

Buena Vida Choice Neighborhood Plan
Working Group Meeting 1 – Health, Wellness and Recreation

May 25, 2017

Housing Authority of the City of Brownsville

Included below is a summary of potential strategies and initial project ideas described by participants at the first Working Group Meeting.

HEALTH AND WELLNESS

Draft Strategy 1: Greater utilization of local and mobile resources

- La union del Pueblo entero: mobile clinics available once and twice per month to areas we currently organize. Dental clinic will be available for services 1 week per month per area.
- Pet rescue show residents the importance of caring pets.
- Friendship of women, Inc can also provide free group sessions on health relationships for adults and children. Providing services to provide problem solving skills, deal with in the home. How violence affects domestic violence. The children, so many obstacles are found to have an effect on the family dynamics. Safe space for people to vent many help reduce stress and other medical issue.
- Communication with the community, event, meeting to offer helpful resources and referral.
- Incorporate healthy events like farmer's markets with events residents of the community already like to do such as outside churches or during charro days. Use churches as a means of disseminating information about events and healthy living.
- Healthcare with limited barriers (BCHC has a long process for becoming a patient there). If a possible care show up to resident care, and just receive it, that would be better.
- Local svc. In even and clinics and HCAB programs. Monitoring programs for health and different topics.
- They would be very grateful if they could have medical vouchers (or medical regular check-ins) because the doctor's appointments at their medical service/clinic take very long to schedule. If/when they fell sick they have to go to the hospital, and then when they receive the hospital bill they cannot afford to pay it.

Draft Strategy 2: Strengthen educational partnerships and program integration

- UTRGV has graduate students that need to complete houses in direct services to community clients. This would be free services that could be offered to residents.
- Health, job projects on education and BP/BMI, health education and PCP. We can build partnerships and focus on the specific needs of residents. Also, information of how to get to PCP.
- Buena Vida can partner with cyclobia to build programming around the event.

- UT health also has the following programs: salud y vida, diabetes, and mobile clinic.
- Strategies to encourage and educate regarding exercises. Such as, how to start, how to keep self-going, how to measure and motivate, tools, specialty free tools, to assist, nutrition and eating plans, what to eat and why, what to avoid and how to identify it.

Draft Strategy 3: Encourage better nutrition and healthy eating

- La cocina alegre targeting mothers of children 5 years or younger since they are developing new abilities in cooking and starting their families.
- Engage teens and children from the community in art projects about their neighborhood. Working on murals when they feel part of something to protect it, avoid graffiti a well-cared neighborhood. Art may prevent them in engaging in other activities like gangs. Include fitness and wellness programs for teens and children.
- Promote healthy for babies and classes, support groups, counseling to encourage kids to make healthcare and opportunities for families to learn together. Healthy cooking classes, how to be healthy, lifestyle, nutrition education, prevention.
- Provide la cocina classes, invite speakers to talk about programming for the following, English class, pet safety, med access. Compare teach class in other BHA locations.
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RECREATION

Draft Strategy 1: Increase utilization of existing recreational amenities

- There is a program from UTRGV that provides recreation classes for kids and nutrition for moms and parents at no cost.
- Formal designated program about well living.
- Classes like aerobic and Zumba.
- Cyclobia Brownsville having more after events or a Brownsville cyclobia.
- Zumba events at the park nearby.
- Exercise classes for kids and families, waking groups, summer on after school programs for kids that promote physical activities.

Draft Strategy 2: Improve neighborhood spaces to encourage recreation

- Involve college students in hosting, teaching events in the park outside of a building.
- Greenway under highway.
- Have more fitness classes, the community center and community gardens, recreation area.
- Walking area access
- update tito mata and lanre: Gyms.
- I would like to see people interact outside in a safe place, like people on bike instead of people in car, kids learning outside in outside programs about nature and about specific subjects, I would like to see people dancing, Zumba programs outside, yoga for adults, programs about life that motivate people to make this world green, show them how to plant.

- Estoy de acuerdo que el parqué Edelstains se puede usar para deportes y también para otras actividades para los niños, los jóvenes y los adultos, como también baños en Buena Vida ya que es un buen beneficio para los residentes.
- Baños en nuestro parque para poder estar disfrutando del parque.
- Hace falta los baños y el alumbrado eléctrico y vigilancia.