HCN Connect is dedicated to keep our community informed about the contributions that individuals and organizations are making to improve community and individual health in the Riverside county region.

Let us feature your story, event or resource in HCN Connect!

Do you have a plan, program or endeavor designed to improve your community’s health? Do you have a resource you would like to share with the HCN? Please let us know!

Please submit ideas for the next publication by: December 26, 2016.

Contact
Salomeh Wagaw, MPH swagaw@rivcocha.org (951) 358-5557
Miguel A. Vazquez, AICP mvazquez@rivcocha.org (951) 358-7171

You are a valued subscriber to HCN Connect. Update your subscription by e-mailing dramirez@rivcocha.org
**Riverside County Bike Kollaborative**

Public Health’s Injury Prevention Services team, in conjunction with RivCo Active Transportation Network and Healthy Cities Network held their first Riverside County Bike Kollaborative meeting on Nov. 7th, 2016.

During this gathering, partners and bike enthusiasts gauged interest and assessed ways in which they can work together in all things bike related. The collaborative will feature bike skills training and repair, recycle/repurposing of bikes among other efforts.

The wheels are turning as conversations continue to spark ideas. If you are interested in obtaining resources, presenting or contributing to this work, please join us for our next meeting on Monday, January 9th, 2017 at the Health Administration Building - 4065 County Circle Drive, 1st Floor, Riverside, CA 92503.

For more information, please contact:
Marsie Rosenberg Gutierrez
Program Coordinator II
Riverside University Health System – Public Health
MRGutierrez@rivcocha.org
(951) 358-7171

**SGAG’s Guest Blog:**

**Tips, Tricks & Tools from Go Human's Bike Safety Workshop**

The Coachella Valley Association of Governments collaborated with SCAG to host the “Go Human Bike Safety Workshop” at their office in Palm Desert. Ten people from different parts of the Coachella Valley attended. A broad spectrum of bike safety knowledge was shared by the presenter as well as the participants. Everyone in attendance left with new ideas to improve bike safety. Hopefully this valuable workshop can be presented again to a much larger audience. – LeGrand Velez, CVAG, Transportation Program Manager

By Guest Blogger Edgar Garcia, 24 years old, Coachella, CA

“On Wednesday September 28, 2016, I attended the Go Human Bike Safety Workshop in Palm Desert, which is part of a larger workshop series, held across the Southern California region. I learned knowledgeable insight on bicycling and safety. I shared my personal experiences of my own tragedies and also listened to other people from the community and several board members. I decided to participate in the Go Human Bike Safety Workshop as a volunteer with the Riverside University Health System – Public Health. I had a general idea of what the class would be about, but once I was seated with the other attendees and listened to the instructor I was amazed at all the information I did not know.” Read more.
Riverside University Health System – Public Health’s staff had the opportunity to attend National CORE’s 2016 Gala, “An Evening of Hope: Inspire, Empower, Impact, Transform” benefiting the Hope through Housing Foundation.

This event held on November 10, 2016 at the Discovery Cube Orange County raised funds to continue to provide support to Hope through Housing’s three initiatives: child and family services, economic mobility, and senior wellness.

Joe Adams, President of the Discovery Cube kicked off the program which highlighted the great work in the areas of:
- Creating Healthy Communities
- Breaking the Cycle of Poverty through Education
- Pathway from Dependency to Self-Sufficiency
- Aging in Place with Dignity and Respect.

We applaud the efforts to create healthier and affordable places to live in California.

Jurupa Valley: The Valley Patch Farmers Market

On November 19, 2016 the City of Jurupa Valley inaugurated its first ever Farmer’s Market, The Valley Patch Farmers Market. After four years of planning, developing, advocating and community partnership, the City of Jurupa Valley and the Healthy Jurupa Valley Coalition realized a long awaited dream to bring access to healthy fruits and veggies to the residents of Jurupa Valley and neighboring cities.

