



Here we go again...Progress likely in Graham County



Inside this issue:

Graham County Make a Difference Day Youth Competition Instructions 2

Jackson Westridge Estates Voices of the Community Meeting 3

North Safford Voices of the Community Meeting 3

Did you know? 3

Upcoming Events 4

From the Desk of..... 4

U of A College of Rural Health 4

This year the Graham County Make a Difference Day will be on Saturday, October 25 from 8:00 a.m to 12:00 noon. Make a Difference Day is a nationally recognized day for volunteering. Last year we had over 400 people volunteer on that last Saturday in October to help with cleaning up seven locations/neighborhoods in Graham County.

Graham County is celebrating it's second year in planning a great event for Make a Difference Day. Members of the Make a Difference Day Committee, include representatives from Graham County Health, Highway and Board of Supervisors Offices; the Towns of Safford, Pima, and Thatcher; SEACAB, Tri County Distributors, Interfaith Alliance, local churches, Vista Recycling and local residents.

Five areas of the County (see page 2) have been selected for clean up assistance, in addition to the fact that the committee goes a step further in offering this help twice per year. The second effort is generally conducted in a Spring event, usually in April.

This year we are including a competition for Junior High, High School and College Students (see following article). We wanted to expand this opportunity to the student populations of the community, as well as making it challenge for them. We can't underestimate the value of having the youth involved in making our communities cleaner and safer.

Youth Mental Health First Aide training was offered in Graham County in September and was well attended.. The course presents an overview of mental illness and substance use disorders in the U.S. Participants learn about risk factors and warning signs of mental health problems, build understanding of impact, and reviews common treatments. A 5 step action plan is presented that helps a certified Mental Health First Aide responder help an individual in crisis connect with appropriate professional, peer, social, and self-help care.

Graham County Make a Difference Day Youth Challenge

Come one, come all youth and parents. The principals of all Graham County Schools, as well as the Dean Of Students at EAC have been invited to engage the students and parents of their schools to participate in a friendly challenge.

The Graham County Make a Difference Day Committee would like to challenge the youth in our school districts to volunteer for four hours on Saturday, October 25th and help clean-up the County.

The club/organization/sports team that has the largest percentage of the members of their organization register and participate in this great effort in helping people clean up their neighborhood will be rewarded by being featured in local media as the team that had the most volunteers.

Please see complete challenge instructions on page 2.

Clean-up Areas for Saturday, October 25 Make a Difference Day



Volunteers may report Saturday morning Saturday October 25 at 8:00 a.m. to any of the following areas:

Jackson Westridge Estates – Located in Graham County—South of 8th Street, West of S. Robinson Ranch Road, North of 14 St. and East of S. 4th Ave. Site coordinator - Sharon Valencia.

North Safford—Located in the City of Safford—North of Hwy 70, South of West 1st Street, West of South Gila Ave., East of S. 8th Avenue

Site Coordinators—Danny Smith, David Low, Dustin Welker, Jaime Holguin.

Montierth Lane – Located in Graham County - North of Hwy 70, west of E Suffolk Dr. and West of a cotton field owned by R.A Montierth, and South of Little Hollywood. Site Coordinator—Robert Hernandez and Paul Robinson

Town of Pima—Area 1 Tidy Acres and White Fence Farms
Area 2—Residents in any area of the town may use the roll off container that will be locat-

ed north of the Swimming Pool area. Site Coordinator—Jeff McCormick

Blue Ponds—Located in Graham County—Town of Thatcher – Blue Ponds area, located south of Daly Estates. (This area will have Boy Scout troop volunteers). Please call Laura Rogers (928)793-5368 if you have questions about this site. Site Coordinators—Gary Allred and Tim Linden.



Graham County Make a Difference Day Youth Challenge

Youth Volunteer Challenge
Saturday, October 25, 2014 – 8:00 a.m. to 12:00 p.m.
Registration Deadline: Thursday, October 16, 2014 - 3:30 p.m.

Graham County Make a Difference Day will be on Saturday, October 25, 2014 from 8:00 a.m. to 12:00 p.m. and is offering a great opportunity for 7 – 12 grade youth in Graham County Schools along with Eastern Arizona College (EAC) students to volunteer to help clean-up areas in Graham County. The youth in Graham County can fulfill four hours of their community involvement/service hours that are required by their membership in a class, club, sports team, etc. They will be helping residents in selected areas of the county make their neighborhoods cleaner and safer. Even if an organization does not require a community service project, we encourage a club, sports team, etc. to participate in this Graham County wide recognized event.

