, progressive technologies and eLearning techniques.**

### HEAL Zone will Receive:

- 25 ACE Group Fitness Instructor Scholarships (Value: \$1,000/each)
- All instruction materials FREE (Initial exam fee included)
- Technical Assistance with trained Fitness Expert to support learning and training of scholarship recipients (Cohort Support)
- Recipients will be required to provide services to the LG Community for a targeted time period with on a no cost/low cost basis



# Application Launch and Selection: May 2018

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ACE Group Fitness Instructor (GFI) Certification Scholarship Application

2. Interest Form

\* 5. What interests you in the HEAL Zone/ACE Group Fitness Instructor Certification opportunity?

\* 6. Please tell us about any volunteer or community involvement experience you have that would help our recreation efforts (service club memberships, youth groups, special trainings, etc).

\* 7. If you were to be awarded the scholarship, please share what your goals & vision for applying your certification.

\* 8. If you were to receive this scholarship, population would you like to work with the most?

<input type="radio"/> Seniors with limited ability	<input type="radio"/> Women and Girls
<input type="radio"/> All seniors	<input type="radio"/> Men and Boys
<input type="radio"/> Children ages 2-5	<input type="radio"/> Children or Adults with Special Needs
<input type="radio"/> children and youth only (ages 5+)	<input type="radio"/> Training and instructors (Advanced)
<input type="radio"/> Adults	
<input type="radio"/> Other (please specify)	

## Key Selection Criteria:

- 18 years of age or older
- Established fitness regimen 3-6 months
- Commitment to serving Lemon Grove community
- Areas of focus
- Show up for #seeyousaturday while training

American Council  
on Exercise



Donations: A GREAT Problem to Have!



4 pieces of  
professional exercise  
equipment has been  
donated—  
Where will they go?!