

# LiveWell Kershaw Coalition

July 22, 2020



# GROUND RULES

**Respect**-- Speak open and honestly, yet respectfully

**Participate**-- 100% by sharing your thoughts, asking questions, & contributing to discussions.

**Seek Solutions**-- If you disagree with a proposal or idea...that's okay! Just remember to stay solution oriented.

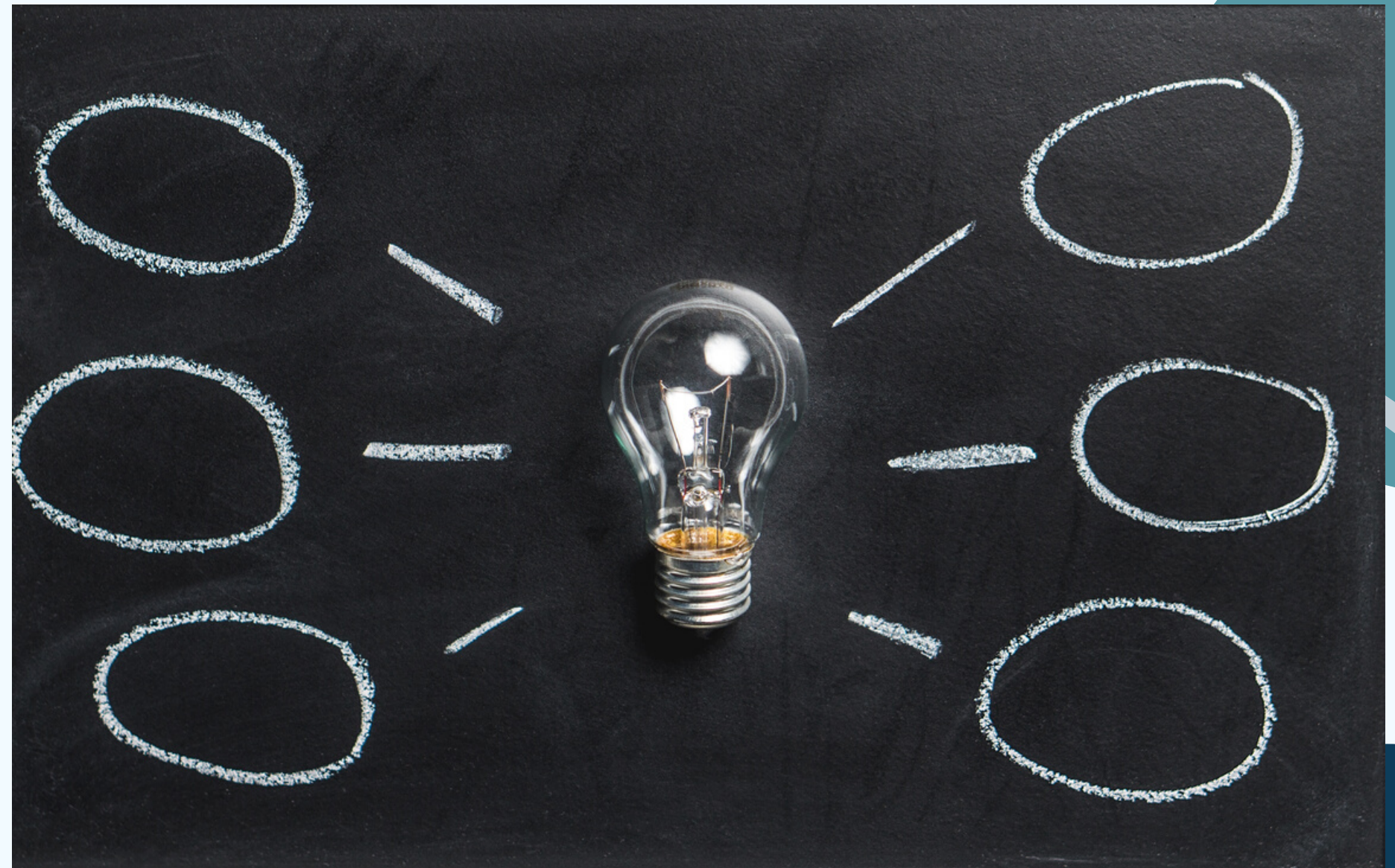
**Seek to Understand**--Listen to learn, instead of listening to respond & seek first to understand, then to be understood.





