Rewards of Community Planning

The Healthy Ecosystems-Healthy Communities (HEHC) program helps PRIDE communities develop plans and identify specific projects and activities for community improvements to protect their community’s assets. The planning process used in the program helps PRIDE groups engage more citizens in community planning. Once completed, results serve as the basis to undertake higher impact projects for greater community benefit.

For example, Melvern, a PRIDE community in Osage County, and one of the first communities to participate in the HEHC program, has used the results of their HEHC work to support grant proposals to pursue advanced community improvements and asset development projects. They were recently awarded more than $42,000 through the Small Communities Improvement Program to expand a project identified and initiated through the HEHC planning process.

Community resource planning is important to getting projects “on the ground” in any community — no matter what size. A planning department in the local government is not required. Community participation is the key, and successful PRIDE groups know how to get their communities involved! Although the main purpose of the HEHC program is natural resource and water quality protection, the HEHC process involves evaluation of each community’s assets, which creates a “foundation” to guide community development in an orderly approach.

This foundation of community information can be used:
1. to create direction for growth and identify measures to protect what is valuable to the community,
2. to identify infrastructure needs and set priorities important to citizen health and local water supplies,
3. to create recreational opportunities while protecting the natural resources that support your community, and
4. to document that the community has used a planned approach with community support for projects for which they are seeking funding.

These PRIDE communities are located in watersheds that currently have funding to work with new communities:
- Admire
- Formoso
- Lebo
- Courtland
- Overbrook
- Chetopa
- Wakefield

If your PRIDE group is interested in exploring the HEHC program, call Sherry Davis at (785) 313-5283 or (785) 532-3039.

Sherry Davis, Healthy Ecosystems/Healthy Communities Project Coordinator
GET IT-DO IT!

Feb. 6 and 7, 2009 teams from six Kansas PRIDE communities gathered at Rock Springs Ranch to receive training on the importance of leading a healthy lifestyle and fostering adult/youth partnerships. Each of these communities received a $3,000 award to assist them in implementing a community project that involves both youth and adults in partnership as they take on community projects that will provide opportunities for the community residents to lead a healthier life. The following communities received the award and their goals are listed.

• **Glasco PRIDE:** To increase access to physical activity opportunities through community involvement and in enhanced projects including Make a Difference Day, Mentors, and Free U classes.

• **Grinnell PRIDE:** To increase access to physical activity opportunities through workout stations and programming located in Grinnell Park.

• **Melvern PRIDE:** To increase access to physical activity opportunities through community involvement in Totally Getting into Fitness.

• **Rossville PRIDE:** To increase access to physical activity opportunities through community involvement in sand volleyball court construction and promotion.

• **Spearville PRIDE:** To increase access to physical activity opportunities through community involvement in Walk Kansas and local wellness campaigns sponsored by the Spearville Wellness Center.

• **Stafford PRIDE:** To increase access to physical activity through community involvement in improved park accessibility, signage, and promotion.

In addition to the adult/youth partnership component in this program, the communities are required to partner with the local K-State Research and Extension office. These partnerships including Walk Kansas, survey assistance, and nutritional education displays.

The title Get It-Do IT was chosen to address “just get the money and do it!” Building on community partnerships including PRIDE, youth organizations, and local K-State Research and Extension these communities not only are going to “get it and do it,” but also they are going to impact the wellness of those living in their communities.

Elaine Johannes, School of Family Studies and Human Services-Youth Development

Alda Hildebrand, Stafford PRIDE, participates in the catch games at Get it-Do it! training.

Pat Gerhard, Sunflower District Extension agent, left, and Joan Northern, Glasco PRIDE, right, explain the Glasco PRIDE’s Get it-Do it! project.
Dan Morin joined the Board of Kansas PRIDE Inc. in October of 2008. Dan works with the Kansas Medical Society in Topeka as the Director of Government Affairs.

The Kansas Medical Society is a professional association of physicians. The Kansas Medical Society was incorporated in 1859 by the territorial government of Kansas. Feb. 10, 2009 marks the 150th anniversary of the founding of Kansas Medical Society. Two years before Kansas achieved statehood, a group of physicians gathered at the Eldridge Hotel in Lawrence to develop and sign their organizational charter. The society is dedicated, through advocacy and communication, to improving the environment in which physicians practice medicine. Today, the organization’s nearly 5,000 members work to promote the art and science of medicine and to protect the health of Kansas citizens.

