

Be Well in Livingston



September 2023
Status Update-Mt. Morris

Our goal is to help you eat better, move more and stress less!



Completed

1. Completed projects including: School Health Index Assessment, Catholic Charities Worksite Assessment, and BWIMM Steering Committee assessment survey
2. Stakeholder meetings and presentations (School Supt., Mayor, Town Supervisor, School, Village, and Town Boards, Partners for Progress, MMCS D PTSA)
3. Photo collection of local healthy activities
4. Developed community workplan
5. Established Be Well in Mount Morris (BWIMM) email account (bewellmountmorris@gmail.com)
6. Development and promotion of Eat Better Resource Guide
7. Developed "Where to Play in Mt. Morris" brochure and distributed to all MMCS D students
8. Healthy Meeting Policy adopted by Catholic Charities
9. Two Mt. Morris residents registered for Fruit and Vegetable Rx session
10. Partnered with local and state organizations to promote "I Love My Park Day" clean-up
11. Created a community garden sub-group and Facebook page, held two orientation sessions, and broke ground on a garden hosted at MMCS D
12. Promoted BWIMM at Liv. Co. Walls Festival with corn hole tournament, Winter in MM (120 attendees), CCE. Safety and Wellness Fair, and Glory Days Kids' Run, Small Business Saturday
13. Conducted events including: Annual First Day Hike (2022, 2023), Be Well in Fall Hike, and Play in Mt. Morris Adventure
14. Harvest Hut for garden harvest established at Mount Morris Library, last bounty for 2023 harvested and shared



In Progress

1. Develop self-sustaining eat better/move more/stress less communication plan for community via Facebook/Websites/print
2. Analyze data and measurable evidence-based interventions
3. Steering committee development
4. Increasing access to healthy foods by establishing a community garden
5. Promote Evidence-Based Programs
6. Promotion of the "Where to Play in Mount Morris" brochure
7. Transition to community leadership and sustainability planning
8. Planning and development of fall and winter events (MMCS D Trunk or Treat, Halloween walking challenge, Grinch/Santa Stroll, Small Business Saturday at the Mills Mansion)
9. Fall into Wellness nature photo challenge
10. Creating a "plant map" for 2024 community garden planning
11. Administering Mount Morris Community Garden End of Season Survey in English in Spanish
12. Coordinating Be Well in Mt. Morris 1st Day Hike
13. Planning purchase of 2024 community garden supplies



Future

1. School policy/practice: wellness policies for Pre-K-12.
2. Environmental change in the community (i.e. park, path or trail)
3. Activities and educational opportunities
4. Evaluation of Catholic Charities Healthy Meeting Policy

A PATH TO WELLNESS IN MOUNT MORRIS



Building a healthy community requires a wide spread effort. Families, governing officials, educators, business owners, clergy leaders and healthcare providers; all community members must join together with the common goal of improving health. Eating well, being physically active, educating ourselves, supporting our youth, and utilizing community resources are the key components to healthy community living. We are working to provide the necessary resources in Mt. Morris– we need your help to put these resources in action and make Mt. Morris a healthy place to live.

Together, we **can** and we **will** live well in Mt. Morris!

➔ Email BeWell@gvhp.org or visit www.gvhp.org for more information or to become a committee member