



VISION

The Glades is a community where all residents are thriving physically, emotionally and spiritually.

MISSION

The mission of Healthier Glades is to assist residents in coping with life stressors and creating a sense of well-being that will impact the Glades communities.



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The "Muck" Gazette

The Official Newsletter of Healthier Glades



HEALTHIER GLADES *AN OVERVIEW*

Launched in fall 2017 in the Western Palm Beach County rich in culture and agricultural assets. "The Glades" is the collective of four communities—Belle Glade, Pahokee, South Bay and the unincorporated community of Canal Point—located in the western section of the county along Lake Okeechobee.

IN THIS EDITION:

Healthier Glades is highlighting some of our residents who took initiative and "unlocked our community strengths" to bring positive activities to the Glades Communities.

We also supported activities for our Let's Move and Get Your Green On campaign.

LET'S MOVE 2021

Let's Move is a comprehensive initiative launched by former First lady Michelle Obama, dedicated to solving the challenge of childhood obesity within a generation. In Palm Beach county, Palm Health Foundation supported this effort with a month long campaign in March to motivate PBC residents to increase activity and take charge of their health. This year, Healthier Glades hosted an event partnering with Pahokee Dance Academy called Let's Move Dance Party. Fun was had by everyone who attended.

HEALTHY CORNER STORE

For the past 2 years, Healthier Glades has been partnering with United Way to support 2 convenience stores in Canal Point and South Bay to bring fresh fruits and vegetables to communities that don't have a local grocery store in their community. At Sam's Food Store in Canal Point, Healthier Glades did a photoshoot to highlight the healthy options available to Glades residents.



VETERANS GROUP

Prior to the pandemic, a local resident (Richard Sears) began working on bringing a veterans support group to the Glades. The Glades has more than 300 veterans living in the communities of Belle Glade, Pahokee and South Bay. In April 2021, Mr. Sears partnered with the owner of Pahokee Dance Academy and the American Legion to host its first planning meeting. Please be on the lookout to find out more about how to become a part of this wonderful group.



Get Your Green On 2021



Receiving City Proclamations



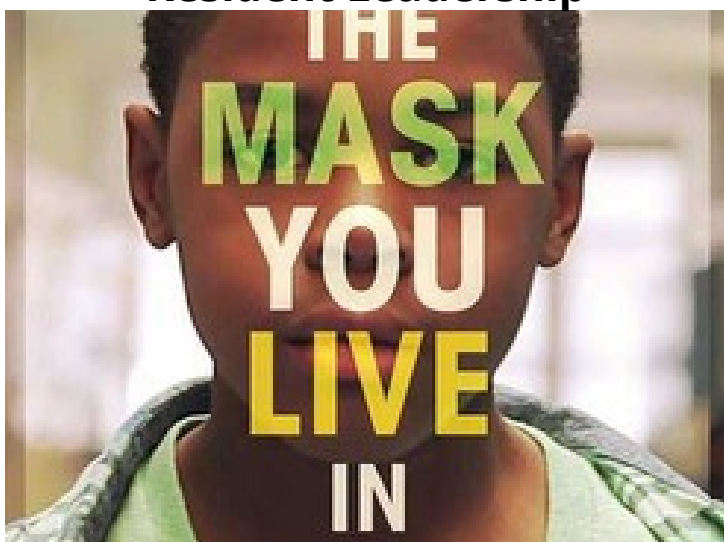
Get Your Green On Day



Resident Leadership



Woosa Self Care Retreat



Community Screening



Soil to Soul Gardening and Paint Party

Healthier Glades partnered with community leaders and residents to bring awareness about mental health and how it impacts the way our communities live, work and play. The community rose to the occasion and made sure that our residents understand the importance of self care.

HISPANIC BEHAVIORAL HEALTH WORKGROUP PAHOKEE FC SUMMER CAMP



Healthier Glades Steering committee member, Josie Hernandez, has been working diligently to bring a soccer club to her community in Pahokee. This has been her dream for a long time and during the spring, her dream FINALLY became a reality. Josie took initiative by recruiting residents to help with the planning of a soccer camp that began in March 2021.

Along with the residents, PBSO became a great partner with the Soccer Camp by offering supervision and mentoring at each of the camp sessions. In their first season, they had 66 players, 8 coaches and 2 referees. Josie, who is also a member of the Hispanic Behavioral Health Workgroup also talked about how this camp helped with addressing the mental health needs of her community because both children and parents were struggling with being in isolation as a result of the pandemic. Here is Josie remarks on the success of their first year:

"We have had a very successful season and we feel very proud. Our will is to keep on forward improving the quality of our league and to continue mentoring our athletes to become great leaders with the help of PBSO and Coach T".

"We have implemented our Hispanic Behavior Health on the field. We believe in providing a fun, safe, quality soccer experience for all youth who desire to participate. To develop all of our players to the best of their ability. To promote excellence in sportsmanship and conduct in all players, coaches, referees and parents".



JAZZ ON THE MUCK



A group of residents (Ty Hanna and Kevin Brown) came together with an idea to bring a community event for residents to gather and enjoy great music from local residents in the music industry. What started as an idea became a reality on 5/23/21 when hundreds of residents gathered to listen to great live music, food and vendors.

One of the glades greatest strengths is the relationships (both personal and professional). As a result these 2 residents were able to pull in local leaders and community partners to contribute towards this effort.

The county also offered the mobile vaccine bus to give residents a chance to get vaccinated.



UPCOMING MEETINGS

HG Steering Committee Meeting:

Monday, March 8, 2021 via Zoom at 5:30pm
2nd Monday of Each Month

HG Marketing Workgroup:

2nd Thursday of Each Month at 5pm

HG Housing Workgroup:

2nd Tuesday of Each Month at 4pm

HG Hispanic Behavioral Health Workgroup

2nd Wednesday of Each Month at 1pm

HG Community Engagement Workgroup

4th Wednesday of Each Month at 5:30pm

HG Open Table Workgroup

(Implementation/Convening):

3rd Tuesday of Each Month Time: TBA

HG Governance Action Workgroup:

3rd Tuesday of Each Month at 4pm

HG Youth (Action Workgroup):

4th Monday of Each Month Time: TBA

June 2021

Mental Health Learning Series 4pm 6/24/21

Zoom/Facebook Live

Topic: Grief and loss

Muckteenth Celebration

Virtual Celebration 6/18/21 @ 7pm

Live Event 6/19/21 2pm South Bay

Healthier Glades Virtual Year in Review

6/30/21 6pm Facebook Live

July 2021

Mental Health Learning Series 4pm 7/22/21

Zoom/Facebook Live

Topic: Stress and Anxiety

Back to School Bash 7/24/21

Palm Beach State College

August 2021

Mental Health Learning Series 4pm 8/26/21

Zoom/Facebook Live

Topic: PTSD/Trauma

Please go to our Healthier Glades page at <https://www.facebook.com/HealthierGlades/> to find out more information about upcoming events in the community.

**Upcoming
Events
JUNE-AUGUST
2021**