The Kansas Medical Society is a member-service organization dedicated to improving the environment in which Kansas physicians practice medicine, and to protecting the health of Kansas’ citizens. As the only statewide association advocating for physicians in every specialty, Kansas Medical Society works hard to provide physicians a respected, effective voice at the Statehouse on issues such as:

- assuring the practice of medicine remains in physician hands
- improving Medicaid reimbursement
- protecting the physician/patient relationship from inappropriate third-party influence

Kansas PRIDE Inc. would like to express their sincere gratitude to Dan Morin and the Kansas Medical Society for their continuing support for community development through Kansas PRIDE Inc.

For more information on the Kansas Medical Society, please visit their Web site at www.kmsonline.org

Jaime Menon, Extension PRIDE Senior Administrative Assistant

Top 10 Lessons — Working with Youth-Adult Partnerships

Amy Mayhill, Director of USD 417 After School programs, offers the following tips for successful Youth-Adult partnerships. As PRIDE communities strive to involve more youth these are valuable thoughts to consider followed by action steps that can be used.

1. **Youth see beyond right now:** It is important to include youth in your visioning activities.
2. **Adults try to stereotype “trends”**: Be open to the creative ideas shared by youth.
3. **Youth want to have a voice and be heard**: Ask for input from the youth and carefully consider their ideas.
4. **Adults respect teens as co-workers**: Share the responsibilities for PRIDE with the youth.
5. **Youth are busy and able to juggle**: Take advantage of the youths ability to multitask.
6. **Adults want the youth to lead**: Successful communities give youth the opportunity to lead initiatives with a mentoring adult.
7. **Youth are waiting for “their” opportunity**: Provide opportunities for a youth-led project in your community.
8. **Adults do not always let youth know they do well**: Create opportunities to provide praise and celebrate the success.
9. **Youth don’t have “job” skills yet**: Provide opportunities for youth to enhance their interpersonal skills.
10. **Adults and youth work terrific as a team**: Building on the skills of all ages will increase the success of all communities.

Successful youth and adult partnerships must:

- Experience the planning **together**; share in doing the activity **together**; process the activity **together**; generalize the activity **together**; and apply lessons learner **together**!

It is not a partnership without bumps along the road but well worth the journey.

Amy Mayhill, Director of USD 417 After School programs

Elaine Johannes, Assistant Professor and Extension Specialist FSHS
Improving Access for Physical Activity

Regular physical activity is associated with a healthier, longer life. Physically active people have a lower risk of heart disease, high blood pressure, diabetes, obesity, and some types of cancer. Despite the benefits of physical activity, most people in this country are sedentary. Given that regular physical activity helps people enjoy better health, an important question is: what strategies work best in helping people become more physically active?

A systematic review of published studies, conducted on behalf of the Task Force on Community Preventive Services by a team of experts, found that people will become more physically active in response to the creation of or improved access to places for physical activity, combined with distribution of information. On the basis of strong evidence of effectiveness, the task force recommends implementing such efforts.

**Background on the Interventions:**

- These interventions involve the efforts of worksites, coalitions, agencies, and communities in attempts to change the local environment to create opportunities for physical activity.
- Such changes include creating walking trails, building exercise facilities, or providing access to existing nearby facilities.
- Many of these programs also train participants to use the equipment and offer health behavior education; risk factor screening; referrals to physicians or additional services; health and fitness programs; and support or buddy systems. These multicomponent programs were evaluated as a “combined package” because it was not possible to separate out the effects of each individual component.

**Findings from the Systematic Review:**

- In all 10 studies reviewed, creating or enhancing access to places for physical activity was effective in getting people to exercise more.
- The median estimates from the reviewed studies suggest that creating or improving access to places for physical activity can result in a 25 percent increase in the percent of persons who exercise at least three times a week.
- Most of the studies also reported weight losses or decreases in body fat among program participants.

- These interventions were effective among both men and women and in various settings, including industrial plants, universities, federal agencies, and low-income communities. If appropriately adapted to the target populations, these interventions should be applicable to diverse settings and groups.

**“Taking it To The Top” PRIDE Day Sept. 19, 2009**

Please mark your calendars now for the 2009 PRIDE Day on Sept. 19, 2009. This year Junction City will be the location for this great day to celebrate the PRIDE success stories and receive educational enrichment to help you and your communities “Take it to the Top.”

