

# HealthReach Community Health Centers



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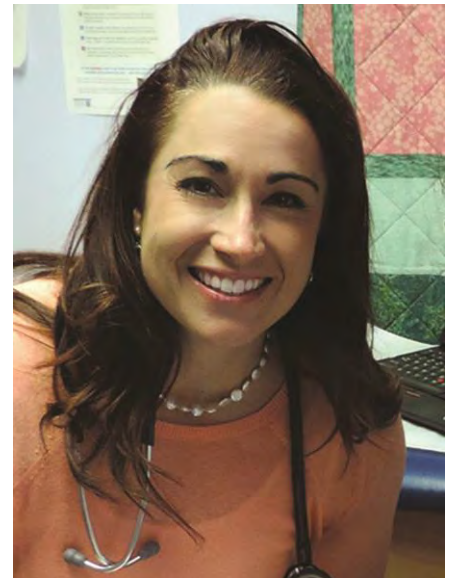
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FOR IMMEDIATE RELEASE

## Richmond Area Health Center Staff visit Marcia Buker Elementary

RICHMOND—On June 4<sup>th</sup>, students at Marcia Buker Elementary engaged with a fun, new activity called a StoryWalk. Pages of the story “Oh, The Things You Can Do that Are Good for You” by Tish Rabe were attached to posts and placed along a trail around the playground with signs directing students to perform an action—run, leap, crabwalk, hop on one foot—to get to the next page. Tabatha Lumber, LPN, and Eva Greenthal, AmeriCorps VISTA, from Richmond Area Health Center guided students in Kindergarten through 5<sup>th</sup> grade through the StoryWalk, pausing to delve deeper into the healthy habits themes. Topics covered included nutrition, exercise, sleep, stopping the spread of germs, dental hygiene, feelings and emotions, and more.



Meneah Haworth, FNP

That same day, students gathered in the gym for a presentation on healthy habits from Meneah Haworth, FNP at Richmond Area Health Center. Haworth talked to students about distinguishing between “Go Foods, Slow Foods, and Whoa Foods,” the importance of vitamins in your diet, and the 5-2-1-0 message: 5 fruits and vegetables, 2 hours of screen time or less, 1 hour of physical activity, and 0 sugary drinks every day.

This day of healthy learning was made possible through the HealthReach Youth Initiative, a program to promote nutrition and physical activity to children and families in HealthReach Communities. Through the Youth Initiative,

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Richmond Area Health Center participates in the Let's Go! 5-2-1-0 childhood obesity prevention program and offers educational programs for schools. In addition to the StoryWalk, the health center offers curricula on healthy snacks, sugary drinks, and more.

### **About Richmond Area Health Center**

Richmond Area Health Center is part of HealthReach Community Health Centers, a group of eleven Federally Qualified Health Centers in Central and Western Maine. Dedicated providers deliver high quality health care to citizens in over 80 rural communities. To ensure access for everyone, HealthReach accepts Medicare, MaineCare and major insurances. In addition, an Affordable Care Program is available to uninsured and underinsured residents as well as assistance with applications for programs that help with the cost of health care and medications including the Health Insurance Marketplace. A private, non-profit celebrating a 40-year history, HealthReach is funded by patient fees, grants and individual donations.

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