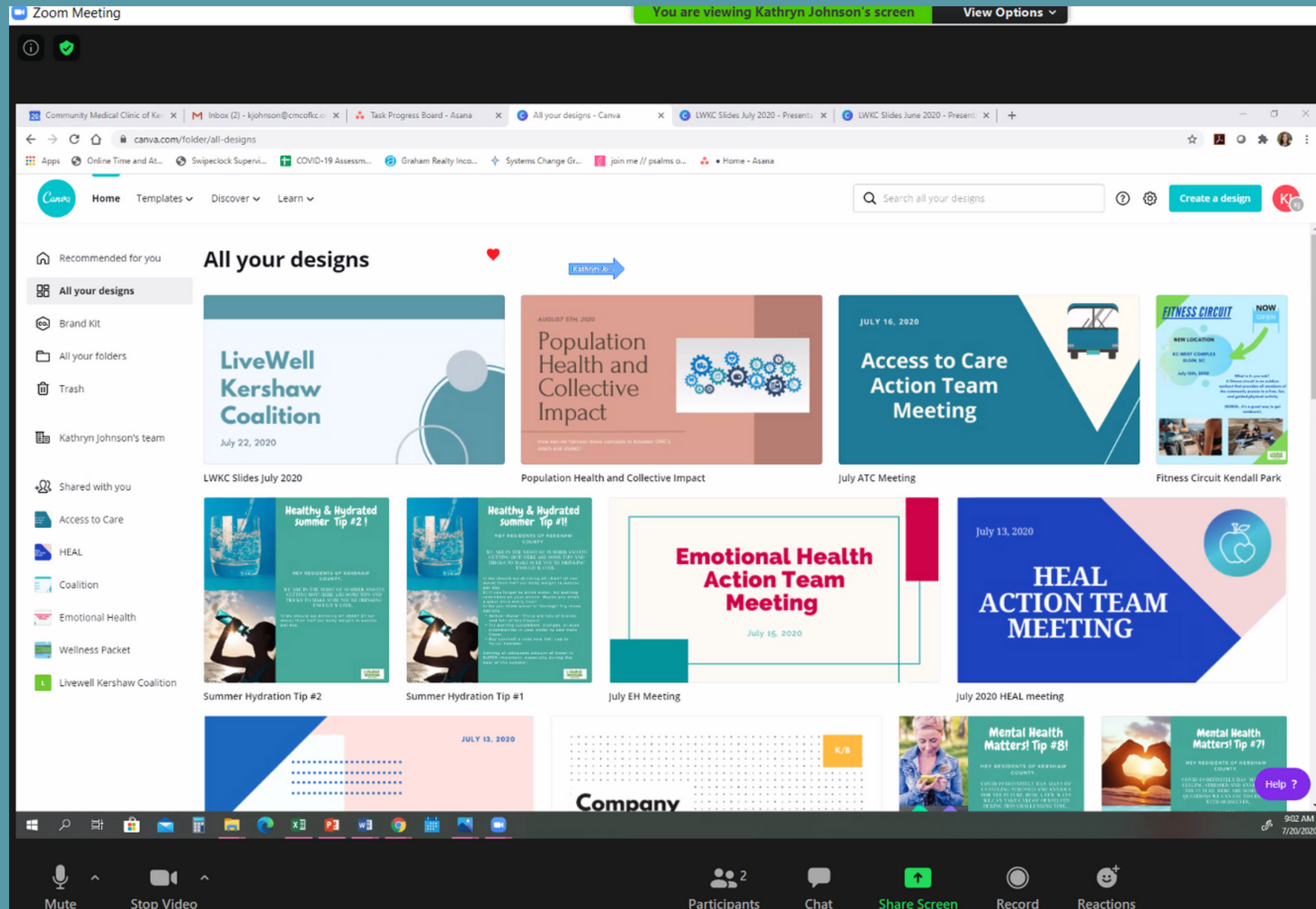
# Agenda

- **Introductions**
- **Action team updates**
  - **Health Equity Meeting**
  - **Emotional Health**
  - **Access to Care**
  - **HEAL**
- **Announcements**