A new requirement this year will be that for a community, project, or youth to receive their award they must participate in PRIDE Day. This will provide an opportunity for your community to share information about your award winning program with interested communities and PRIDE supporting organizations. It will also help create connections with communities or projects that may be beneficial to your community.

Through a grant from the Department of Commerce, we are able to bring a great speaker to PRIDE Day 2009. Don’t miss this opportunity to learn from Steve Siemens, president of Siemens People Builders of Iowa. Steve is a great motivational speaker that will engage you in learning. He will spend 2 hours with us that day. He will open the day with “When You Are Through Changing You Are Through” and close the day with “Visualize or Fossilize.” You will not want to miss this wonderful opportunity. Plan now to attend. More details to follow.

*Trudy Rice, Kansas PRIDE Program Extension Associate*
Kansas PRIDE Focus Groups

The Kansas PRIDE Program was started in 1970 and will be 40-years-old in 2010. Through the years, more than 400 Kansas communities have benefited from this program. Local volunteers have assessed community needs, planned activities, evaluated the results, and celebrated. The Annual Reports highlight the public benefits of this program to the local community and the State of Kansas. To plan for the next 40 years, we need to assess the program’s current strengths and plan for future opportunities. Local communities are a valuable resource to improve our current work and to gain information to build on for future plans.

This spring, individuals from your communities will have an opportunity to attend one of five focus groups that will meet across the state with local PRIDE community members and county extension agents. These group meetings will last no more than 2 hours. Through a facilitated discussion, we want to hear from you so we can plan a PRIDE program that remains relevant, reliable, and responsive to community needs for the next 40 years.

We will send the dates, times, and locations to PRIDE Communities soon. If your community would like to host one of these focus groups please contact Trudy Rice at trice@ksu.edu or (785) 532-5996 as soon as possible.

Trudy Rice, Kansas PRIDE Program Extension Associate

Kansas PRIDE Program Welcomes Trudy Rice

Trudy Rice joined the Kansas PRIDE program staff on Jan. 12, 2009 as a K-State Research and Extension Program Assistant. Trudy’s main responsibilities will be to provide educational support to the current Kansas PRIDE communities, new PRIDE communities, and local extension staff to facilitate local community improvement efforts.

Trudy started her extension career in Clark County as a summer intern. She was employed by K-State Research and Extension in Shawnee and Douglas counties for more than 23 years. She first served as a Family and Consumer Sciences Agent and 4-H agent, and most recently as the Douglas County Extension Director. Before locating in Douglas County, Trudy lived in Rooks, Graham, Norton, and Decatur counties.

Trudy and her husband Ron live in Lawrence. Ron and their son, Brad, have a farming operation, custom mowing business, and custom hay business. Brad also is involved environmental land management. Daughter Brandie and son-in-law Bill live in Inman, where they have a small sheep herd. Brandie is an agriculture education instructor at Southeast of Saline High School and Bill is an agriculture instructor at Hutchison Community College.

Community service has always been a moto of the Rice family. They are active in 4-H, FFA, and Kansas Farm Bureau both on the local and state level. In addition, Trudy has given countless hours to community planning efforts in Douglas County. She has served on the Planning Commission, Long Range Land Use Planning Group Horizon 2020, ECO2 which is an environmental awareness and economic development plan, and the Lawrence Chamber of Commerce.

Trudy holds a bachelor’s degree in education and a master’s degree in management. With her education, passion for community improvement work, and knowledge of Kansas she is ready to position the Kansas PRIDE program to be relevant for the next 40 years!

Trudy’s goal is to visit each of the Kansas PRIDE communities within 2009. If you need assistance, a program, or are having a community PRIDE meeting, please give Trudy a call at (785) 532-5996 or e-mail her at trice@ksu.edu so that she can plan to come to your community, meet your volunteers, and learn about your community improvement efforts.

Trudy Rice, Kansas PRIDE Program Extension Associate
Enduring a harsh Kansas winter has everyone crossing their fingers for the first signs of spring. Once again it will be time to start pondering what types of plants will be used to decorate yards, parks, buildings, and landscapes. Try choosing a combination of flowers that will endure the harsh Kansas soil and its temperatures as well as we endure the winter.

Curious about where to start? One of the most obvious places is the viewing space directly in front of your home – your own front yard. Who doesn’t love driving through a community, enjoying the beautiful arrangements, and trying to decide who will be most likely win Yard of the Month?

