

Spring
2016



Pioneering Healthier Communities

PROGRESS REPORT

Community Foundation Land Purchase Will Connect Riverfront Trail to Kankakee River State Park

A key portion of the trail has now been established with the purchase in January of two lots overlooking the Kankakee River on the west side of Chippewa Drive essential for the connection directly to the Davis Creek riverfront section of the State Park. The Community Foundation made a major investment in this 2.4 acre property to aid the future development of the Trail. The purchase is from members of the Leo Rittmanic family of Bradley, long-time owners.

The State Park Trail Connection Fund has been established at the Community Foundation to raise funds to repay this investment of \$225,000. Initial contributions have been made by the Kankakee Area Bicycle Club, and a private donor. Other contributions are needed in this project. An enhancement to this portion of the Trail is the donation of adjoining property to the north by the owners of Security Lumber Company. This is scenic ravine property, part of the drainage system from Turnberry Subdivision.

IMMEDIATE BENEFIT: This will enable the Riverfront Trail Committee to publish a map this year showing the location of the entire 12 mile trail from Splash Valley & River Road Park through Kankakee, Bradley, & Bourbonnais to the State Park, which will connect in the future to the 12 mile trail within the Park.

TOTAL: 86 Bike Docks Conveniently Placed

In 2015, Riverside Medical Center unveiled 50 new bike docks in Kankakee, Bradley and Bourbonnais as part of their 50th anniversary celebration. The docks accommodate four bikes each and have been strategically placed in public places as designated by each of the municipalities. This program has expanded with the assistance of many businesses and organizations throughout the County, to a total of 86 bike docks installed or waiting installation. Additional bike docks are available for purchase to be placed at business and activity locations, or wherever the donor requests. The docks include the opportunity to incorporate the business logo or the name of the donors. For more information contact Dirk Langfoss at the Kankakee Area YMCA: dlangfoss@k3ymca.org - 815.922.4991.



2016 SCHEDULE - Join with Other Bikers

One way to see where bike docks are located and participate in recreational activities is to participate in the new Slow Rolls of Kankakee County. These are leisurely biking activities that are fun for the whole family. Regular schedule First Wednesday each month: June through October Depart @ 6:07 pm from Tern of the Wheel, 404 W. Broadway, Bradley. Convenient parking available. Check website for schedule or location change.

2011: Kickoff Program

Two Rivers Century Bike Ride. August Becomes annual event

2012: Mark Fenton featured at Live Healthy Summit

Complete Streets Program Introduced

Early Childhood Development Conference - KCC

2013: Kids Fit Zone at YMCA

2014: Success by 6 Born Learning Trail in Jeffers Park

2015: Kankakee Neighborhood Paths for Walks

Bike Docks Installed

Slow Roll Bicycle Group Rides Start

VISION:
Kankakee County residents eat healthy foods and engage in regular physical activity.

MISSION:
We promote physical activity and healthy eating for everyone living in Kankakee County through people, programs, and policies.

Check: www.livehealthykankakeecounty.org

**Home • Calendar • News & Video • Eat Smart
Move More • Live Better • Parent Resources**

TEAM MEMBERS



Dr. John Avendano - Kankakee Community College
Chris Bohlen - Barmann, Bohlen, Jacobi & Cieslik, P.C. - Attorneys
Hollice Clark - Bourbonnais Township Park District
Jasmine Evers - YMCA
Dr. Kay Green - Superintendent of Kankakee School District, Retired
Mike Grimsley - Aroma Park Village Board
Amy LaFine - Presence Health Foundation, Executive Director
Dirk Langfoss - YMCA, CEO
Steve Linneman - Owner, Tern of the Wheel
Rebecca McBroom - Kankakee School District III/Head Start Program
Mike Mulcahy - Kankakee County Board
Dr. Kay Pangle - I-KAN Regional Office of Education, Retired
Theodis Pace - NAACP, President
Nicole Smolkovich - Community Fdn of Kankakee River Valley
Norm Strasma - Community Foundation of Kankakee River Valley, Retired
Deloris Walker - University of Illinois Extension, Educator
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For future reports, send request to:

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Progress Report & Future Priorities

“During five years of implementing the PHC Initiative in our community, our team has developed strong relationships that have resulted in significant policy, systems, and environmental changes throughout Kankakee County.” - Dirk Langfoss, CEO Kankakee Area YMCA

Riverfront Trail Program:

- Supporting Trail Phases 2 (Kankakee) and 4 (Connection to State Park)
- Designing and implementing an area bike map
- Improving the trail connection at Kankakee Community College
- Expanding the number of bicycle docks throughout Kankakee County to accommodate more than 200 bikes

Complete Streets:

- Assisting the City of Kankakee with the implementation of this program and encouraging other communities to move forward with similar activities.
- Continuing the “Slow Roll” group participation in bicycle rides throughout area communities.

Developing and implementing State Physical Education Standards such as Rethink Your Drink:

- Promoting and expanding obesity prevention programming with hospitals and agencies
- Continuing collaboration with Success by Six to initiate obesity prevention projects;
- Sponsoring healthy cooking demonstrations in collaboration with Farmers Markets in the County.

Securing future funding to support initiatives; developing stronger branding and marketing strategies (website, social media, calendar, newsletter), and measuring progress made towards reaching goals.

These programs are part of a coordinated effort with Live Healthy Kankakee County to encourage healthier lifestyles in the Kankakee County area. Live Healthy Kankakee is a group of community leaders who are working to improve opportunities for exercise, use of bicycles, walking and healthier living. This was initially funded through the Kankakee Area YMCA by a grant from the Arthur Woods Johnson Foundation. The group has encouraged local communities to plan for the improvement of healthy living options, including additional sidewalks, running/walking paths and bicycle lanes, generally making the area more accommodating to a healthier lifestyle.

Through **Pioneering Healthier Communities**, each participating YMCA convenes a community team comprised of leaders from public and private sectors. These community based decision-makers are motivated to work for the community well-being. YMCAs are uniquely positioned to help lead this national effort to address chronic disease, in part because of their steadfast commitment to building healthy spirit, mind and body for all. In addition, YMCAs have the capacity to build together the right people and resources to facilitate change.

Pioneering Healthier Communities Team has representation from the stakeholders listed above.