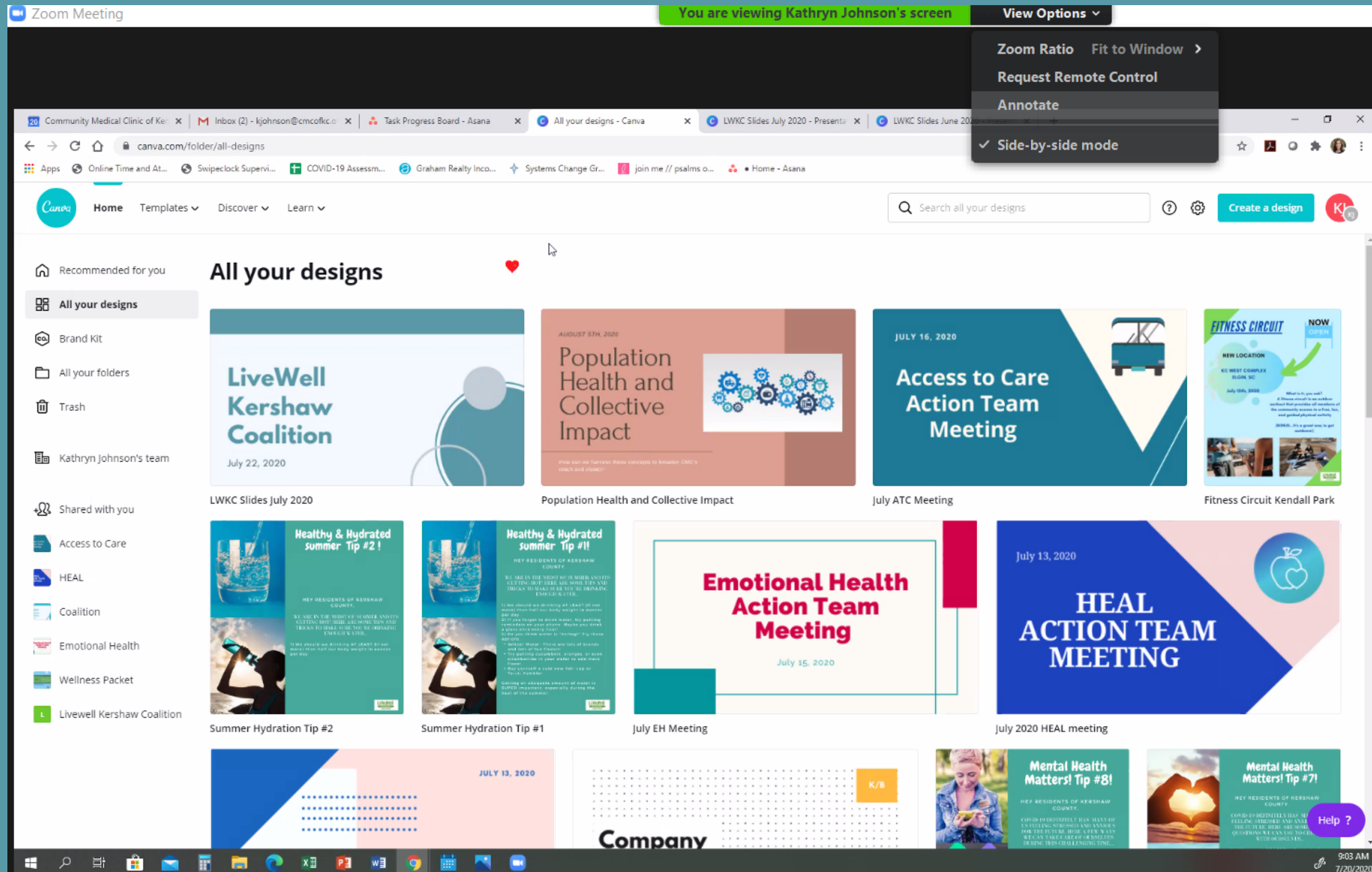


# Annotation Tutorial

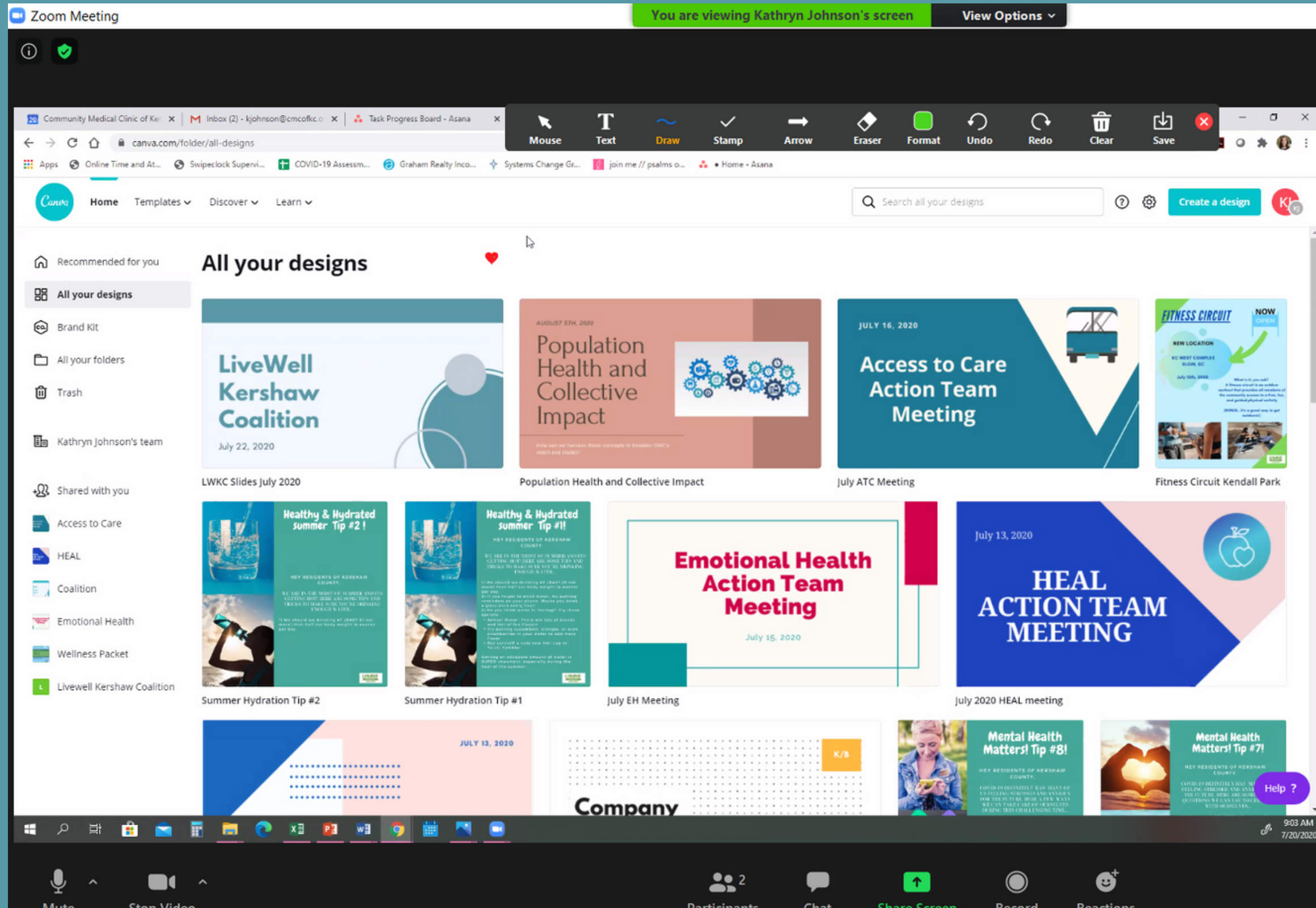


At the top of your Zoom screen, hoover over the "View Options" button





In the drop  
down menu,  
select  
"Annotate"



Select "stamp" or "arrow" and click the area/sector that you represent in the coalition



## Societal Level

## Community & Policy Level

## Individual & Family Level



Political structures & institutional practices that assure fairness & opportunity for all

Social, economic, & physical conditions that allow people to reach their full potential

Services for individuals and families to treat problems

# Cliff of Good Health Video

[https://www.youtube.com/watch?  
v=to7Yrl50iHI](https://www.youtube.com/watch?v=to7Yrl50iHI)



