



Get Healthy Ottawa

VOLUME 2, ISSUE 3

JANUARY 2010

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Michigan Receives a Gift of Smoke-Free Air!

On May 1, 2010, Michigan residents and visitors will be protected from exposure to secondhand tobacco smoke in all restaurants, bars and businesses (including hotels and motels), thanks to the Ron Davis Smoke-free Air Law. This law was passed by the Michigan legislature and signed by the Governor in December 2009. The Senate voted 24-13 on the measure while the House passed it 75-30.

The law requires all businesses, including restaurants and bars to be smoke-free effective May 1, 2010. Smoking is also banned in enclosed areas of hotels, motels, and inns. Smoking is permitted in: 1) cigar bars that meet specific

requirements; 2) tobacco specialty shops that meet specific requirements; 3) private offices where only one person is the employee; and 4) gaming floors of Detroit's casinos.

This law will go into effect on May 1, 2010, at which time you will be able to file a complaint online or by telephone. Michigan is the 38th state to have some form of major smoking ban and the 26th state to have a comprehensive smoking ban.

For more information about Michigan's new smoke-free law, including answers to frequently asked questions, please visit:

www.michigan.gov/smokefreelaw

The Ottawa County Wellness Coalition (OCWC) is thrilled that Michigan's legislators passed a bill that will protect most Michigan workers from the dangers of secondhand smoke. OCWC would like to thank everyone that advocated persistently in an effort to protect Michigan residents from secondhand smoke. The passage of this smoke-free air law is a great example of both policy change and the resulting environmental changes that will increase Michigan residents' access to healthy air!

Polkton Charter Township Receives Grant

The state's "Building Healthy Communities" program recently awarded Polkton Charter Township a \$17,000 grant for construction of walking bridges in Sheridan Park. The township also received a \$6,246 grant for nutrition education, promotions and evaluations.

The Building Healthy Communities Grant was submitted through the Ottawa County Wellness Coalition in conjunction with the Ottawa County Health Department. Funding is provided by the Michigan Department of Community Health and the Michigan Nutrition Network.

Construction of the initial walking bridge is planned to be complete by June of 2010, with a "Bridge Walk Party" scheduled for August 2010. The "Bridge Walk Party" will include guided tours of Sheridan Park, healthy food, refreshments, prizes and educational materials. The specifics for the "Bridge Walk Party" will be announced at a later time.

The Sheridan walking bridge project will be coordinated by the Sheridan Park Committee with assistance for the North East Action Team and community volunteers. The

North East Action Team of the Ottawa County Wellness Coalition seeks funding for projects that increase access to physical activity and healthy nutrition. Kim Kooyers is the chair of this action team.

For more information, or to get involved with the North East Action Team go to www.GetHealthyOttawa.org



Tips to Help Keep Your New Year's Resolutions:

- Be realistic. Choose a goal that is achievable. For example, instead of resolving not to eat potato chips, decide to eat healthier snacks.



- Outline your plan. Think of ways to make the plan successful and how to deal with setbacks. This could include calling a friend or family member to keep motivated.
- Make a list that shows the positive results from making the change and the negative consequences of not sticking with it. Then use the list as a motivator. Continue adding to the list.

- Talk about it. Tell your friends and family about your resolution so they can offer support. Someone you know may want to make a similar resolution, and you could work together to achieve your goals.

- Reward yourself. If your resolution is to exercise more, a reward could be a new exercise shirt. If your resolution is to diet, try not to reward yourself with food, but instead treat yourself to something else you enjoy, like new music.

- Track your progress. Make short-term goals that will lead to achieving the long-term goal. Use a journal to keep track of the short-term goals.

- Don't beat yourself up. Do not dwell on setbacks; everyone has a bad day. Instead, focus on the positive changes so far.

- Stick to it. It takes about 30

days to prepare to make a lifestyle change and another month for a behavior to become a habit. You need to do an activity for six consecutive months before you get to the level of maintaining the change. Lifestyle change isn't a straight shot; you often will cycle through preparing for and taking action before getting to maintenance.