The Farmers Market is being managed by Pauline Cook who co-chairs the Gardens and Market work group, this group worked tirelessly to bring top notch vendors to provide organic and locally grown produce to the city and its locals. The inspiration behind the Valley Patch farmers market was a collaboration between the City of Jurupa Valley, Reach Out, the Healthy Jurupa Valley Coalition, and dedicated community members like Ms. Cook. As she describes her passion by saying “to be successful the first thing you do is fall in love with your work. Farming is not just a job, it is a way of life done with love.”

The Valley Patch is open every Saturday from 8 am to 1pm at the Jurupa Valley Spectrum located at 8022 Limonite Ave Jurupa Valley 92509 and offers up to 20 vendors selling locally produced fruits and vegetables, nuts, teas, eggs, honey and an assortment hand crafted goods.

For more information on The Valley Patch farmers market or how you can get involved, please visit: www.facebook.com/TheValleyPatch

Established in 1998, Hope through Housing works in partnership with National Community Renaissance (National CORE) to be a catalyst for change that leads to the transformation of neighborhoods and communities.

For more information, please visit: http://nationalcore.org/
What I learned as an APA 2017 National Planning Awards Juror

By Miguel A. Vazquez, AICP

The American Planning Association (APA) offers its members great opportunities for professional development and involvement. One of them is the awards program. Projects, planners, plans, planning leaders and advocates are nominated to compete for the highest honors in the profession and practice. One key component of this process involves assembling jury panels comprised of peers and professional allies who can help identify the winners. Recently, I had the privilege to serve in the APA 2017 National Planning Awards Jury. I was part of a group of 7 other fantastic planning professionals from across the nation. Last month, we met at the APA headquarters in Chicago for final deliberations. Each nomination was competing to capture the top honors in 15 categories ranging from Planning Pioneers to Advancing Diversity & Social Change in Honor of Paul Davidoff. After much review, discussion and debate we faced the most difficult part of our task: selecting the best in the profession and practice. It was difficult because the majority of the entries were highly competitive, worthy of receiving high praises, but like any other competition, those clearly demonstrating meeting the criteria went from finalists to winners. They will be announced and honored next year during the APA National Conference in New York City.

As I continue to reflect upon my experience of reading the nominations’ narratives, visiting their websites, reading their letters of support and working with the jury and APA staff on such worthwhile process, I am still glowing with inspiration—now more than ever I feel that my efforts to keep pushing my game to the highest level have been amplified. For this reasons, I am also compelled to briefly share some of my personal reflections and observations about this humbling experience.

1) If every planning project—or planner working on a project—began its process with the awards criteria and the AICP Code of Ethics in mind, I suspect that every single project would not only be worthy of competing for the highest honors, but also it would strictly adhere to the principles we value as the means to improve quality of life.

2) Planning is intrinsically a labor of love for inclusiveness. That was the common thread in every single nomination I reviewed.

3) Many of the submissions revealed that the healthy communities movement continues to grow and asserted that it is here to stay.

4) An award-winning application depends upon balancing various aspects related to the entry’s content, quality, quantity, attention to detail, demonstrated inclusion and support from the community the plan, or planner, is supposed to serve.

5) No project is too small to compete for the top honors, as long as the vision is big.

As a member of the APA Inland Empire Section, I am now even more proud and appreciative of the following individuals and plans from our region that have garnered APA’s accolades in the past:

• 2003 Distinguished Leadership Award for an Elected Official
  Tom Mullen, Riverside County

• 2013 National Planning Excellence Award for a Grassroots Initiative
  Cathedral City’s Environmental Conservation Division (ECD) Kids & Community Program, Cathedral City

• 2013 National Planning Excellence Award for a Planning Advocate
  Michael Osur, Deputy Director, Riverside County Department of Public Health, Riverside County

• 2014 National Planning Achievement Award for Transportation
  SANBAG Improvement to Transit Access for Cyclists and Pedestrians, County of San Bernardino.