## Societal Level

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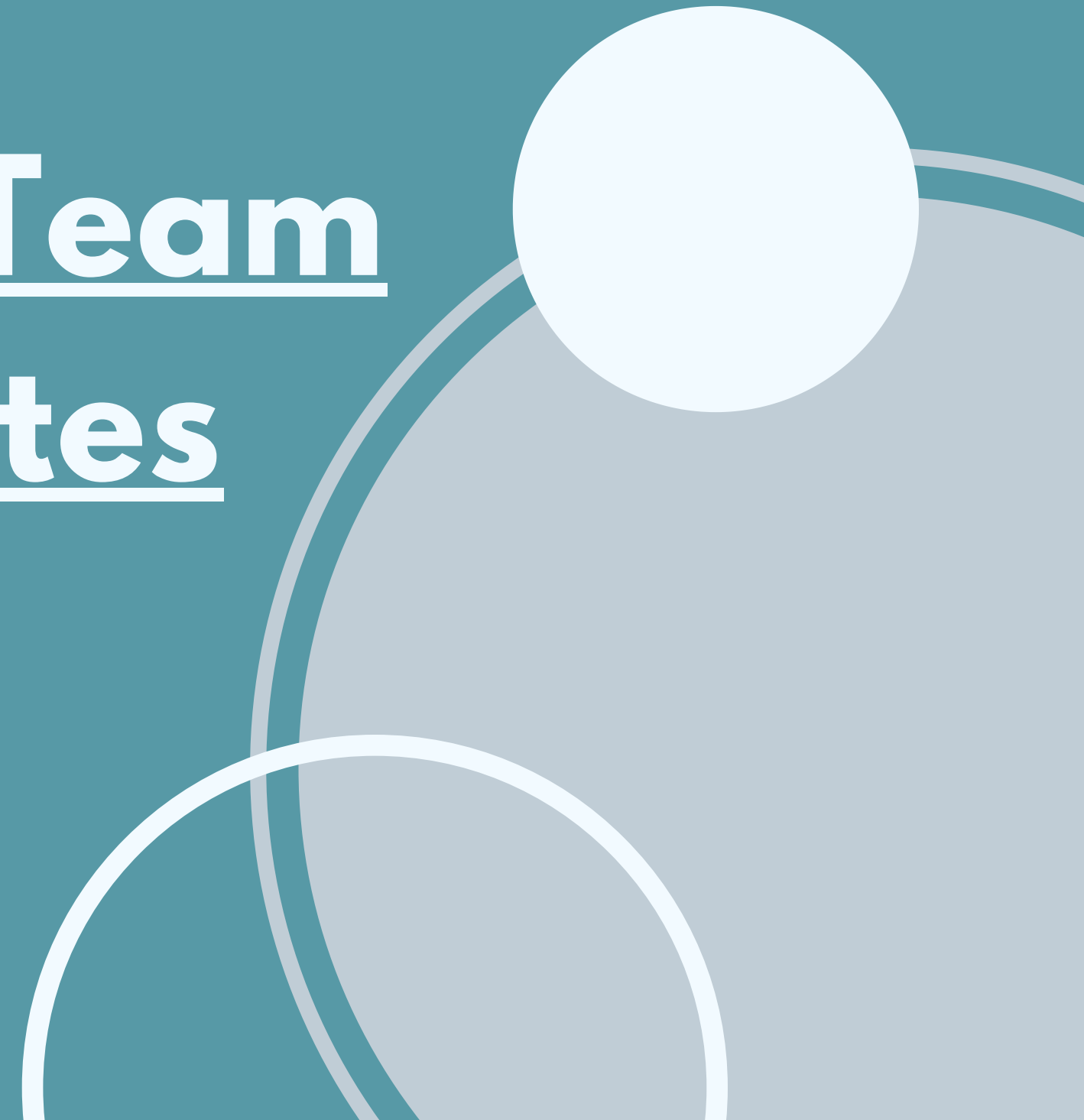