For planting suggestions, check out the Prairie Star Collection developed by Alan Stevens. His Web site contains a list of flowers that are proven by K-State research to perform well and show the most color in Kansas conditions under lazy gardener care. While big displays are great, many homeowners opt to start small. Experiment! A beautiful container garden will add some pizzazz to your doorstep, or a small display of annuals by the mailbox can be the beginning of flowerbeds to come. Think about color spots — giant flower beds are not necessary.

To learn more about Our Community ... A More Colorful Place, please visit: www.kansasprideprogram.ksu.edu and click on Our Communities ...

A More Colorful Place in the left sidebar or visit www.prairiestarflowers.com/prairiestarlist.htm

**Tips for Working Well Together**

Sustainable community work requires the investment of time, energy and resources of many people. Partnerships can create synergy among collaborators, can expand the influence of a group, and can improve the solutions and ideas generated for community improvement. But partnerships require trust and shared accountability for work. Below are some tips for building stronger partnerships for your community PRIDE efforts.

Invite people to share in creating goals and projects for community improvement. Spend time to listen to everyone’s ideas, needs, and viewpoints. These are important to understand in order to find the best approach to projects and community efforts.

Help partners work together to take on community projects:
- Start with manageable tasks that are likely to succeed and can be completed soon.
- Document and celebrate successes.
- Highlight how partners’ contributions are making a difference.
- For continued participation, recognize volunteers and leaders. Provide positive feedback and acknowledgement.
- Maintain an open structure to emphasize accountability.
- Offer opportunities to participate at different time intervals and involvement levels.
- Build on sources of community pride.
- Communicate the benefits of being part of a community effort.
- Make it fun. Provide refreshments or weave social events into the project structure.

Getting all potentially affected groups and individuals to participate requires more than simply announcing meetings. Ideas include:
- Use person-to-person networking. Have people call or visit neighbors, colleagues, and others who may have an interest or be affected by community activities.
- Work with media to announce events and publicize activities.
- Use newsletters and brochures to advertise and interest others.
- Work through local schools and organizations to share information on the work of your partnership.

*Dan Kahl, Extension PRIDE Program Coordinator*
Melvern PRIDE Hosts International Visitors

On Feb. 5, 2009 the Melvern PRIDE Committee had an opportunity to host several international students and share the concept of community planning and its impact on quality of life in a rural community. These international visitors are advanced students at universities in their home country studying a variety of disciplines from pharmacy to business administration. They are spending 2 months in the United States to study how community development happens on the local level. Before returning to their home country, the students will begin to develop individual plans they can use in their own community improvement efforts.

The visiting students were provided the opportunity to observe the Melvern PRIDE monthly meeting, review their organizational structure, tour some local projects, and enjoy a great lunch of local food. However, most importantly was the one-on-one conversations between these young men and the residents of Melvern. Throughout the day there were two consistent messages. First, the Melvern PRIDE group was always positive about what had happened to their community, and secondly, they repeatedly said that they could not have accomplished what they had without the guidance of the PRIDE organization.

When visiting with the young men about the conditions in their country, including a 5 to 15 percent literacy rate and a limited farm to market transportation system, it became evident that they have huge challenges. However, the first step is a desire to improve things, and they definitely had this.

It was truly a pleasure to host this group of young men in a Kansas community and share with them the impact of local people addressing local issues for the purpose of community improvement.

Trudy Rice, Kansas PRIDE Program Extension Associate
**PRIDE Calendar**

- **March 23**: Teleconferencing assistance for award application forms, noon
- **April 15**: Community of Excellence forms due
- **April 15**: 3rd Quarter reports due
- **May 1**: Enrollment/Resolution/STAR/Youth forms due
- **June 2-4**: Community of Excellence visits by evaluation teams
- **July 15**: 4th Quarter reports due
- **September 19**: Annual PRIDE Day, Junction City

**Newsletter by e-mail!**

If PRIDE officers or members would like to receive the PRIDE Newsletter electronically, collect e-mail addresses at your next PRIDE Meeting and send then via e-mail to jmenon@ksu.edu or by regular mail to:

Kansas PRIDE
Kansas State University
101 Umberger Hall
Manhattan, KS 66506

All educational programs and materials are available without discrimination on the basis of race, color, national origin, sex, religion, age, or disability.

The Kansas Department of Commerce, K-State Research and Extension, and private-sector companies and associations partner together to make the PRIDE program successful.

For assistance contact the PRIDE staff: Jeanne Stinson at (785) 296-3485;
Dan Kahl or Trudy Rice at (785) 532-5840