• 2015 National Planning Excellence Award for an Emerging Planning & Design Firm
  Raimi + Associates, Berkeley, Los Angeles, and Riverside, California

To read the original post, which contains links and descriptions, please click here.
**Webinar: Public Health Partners in California’s Active Transportation Program Development and Implementation**

Please mark your calendars for the next Caltrans Active Transportation Resource Center webinar entitled, “Public Health Partners in California’s Active Transportation Program Development and Implementation.” This webinar is intended for transportation professionals, but open to the broad network of stakeholders involved with sustainable active transportation planning and development. It will help orient non-public health practitioners to the public health approach to active transportation promotion. This webinar will also highlight how regional public health networks and their member local health departments are successfully engaging communities on active transportation efforts. Speakers will discuss helpful resources, tools, and regional opportunities for networking and collaboration.

**Webinar Speakers:**
- Meredith Lee, Health in All Policies, Office of Health Equity, California Department of Public Health (CDPH)
- Will Dominie, Policy Manager, Bay Area Health Inequities Initiative
- Coire Reilly, Healthy Communities Manager, Contra Costa Health Services
- Carla Blackmar, Project Manager, Southern California Public Health Alliance
- Victoria Custodio, Active Transportation Resource Center, CDPH (Facilitator)

The webinar slides have been posted on the ATRC [website](http://www.CAsaferoutestoschool.org), and a recording will be posted afterward.

**When:** Friday, December 9th, 2016 at 10:00am – 11:30 am PT
Pre-registration is required, [please register here](http://www.CAsaferoutestoschool.org).

Audio will be available through the telephone only:
888-557-8511
Access code: 7231603#

Active Transportation Safety Program
California Department of Public Health
[www.CAsaferoutestoschool.org](http://www.CAsaferoutestoschool.org)
**Infographic: Living Near Busy Roads or Traffic Pollution**

*Via USC Environmental Health Centers*

Do you want to know more about what it means to live or go to school in an area with lots of traffic pollution, near a busy road or highway? Our team at the USC Environmental Health Centers has developed an infographic, the first in a series that we will be sharing with you over the next few months and years.

Download printable versions here: [English](#) and [Spanish](#).

Click on the text for more information. Each health effect in this infographic is linked to a scientific research article. Text in the What You Can Do section is linked to more resources. For a list of the citations used for each health effect, please click [here](#).

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**Community Survey for Perceptions of the Coachella Valley**

The Building Healthy Communities Coachella Valley coalition is teaming up with HARC (Health Assessment and Research for Communities) to do a survey to better understand community perceptions of the Eastern Coachella Valley, Western Coachella Valley, and the Coachella Valley as a whole.

The survey takes 10-15 minutes to complete and you’ll be entered to win one of four $25 Visa gift cards. Please answer the questions as honestly as possible. Your responses to this survey will remain anonymous.

The survey will be available October 25, 2016 to January 22, 2017.

You can take the survey here: [https://www.surveymonkey.com/r/CVopinions](https://www.surveymonkey.com/r/CVopinions)

If you have any questions, please reach out to HARC, Inc. - [staff@harcdata.org](mailto:staff@harcdata.org)

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**California Desert National Monument Fellows**

As a part of this youth fellowship program with the Hispanic Access Foundation, you will be able to make a tangible difference in community outreach and building support for Sand to Snow, Mojave Trails and Castle Mountains National Monuments. For 12 weeks in the Winter/Spring of 2016, you will help coordinate a stewardship event in Desert Hot Springs.

In order to build your on-the-job experience, we’d also like to offer you the opportunity to shadow members of the Bureau of Land Management (BLM) while they do work in the field for two week periods.

For more information, please contact: Jenny Brandt, Hispanic Access Foundation, Environmental Program Director at [jenny@hispanicaccess.org](mailto:jenny@hispanicaccess.org). Deadline to submit your resume is [December 19, 2016](#).
Count of Riverside Certified Farmer’s Market

Our Certified Farmers Market aligns with the mission of the County’s Culture of Health and the CEO’s Goal to improve health and promote livable communities through partnerships, policies, systems and initiatives. It is also one of the strategic goals of the Healthy Riverside County Initiative for healthy eating.

Vendors will be providing: fruits, vegetables, eggs, berries, oils, honey, bread, flowers…and much more!