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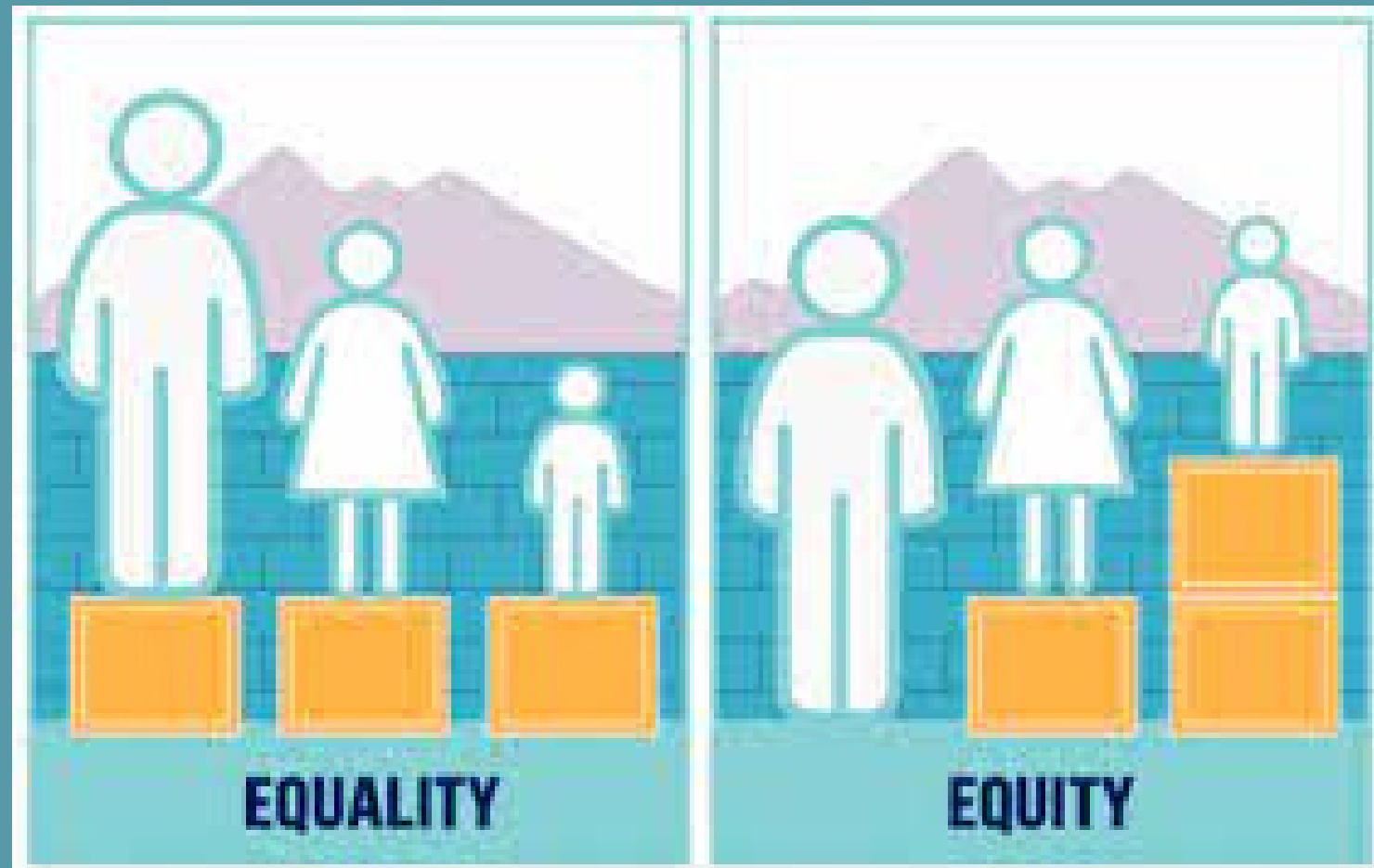


