

REACH NEWSLETTER



February 2025 REACH Leadership Meeting Recap

At the most recent REACH Leadership meeting on February 24, team members engaged in two different activities: "Two Truths and a Hope" and a SWOT analysis. One of the inspiring moments that came out of those activities was hearing about the incredible work everyone is doing in our communities. Despite the challenges of uncertain times, tangible impact is being made and pushed forward with purpose!

A key takeaway from our time together was how the activities sparked thoughtful reflection and generated a shared desire for a better way to share information and update each other on our work. To address this, we're excited to trial a monthly newsletter! This will provide a space where community partners and team members can easily share updates—both big and small—without creating a large burden. Through a simple Microsoft Form, small wins, big events, and project updates/accomplishments/successes can be submitted. We look forward to testing this new way to stay connected and welcome constructive feedback as we go!

Supporting the Family Healthy Weight Program with Free Family Meals

The Healthy Weight and Your Child program, an evidence-based Family Healthy Weight Program (FHWP), is gearing up to begin in 2025!

To make participation more accessible, **District Health Department #10 will be covering the cost of meals for families enrolled in the program.** In addition to meal support, families will receive guidance from trained facilitators, interactive learning opportunities, and a supportive environment to help them stay engaged and motivated.

With staff currently undergoing training, we're excited to bring this valuable resource to our communities and empower families on their journey to better health.





ABC Garden Hosts Community Event Highlighting Local Resources

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Qur'an recently had the pleasure of hosting a booth at a community event organized by ABC Garden, a proud recipient of one of REACH's PSE mini-grants. The event, which drew around 75 community members, offered an excellent opportunity to connect with locals and learn more about the garden's impactful work.

ABC Garden serves as a hub for Exploration Education, providing the community with engaging opportunities to explore nature, science, art, and sustainable local solutions. Their mission is to address essential human needs— such as housing, water, fuel, food, and jobs—through educational and sustainable programming. The garden serves as a welcoming space where people of all ages can come together to connect, learn, and grow.

Peterson Farms Collaborates for a Healthier Workplace!

Peterson Farms and its dedicated staff are committed to fostering a healthier workplace through collaboration with employees, the community, REACH, DHD#10, and Trinity Health. This exciting initiative is driven by a strong team effort to implement meaningful policy, systems, and environmental changes that support employee well-being.

A huge shoutout to Cat, who played a key role in connecting with Peterson Farms and will be instrumental in implementing these changes. Cynthia, an Oceana County Community Champion, has provided valuable insight into the worksite and will work closely with staff throughout the process. Meanwhile, Emily is developing an employee feedback survey that will help shape implementation efforts.

This ongoing initiative, which kicked off with an initial meeting on February 10, 2025, will continue through REACH Year 2. Thanks to the hard work of these individuals and the entire REACH team, we look forward to seeing progress unfold!