



CHATS Working for Wellness In Our Backyard



A-POD
A Partnership Of Diabetics

FEAST & FRIENDSHIP FESTIVAL
Thursday, January 13th • 5:00 - 8:30 pm
LSS' CENTER FOR CHANGING LIVES
2400 PARK AVENUE • MINNEAPOLIS

Sponsoring Raymond McKukkk on The Longest Walk 3 To Reverse Diabetes • LaJolla, California to Washington D.C. • Feb - July 2011

Everyone is Invited!
Together WE control our Diabetes instead of our Diabetes controlling US!
A Partnership Of Diabetics • 612.812.2429 • ralbee4045@aol.com

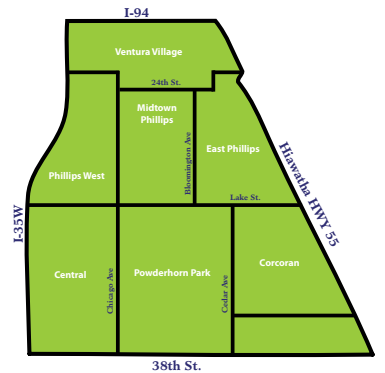
The Backyard Initiative

The Backyard Initiative (BYI) is a partnership between Allina and the community surrounding Allina headquarters (on Chicago and Lake) to develop ways to improve the health of the community. The Cultural Wellness Center engages community residents in Community Health Action Teams (CHATS)

CHATS—Community Health Action Teams

CHATS are work groups made up of residents who have been studying, searching and examining specific health prevention strategies. CHATS generate ideas and strategies that are implemented by residents that will have an impact on personal health and the health of the community. The work of the CHAT teams is guided by the definition of health as stated and adapted by BYI residents.

BYI Area Map



Health Providers, Businesses, Community

Out In the Backyard CHAT
ARE YOU QUEER? DO YOU LIVE HERE? Lesbian, Gay, Bisexual, Transexual people, friends and family (LGBTQA) in the Backyard, we need you to help us connect to resources for all things queer and build a Virtual Community Center.
Contact us at:
outinthebackyard@gmail.com
612-564-7501
Find us on Facebook!

Clinics, Places Of Worship, Organizations, Schools, etc.



Rebirthing Community CHAT

Intergenerational Community of Light Workshops

We are excited to announce an Intergenerational Community of Light Workshops beginning January 2011. Come and build your own Solar Lantern for your yard, home or apartment and be engaged with elders and youth. The Intergenerational Circles, of the Phillips & Powderhorn communities, will come together to reconnect, rebuild and restore our communities. This restoration will be used as a starting point for building and sustaining a healthy community. Have fun and join us in Rebirthing Community. Email: rebirthingcommunity@groups.live.com

BYI Definition of Health

Community residents began the Backyard Initiative process by creating their own definition of health. All the CHAT strategies are developed with this definition in mind. The BYI definition of health states that:

- Health is a state of physical, mental, social, and spiritual well-being. Health is not only the absence of infirmity and disease.
- Health is the state of balance, harmony, and connectedness within and among many systems – the body, the family, the community, the environment, and culture. Health cannot be seen only in an individual context.
- Health is an active state of being; people must be active participants to be healthy. Health cannot be achieved by being passive.

Dakota Language Revitalization CHAT

There are nine Dakota speakers left in the homeland of the Dakota people. We believe all Dakota have the right to learn the Dakota language and culture. The Dakota Language Revitalization group is working with Wicoie Nandagikendan to start a Dakota Language House. There will be a full day child care immersion program and a place to meet and learn Dakota.
For information call Estella LaPointe (612) 721-4246. If you want to learn a Dakota phrase per week go to www.earlychildpro.org.

Cooking Up Community CHAT

Purpose Statement: To empower African/African-American women to eat healthy meals that they will cook for themselves and their families.

The women will gather together to plan, shop and cook meals together. They will create their personal cookbooks. We are a group of African/African-American women who are interested in healthy eating. We are also interested in healing the rift between African and African-American women. We will meet twice a month on Sat. from 1-3pm; one week to tour markets, co-ops, and Trader Joe's and one week to cook. Contact Dona C Evans (612) 728-9121



Anchor Families CHAT

We are establishing Anchor Families on each BYI block who can model life skills and guiding values to youth as well as connect youth and their families to resources for wellness. Join us in creating systems of families caring for each other.
Call: 612-721-5745



DID YOU KNOW? CHAT

...invites you to join us for a dialogue and dinner [WHEN?] from 5-7pm at the Cultural Wellness Center, 1527 E Lake Street.

Are you concerned about the health and wellbeing of your neighbors/community? Would you like to start a community garden? Are you a block leader or interested in starting a block club? Contact Mimi at (612) 721-5745

Growing Up in the Backyard CHAT

Already dreaming of spring? Are you a gardener who likes to share the work and the harvest? Do you wish you had a garden but don't know where to start? Would you like to help to bring the love of gardening to kids?

Join us! For more information email ariele@ppcwc.org call (612)-721-5745



Latina/o Environmental Health Begins at Home CHAT

Members: Angelina Y. Matias-Vazquez, Jessica Paloalto, Bertha Ruiz and Lina Vasquez. Cordialmente le invitamos a que se unan a este grupo para que juntas/os mejoremos nuestra salud. ¡TODOS SON BIENVENIDOS!

Venga a nuestra próxima reunion:

December 2, 9, and 16, 2010 and January 6, 2011 at Cultural Wellness Center, 1527 E. Lake St. a las 12:00 del medio día.

Si tiene preguntas, por favor llame al (612) 940-5515



Cultural Wellness Center
1527 East Lake Street
Mpls., MN 55407
612-721-5745

“Tell Me a Story”

Communications CHAT

Purpose Statement: “Working to lessen or eliminate the divide between people who have information and those who don't so that everyone has the opportunity to be engaged in a healthy community.”

Find out how to be involved in the Communications CHAT or how to tell us your story!

Call or email Susan Gust: (612)-724-5753 or sgustsrc@aol.com