# Action Team Updates





# Health Equity Meeting



- **Habits of the Heart**
- **Discussion around institutional racism**
- **Areas of opportunity for our community**
- **Group to meet monthly!**
  - **Next meeting is August 13th from 11:00am-12:00pm**

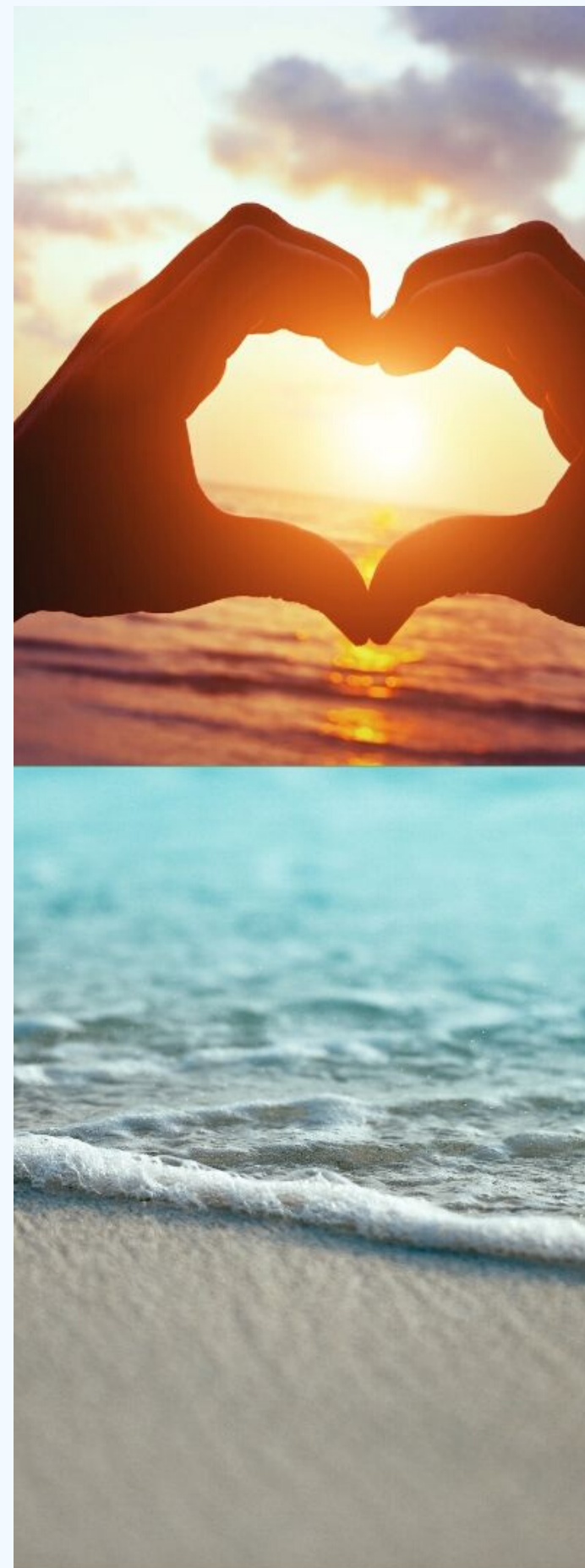


# Emotional Health Updates



# Social Media Shareables

- Mental Health Matters Tips for Social Media- Please let us know if you would like us to send you & your organization this packet!



## Mental Health Matters! Tip #7!

HEY RESIDENTS OF KERSHAW COUNTY,

COVID-19 DEFINITELY HAS MAY OF US FEELING STRESSED AND ANXIOUS FOR THE FUTURE. HERE ARE SOME DAILY QUESTIONS WE CAN USE TO CHECK-IN WITH OURSELVES...

- 1) What am I GRATEFUL for today?  
Who am I CHECKING IN ON or CONNECTING WITH today?
- 3) What expectations of "normal" am LETTING GO of today?
- 4) How am I GETTING OUTSIDE today?
- 5) How am I MOVING my body today?

What beauty am I creating, cultivating, or inviting in today?

# Wellness Videos

- Short videos on how to stay healthy mentally, physically, emotionally, etc. to be shared via social media & LWK website.



**KATHRYN JOHNSON**  
Director

**LiveWell**  
KERSHAW  
COALITION

Hi Everyone! We are excited to launch this new tool to allow you to record your stories, and easily upload them for us to share with Kershaw County!

Introduce Yourself, Share your Wellness Topic, Press  
Send to Upload!



Use your smartphone to record a video of yourself answering the prompt above. Our goal here is to build a collection of wellness videos to share with Kershaw County to encourage healthy living!