- Keep trying. Changing one's lifestyle does not have to begin only on Jan. 1. It can happen any time.



Be realistic when choosing your New Year resolution!

The Garden Fence was a great success. There was a 62 pound increase in produce compared to last year.

The People Center's Bountiful Harvest

Can you imagine a food pantry that is able to provide fresh fruits and vegetables? The People Center located in the Village of Spring Lake has made fresh fruits and vegetables a reality for their participants by creating a community garden. Volunteers, who plant, cultivate and harvest crops for the food pantry run the garden.

But the garden was missing something. The community garden needed a fence. A fence would protect the crops from animals and increase the safety of the Montessori school children next door that visited the garden regularly. A fence would increase the aesthetic value and visibility of the garden because it is located on a main street in Spring Lake.

The North West Action Team of OCWC was able to obtain funding from the Ottawa County health Department to help fund the fence.

According to Karen Reenders, Director of the People Center, the garden fence was a great success. There was a 62 pound increase in produce compared to last year. The fence increased community awareness of the garden. Community garden volunteer Jean King reported that many more people stopped by to inquire about the garden including a local business and a church in Grand Haven. Because of the fence, signs could be hung to identify the garden. The neighbors of the Community Garden were pleased because the fence greatly improved the

aesthetic value of the property. The best outcome of all was that 95% of the people who visited the food pantry during the harvest left with fresh fruits and vegetables!

The People Center located in the Village of Spring Lake provides food, clothing, temporary shelter and other resources to people in need throughout Ottawa County. If you would like more info please call 616-844-6710.





Ottawa County
Wellness Coalition

Ottawa County Wellness Coalition
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The Ottawa County Wellness Coalition (OCWC) is a collaboration of local agencies, hospitals, businesses, schools, area residents and other organizations within the community working to address the issues of overweight/obesity and unhealthy lifestyles in Ottawa County.

Check out www.GetHealthyOttawa.org

Look for the “Ottawa County Wellness Coalition” on 

Search our Physical Activity Database for . . .

- Trails
- Bowling
- Baseball
- Skating
- Fishing
- Cross Country
- Basketball
- Parks
- Running
- Walking
- Soccer
- Dancing
- Biking
- Gyms
- Hiking
- Playground
- Nature
- Fitness
- Picnic
- and more!

Ottawa County Parks

An Introduction to Trail Hiking

Sunday, February 21

Have you ever wanted to go on a long hike or explore new trails, but felt nervous about venturing out alone? Do trail maps seem more confusing than helpful?

Parks naturalist Kristen Hintz will lead this hike to explore the extensive North Ottawa Dunes trails with others who may feel the same way. This 2 to 3 hour hike will begin at 2:00 p.m. and is for adults who wish to hike greater distances and become more comfortable and confident hiking alone.

There is no fee for this program; however, advanced registration is required. A letter with meeting location and



more details will be sent in advance to those registered.

Pigeon Creek Biathlon - this annual run and cross country ski event is scheduled for Saturday, January 30 at Pigeon Creek Park. For more information, contact Russ Tiles at (616) 607-9338 or email at rtiles@yahoo.com.



Pigeon Creek Park's typical winter hours are 7:00 a.m. to 8:00 p.m. every day from November 1 through March 31. When cross country skiing and sledding conditions are satisfactory, the park (including the three miles of lighted ski trails and lighted sledding hill) remains open until 10:00 p.m.



The Pigeon Creek Lodge offers cross country ski rentals, a food and beverage concession and a place to warm up. Lodge hours are Monday, Tuesday and Wednesday from 4:00 p.m. to 8:00 p.m.; Thursday from 1:00 p.m. to 8:00 p.m.; Friday from 4:00 p.m. to 10:00 p.m.; Saturday from 9:00 a.m. to 10:00 p.m.; and Sunday from 9:00 a.m. to 8:00 p.m. The Lodge is only open during these hours when cross country skiing and sledding conditions are satisfactory.

For more information on Ottawa County Parks visit:

<http://www.miottawa.org/ParksVI/Parks/default.htm>