

June 2018 Newsletter

The 2018 GAVA Coalition Meeting was a success! We would like to extend our deepest gratitude and congratulations to the organizers, community leaders and partners on the biggest event of the year!



School

Residents and school staff attended GAVA's Coalition Meeting and received training to conduct conversations focused on Coordinated School Health. We created our vision of a healthy child and imagined innovative ways to support our hopes and dreams for healthy kids! Health Services, Nutrition & Food Services, Physical Education & Physical Activity were important topics our group wants to work on in their community.



Community Safety

Residents of 78745 & 78744 expressed their concerns about traffic safety and mobility as various institutional representatives listened in, from the City of Austin, Mobility office, Vision Zero ATX, Austin Transportation, Austin Police Department, Neighborhood Partnering project, Capital Metro, Austin Code and Councilmembers Ann Kitchen and Delia Garza. Action steps created during the session will be followed up on by GAVA resident leaders and organizers.



Physical Activity

Park and creek adopters participated in a relationship building session with staff from various city institutions and nonprofits, including the Parks Department, Neighborhood Partnering Program, Austin Code, Austin Parks Foundation, and more. Neighborhood leaders met new staff and shared their history of organizing to improve the green spaces of South and Southeast Austin, while learning more about departmental roles. The need for lighting was a large priority discussed during this session. Groups plan to meet with appropriate city/nonprofit staff to follow up about next steps for parks and green space priorities within the GAVA neighborhoods!



Early Childhood

Early Childhood stakeholders—parents, providers and physicians—came together to learn more about the different early care and education spaces in our neighborhoods. Resident and institutional leaders collectively identified neighborhood barriers to achieving a healthy environment for their children. Based on the discussion, the group identified action items that include: accessibility and promotion of more green spaces and accessibility of more social services programs that address parents', caregivers' and/or the whole family's immediate and basic needs.



Healthy Food Access

Residents who attended the Healthy Food Access session participated in an engaging timeline activity in which community leaders shared about pivotal moments throughout the past five years that have led to the current state of healthy food access in both zip codes. In the second half of the session, residents discussed the future of healthy food in both zip codes and ways in which we can make our farm stands, healthy corner stores, and community gardens more accessible to residents.



June 2018 Community Calendar

We invite 78744 & 78745 residents to the following events!

| Event | Date and Location | Contact |
|---|---|--|
| Dove Springs Farm Stand Visit this resident led community farm stand for local, organic and low priced produce. Each farm stand takes SNAP and offers Double Dollars! OPEN ALL SUMMER! | Weekly on Saturdays 10:30am -12:30pm Dove Springs District Park 5801 Ainez Dr. 78744 Add event to your calendar | Simone Benz Sustainable Food Center Community Outreach Coordinator simone@sustainablefoodcenter.org 512-220-1146 (work), 214-449-9957 (cell) |
| 78745 Farm Stands Visit this resident led community farm stand for local, organic and low priced produce. Each farm stand takes SNAP and offers Double Dollars! EXTENDED SUMMER HOURS! | Weekly St. Elmo: Wed. 3-6pm, 4320 Congress, 78745 Add to your calendar | Simone Benz Sustainable Food Center Community Outreach Coordinator simone@sustainablefoodcenter.org 512-220-1146 (work), 214-449-9957 (cell) |
| Fitness in the Park Free fitness classes are now available in 78744 and 78745! Come stretch, breathe and reach your fitness goals with a weekly bilingual yoga class at Dove Springs Rec Center! And visit Dittmar Rec Center for exciting and fun zumba classes. Classes are FREE, and first-come, first-serve. | Yoga: every Friday at 9am Dove Springs Rec Center Add to your calendar Zumba: every Monday at 6:30pm Dittmar Rec Center Add to your calendar | Vanessa Castro Stronger Austin Program Manager IT'S TIME TEXAS 512.533.9555 ext. 1330 Strongeraustin.org vanessa@itstimetexas.org |
| Free Yoga Join us for free Yoga classes every Wednesday at 6:30pm for the month of June at Mendez Family Resource Center. Bring your family and friends! | Yoga: every Wednesday in June 6:30 pm - 7:30 pm Mendez Family Resource Center 5106 Village Square Drive, 78744 Portable 3 Añadir a su calendario | Sulamita Mora The Austin Project Family Resource Center-Dove Springs Director sulamita.mora@austinisd.org 512-841-1016 |
| GAVA Physical Activity Sector Meeting (44 & 45) Join park and creek adopters to improve the green spaces of 78744 and 78745! This month they'll receive training and strategies to strengthen their teams and projects. | Tuesday, June 12 6:30pm - 8:00pm Pleasant Hill Branch Library Austin, TX 78745 Add to your calendar | Cynthia Rodriguez Austin Parks Foundation GAVA Physical Activity Community Organizer cynthia@austinparks.org 512-387-2998 |
| HACA Monthly Gardening Meeting Come join the Shadow Bend Apartments in planning the next steps for the new community garden! | Thursday, June 14 10 am-11 am Shadow Bend Apartments 6328 Shadow Bend, Austin, TX 78745 Add to your calendar | Frances Acuña GAVA Geo Teams Organizer 78745 frances@marathonkids.org 512-300-9108 |
| GAVA team meeting at Sweet Briar Woodway Village Child Development Center | To be determined | Joelynn Avendaño |





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| Join us as we discuss the progress of our center's health initiative and come express your interests as parents of young children. | Sweet Briar Woodway Village Child Development Center 4600 Nuckols Crossing Rd. Austin, TX 78744 Add to your calendar | United Way - GAVA Early Childhood Education joelynn.avendano@uwatx.org 956-708-5663 |
| Dove Springs Child Inc. Parent Meeting Join us! Come learn more about this school year's health initiative and provide input for this year's End-of-the-School Festival event! | To be determined 2-3pm Dove Springs Child Inc. Center 5106 Village Square Dr. Austin, TX 78744 Add to your calendar | Joelynn Avendaño United Way - GAVA Early Childhood Education joelynn.avendano@uwatx.org 956-708-5663 |
| Other healthy events in the community! | | |
| | | |

About GO! Austin/VAMOS! Austin

Go Austin / Vamos Austin (GAVA) is a coalition of residents, community leaders, and nonprofits working to improve the health of communities in 78744 and 78745 by increasing access to and participation in physical activity and improved nutrition. GAVA uses community organizing and institutional alignment to improve the health of the built environment and build community power for health equity in five sectors: Physical Activity, Healthy Food Access, Coordinated School Health, Early Childhood and Community Safety. For more information, visit www.goaustinvamosaustin.org, or write gava@marathonkids.org

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