 **Record or Upload Video**

# Wellness Video Instructions

- If it's under three minutes, please use this link:
  - <https://app.videopeel.com/kc2567fa>
- Presentation will be longer than 3 minutes...
  - **Connect with Keri Boyce.** (kboyce@cmcofkc.org)
  - **She can meet with you to record longer presentations!**





# **WHAT ARE OUR NEXT STEPS?**

- **Brochures and Where is Care Palm Cards to be distributed at event on July 29th**
- **Updating our Driver Diagram to include "awareness"**
- **Outreach to organizations like animal shelters**



# Access to Care Updates

# Transportation

- Santee Wateree award for \$550,000 for the two-year pilot transportation route, but this has not been approved by the board yet. (Just the committee)
- Sandhills no longer a part of the route in effort to keep the route/money in KC.
- Working with Central Midlands: Design our own route (We already have.)
- Next Steps:
  - Need private citizens to reach to Central
  - Midlands for bus route feedback. (Jake to get us the contact information.)
  - As a team we need to decide HOW involved we want to be.
  - Need to publicize transportation route and survey once things are up and running.



# Where is Care Analytics

- June traffic has increased!
  - Referral from KC website
- Organic search has increased
- 60 visitors (Trended up from 24 last month.)
- 203 pages viewed:
  - Most visited pages: Main page & support page (Mental Health).
- Palm Cards distributed in at the end of June & interested to see if this effects July's traffic.



# Kershaw County Human Relations Committee

- **Origin:**

- Recently re-started back up (original committee formed in 1992) because of civil unrest topics & people wanted to see a committee that is seeking ways to bring KC residents together.

- **Goal includes looking at disparities in KC.**

- **Next Steps for committee:**

- Rewriting guidelines for the committee.
- Reappointing committee members.
- Researching previous members & reaching out for help.







# Healthy Eating Active Living (HEAL) Updates



# School Wellness Committee

## Exploring Open Community Use options among schools



# Community Fitness Circuits

- Kendall Park
- Kirkwood Community Park
- KC West Complex in Elgin
- Next:
  - Potter Park, Elgin
  - F3 Route in downtown Camden
  - Goodale State Park in East Camden

**FITNESS CIRCUIT**

**NOW AVAILABLE  
AT  
KIRKWOOD  
COMMUNITY PARK**

What is it, you ask?  
A fitness circuit is an outdoor workout that provides all members of the community access to a free, fun, and guided physical activity

(BONUS...It's a great way to get outdoors!)



**LiveWell**  
SEASIDE  
COALITION







# FAN (Faith, Activity, & Nutrition).

- Zoom panel discussion
  - Open to churches not involved in FAN program
  - Next steps:
  - Reach out to churches via social media with posts and short presentations
  - Connect with Concerned Clergy of KC
  - Topics to encompass healthy eating/living in post-COVID reality





# Work Wellness

We are excited to share our Work Wellness social media posts!

FREE MATERIALS



## Healthy & Hydrated summer Tip #1!

HEY RESIDENTS OF KERSHAW  
COUNTY,

WE ARE IN THE MIDST OF SUMMER AND ITS  
GETTING HOT! HERE ARE SOME TIPS AND  
TRICKS TO MAKE SURE YOU'RE DRINKING  
ENOUGH WATER...

- 1) We should we drinking AT LEAST (If not more) than half our body weight in ounces per day.
- 2) If you forget to drink water, try putting reminders on your phone. Maybe you drink a glass once every hour!
- 3) Do you think water is "boring?" Try these options...
  - Seltzer Water- There are lots of brands and lots of fun flavors!
  - Try putting cucumbers, oranges, or even strawberries in your water to add more flavor.
  - Buy yourself a cute new Yeti cup or Tervis Tumbler.

Getting an adequate amount of water is SUPER important, especially during the heat of the summer.

# FoodShare

- **Launched on July 7th!**
- **Packed 140+ boxes!**
- **Next steps:**
  - **Publicize boxes more the the public**
  - **Recipes placed in each box**
  - **Recipe demonstrations**









# City of Camden Parks:

- Ready by August:

- Permanent fitness equipment in Scott Park
- Camden Riverfront Environmental Park



# ways you can be involved.

HEAL	Help place fitness circuits at locations	Guest speaker for wellness topic
EMOTIONAL HEALTH	Become a team member!	Guest speaker for wellness topic
ACCESS TO CARE	Identify community leaders for transit input from communities	Guest speaker for wellness topic

Which of these  
can  
you help us with?



# ANNOUNCEMENTS



- Next LWKC Meeting is August 26th from 8:00-9:30 am.
- All meetings virtual until further notice.



# OUR TEAM

## **KATHRYN JOHNSON, MPH**

Director

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