

Dear Portage County CAN Partners,

No one giant step can move us to a state of well-being but many steps get us closer.

PC CAN uses this concept as momentum to advance our mission of “improving the well-being of Portage County through the development of partnerships to promote active living and healthy eating.

Community partnerships are pivotal to the structure and success of PC CAN. We need community individuals moving through their daily lives, policy makers who make decisions that control active living and food environments, health care providers, the education community, faith based communities, the business community, and non-profit organizations to fuel our steps and move the needle of well-being forward. We are thankful for existing partners like you, who support our events, activities, and mission. It’s with community collaboration that we glean richness, bring existing assets to the table, make resources available and impart new ideas.

We are excited to welcome Healthy People Portage County, the Portage County Business Council and Leadership Portage County as new partners. Moving to a 501(c)3 status, hosting the 3<sup>rd</sup> annual Community Turkey Trot Food Drive and securing a “Blender Bike” to convey active living and healthy eating concepts at community events top our accomplishments. The Blender Bike was made possible with a grant from the Walmart Giving Foundation and Delta Dental of Wisconsin.

The work of PC Can’s is visible in our community via our workgroups: Activity Workgroup, Fruit and Veggie Works, Worksite Wellness and Portage County Breastfeeding Coalition. Showcased are highlights from each workgroup. Collectively we demonstrate a broad reach in our community with the knowledge, skills and desire to build a healthy community.

We are most thankful for the support by our partners and donors. Together we can eat smart, move more and feel better!

## Meet the Leaders: PC CAN Steering Committee

<b>President</b> Annie Wetter	<b>Executive Director</b> Suzanne Oehlke	<b>Financial Director</b> Deanna Deising	<b>Operations Director</b> Deanna Deising
<b>Communications Director</b> Erin Schneider	<b>Digital Marketing Manager</b> Sierra Kelley	<b>Web Master Manager</b> Drew Dow	<b>Bookkeeper</b> OPEN

## Breastfeeding Coalition of Portage County - Committee Chair: Amy Bakken

Portage County Breastfeeding Coalition



Our efforts to promote and support breastfeeding in our community focus on helping community businesses become Breastfeeding Friendly. We look forward to working with the Stevens Point School District, Ascension Employer Solutions (SAINTS) and the Holiday Inn. We are also recruiting restaurants to post - "Breastfeeding is welcome here" signs.

Recertifying Childcare Providers as Breastfeeding Friendly is ongoing. Recertification is required every two years for childcare providers to maintain their Breastfeeding Friendly status.

A Big Latch On event was held August 4. . This global event takes place at registered locations around the world, where people gather together to breastfeed and offer peer support to each other. Their friends, family and community join this celebration to promote and support breastfeeding. The Coalition is organizing a "Big Catch Up" event in the spring of 2019 to keep the momentum going.

We were awarded the "Coalition of the Year Award" at the Wisconsin Breastfeeding Coalition Summit in November 13th

## Central WI Worksite Wellness Network – Committee Chair: Derek Bell



The Central Wisconsin Worksite Wellness Network aims to improve the well-being of individuals in Central Wisconsin through the development of partnerships, resource sharing, wellness education and first-person interaction with professionals who promote health and wellness at their worksites or organizations.

In 2018, Network meetings were held in Stevens Point, Wisconsin Rapids and Wausau. These events focused on these three main areas: Creating Safe Work Spaces – inclusive, tolerant, understanding harassment

Healthy Communities – reviewing community health assessments (Wood, Portage, Marathon counties), stress management, and using travel to increase health and wellbeing

Reducing Costs and Improving Outcomes – increasing engagement through technology, managing health care benefits, increasing employee-employer communication

We appreciate Ascension Employer Solutions, Mid-State Technical College, and Aspirus Business Health for their sponsorship and continued support.

## PC CAN Activity Workgroup - Committee Chair: Annie Wetter



Cycling Without Age Stevens Point gives trishaw (a rickshaw-tricycle hybrid) rides to older adults and people with limited mobility so they enjoy the outdoors and the company of others. Since our launch in May 2018, CWA has exceeded all expectations.

1. We raised over \$38,000 to purchase 4 trishaws (a rickshaw-tricycle hybrid).
2. Our pilots pedaled over 1,450 miles and gave free rides to 764 passengers from assisted living facilities, nursing homes, adult day care facilities, and in-home care locations.
3. The Rotary Club of Greater Portage County donated a trailer so we can serve more Portage County communities.

Our 2019 goals are to raise funds for a fifth trishaw to be stationed in Plover and give more rides!



The Turkey Trot continues to grow in size and fun! This year's event featured a party-like atmosphere with door prizes, costumes, an inflatable turkey, photo booth, hot drinks, fresh snacks and over 800 people tapping their toes to professional DJ music. New and returning families, friends, neighbors, and dogs brought nearly 2,000 pounds of food as their 'entry' fee for the event. We were thrilled to hear how many are making this a family tradition. We can't wait to plan for next year!

*"The Interfaith Food Pantry of Portage County would like to thank the many participants in this year's Turkey Trot Event. Nearly 2000 pounds of food was collected. This food will go a long way to help the many needy families in Portage County. Thanks so much for your help."*

-- Mel Dow, Interfaith Food Pantry of Portage County

## Fruit and Veggie Works - Committee Chair: Ashley Chrisinger



Multiple Fruit and Veggie Works partners continue to strengthen our signature programs:

- Healthy snacks in all classrooms at Jefferson Elementary
- Cooking classes for kids ages 7-13 in partnership with the YMCA – look for new themes/offering in 2019
- Summer Farmers Market Educational Booth

Becomes a member or make a donation: [www.portagecountycan.org](http://www.portagecountycan.org)  
Join our email list or ask how you can support our mission: [portagecounty@gmail.com](mailto:portagecounty@gmail.com)