County Administrative Center

When:
Every Wednesday from 8:30 am - 1:30 pm

Where:
Located in the courtyard of the County Administrative Center (4080 Lemon Street, Riverside, CA 92501), on the corner of Lemon and 10th Street.

Riverside University Health System - Medical Center

When:
Every Thursday (except major holidays) from 7:30 am - 1:30 pm

Where:
Located steps from the Cactus Avenue entrance of the Medical Center (26520 Cactus Avenue, Moreno Valley, CA 92555)

Housing & Health: A Summit on Safe & Affordable Housing in Riverside County

Please join the Riverside County Health Coalition (RCHC) and Healthy Cities Network (HCN) for Housing & Health: A Summit on Safe & Affordable Housing in Riverside County. Safe and affordable housing is an essential component of a healthy community. In Riverside County, homelessness and severe housing issues, such as overcrowding, high housing costs, and a lack of kitchen or plumbing facilities can contribute to poor health outcomes and overall wellbeing. As Riverside County strives to improve health and promote livable communities, multi-sector collaboration is needed to address the web of determinants that influence housing and health outcomes.

The Health & Housing Summit will serve as an outlet for:
• Highlighting current services and barriers to safe and affordable housing in Riverside County
• Expanding partnerships between public health practitioners and non-traditional partners
• Exploring innovative solutions for County-specific housing issues

The outcomes of the Summit will help guide future collaboration between RCHC/HCN and other County and community entities in expanding access to safe and affordable housing as well as improving health outcomes and health equity. For more information and to register, please visit: http://bit.ly/2h4DrYJ

When:
Wednesday, January 18th from 9:00 a.m. to 12:00 p.m.

Where:
Moreno Valley Towngate Community Center
13100 Arbor Park Lane
Moreno Valley, CA 92553
2016 Annual Christmas Ride
Superheroes Themed

Bring the whole family and join us in enjoying the sights and sounds of the Festival of Lights on our bikes. FREE for everyone!

This ride is geared for all level riders. Its is just over 5 miles.

**When:**
Sunday, December 11th at 4:30 pm

**Where:**
City of Riverside – City Hall
3900 Main Street
Riverside, CA 92501

RSVP: [www.iebike.org](http://www.iebike.org)

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**FREE Bike Skills & Repair Training**

The Safe Routes to School Program and the Inland Empire Biking Alliance invites you to learn how to teach kids about bikes!

Training includes:
- Bike safety education
- The ABC’s of Bike Maintenance
- Teaching Bike Skills

**When:**
Saturday, January 28, 2017
- 8:00am - 12:00pm
  - Classroom instruction and Interactive activities
- 12:00pm – 1:00pm
  - Lunch Provided
- 1:00pm - 3:00pm
  - Hands on Practice

**Where:**
Jurupa Mountains Discovery Center
7621 Granite Hill Drive
Jurupa Valley, CA 92509

To RSVP, please contact Maria “Alex” Lira by January 16th:
mliara@rivcocha.org
(951)358-7171

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**Healthy Jurupa Valley**

Healthy Jurupa Valley is a coalition of residents, stakeholders, business owners, law enforcement, and city leaders working together for a healthier city.

The city-wide Healthy Jurupa Valley Coalition meets on the **1st Tuesday of every month**. The work is accomplished through five ACTION TEAMS co-chaired by volunteer leaders from the community, and is focused on goals set by community members, for community members.

**When:**
1st Tuesday of the month from 8:45am – 11:00am

**Where:**
Crestmore Manor
4600 Crestmore Road
Jurupa Valley, CA

To learn more about each of the five Action Teams, please visit: [http://bit.ly/2falLLg](http://bit.ly/2falLLg)

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**Riverside County Bike Kollaborative**

Join us to discuss ways we can collaborate on all things bike.

**When:**
Monday, January 9th from 10:00am – 12:00pm

**Where:**
Health Administration Building
4065 County Circle Drive, 1st Floor – Auditorium
Riverside, CA 92503

Call 951.358.7171 for more information.