- Each Junior High and High School in Graham County and EAC have an opportunity to compete.
- Every club, organization,

sports team, (For example: chess team, FBLA, FFA, Drama, NHS, band, cheerleaders, football team, volley ball team, TOP program, Knowledge Bowl, The Phi Theta Kappa and etc.) in a school that has a member list and an advisor/coach, can participate.

- The advisor/coach must fill in all information on the form and submit it by 3:30: p.m. October 16th to **Laura Rogers at the Graham County Health Dept. LRogers@graham.az.us 928-792-5368**
 - The group that has the largest percentage of their members participate at their assigned area will be recognized in the local media for their efforts.
1. Example: The varsity football team has 36 players on the team and 18 of them show up to help clean up a specific area that will be assigned to them will have 50% of their team participating.
 2. Example: The junior high knowledge bowl team has 15 students as members and 12 show up to volunteer, they will have 80% of their mem-

ber participate. This group would win over the football team.

3. Example: The Phi Theta Kappa organization at EAC has 40 members and 35 of them show up at their assigned area, they would have 88% of their members participating. This team would win over the Junior High Knowledge Bowl team.
- Parent permission forms will be provided by the school for their students, if forms are required for this type of community event.
- Transportation to and from your assigned area is your responsibility.

We encourage youth participants to engage their families to be involved in this event. The group with the most family members participating will also be recognized in the local media.

In order to get credit for club/organization member's participation, the member and family members must sign with the site coordinator at the roll off container.

Contact Laura Rogers at the Graham County Health Dept. LRogers@graham.az.us 928-792-5368 for more information.

“The group that has the largest percentage of their members participate at their assigned area, to volunteer for 4 hours (8:00 a.m. to 12:00 p.m.) Saturday, October 25, 2014, will be recognized in the local media for their efforts..”



And the survey says...Thunderbird Mobile Estates residents want a playground and other services

Plans to bring a playground to the Thunderbird Mobile Estates, a neighborhood south of Safford are underway. The desire to have a playground for the children and families in the area came from a Voices of the Community meeting that was held in Thunderbird Estates last year. The results of a survey, created by HAPI (Health in Arizona Policy Initiative) grant and conducted by the University of Arizona College of Rural Health Frontiers of Community Public Health Masters Program students in August 2014, helped endorse the wishes of the neighborhood residents. The results from the 69 survey respondents included:

- 56 out of 68 respondents agreed or strongly agreed that they their family would use the playground regularly
- 93% of people agreed or strongly agreed that a playground would improve the community
- 94% of respondents agreed that children need a safe place to play
- 89% of respondents said that they would help keep the playground clean and graffiti free.
- 92% said they would use a covered picnic area.

A few questions about services to the community were included in the survey and the results for those were:

- 88% of the people felt that the community cleanup activity improved yards and streets in their neighborhood.
- 81% of respondents supported or strongly supported mandatory trash pick for everyone in the county.
- 93% of people said they would recycle cardboard, plastic, aluminum, and paper if they could do so.
- 71% of respondents said they would participate in a monthly free food delivery to their community.



A group of community stakeholders along with members of the Thunderbird neighborhood, are meeting to work out the logistics of pursuing a playground for Thunderbird Mobile Estates. A few of the items that must be overcome to make this project a reality are:

- ◇ A non profit organization take the project on
- ◇ Land acquisition/donation
- ◇ Liability insurance
- ◇ Grant funding to build the playground

Positive outcomes for this playground project are a place for children and families to be physically active and have fun.

Jackson Westridge Estates Voices of the Community Meeting

When the Graham County Make a Difference Day committee selects an area to be cleaned up, a Voices of the Community meeting is held in that selected neighborhood. The meeting allows the residents who reside there to voice their thoughts and concerns about where they live. In September 2014 a meeting was held in Jackson Westridge Estates. This neighborhood was selected to be cleaned up on October 25. This area is called one of the “islands” in the county. The neighborhood

is completely surrounded by the Town of Thatcher, however this neighborhood is located in Graham County. The eight residents that attended the meeting indicated that a healthy community to them was a place that is clean with no litter and debris. A few people who live there use the alley ways as a place to dump their trash. Only a few residents have weekly trash pickup. Since they live in the county, a trash disposal container is not required. All of the municipalities in the area

(Safford, Thatcher and Pima) require the citizens that reside within their city limits, to have a trash receptacle with weekly or bi-weekly pickup. Other concerns about the neighborhood included:

- Roaches and rats in trash piles are present and spreading to adjacent lots of residents that keep lot clean.
- Abandoned properties are not maintained—renter not held responsible for upkeep.
- Large animals are present in some of the lots.

- No Street lights present
 - Very noisy at times
 - Aging septic systems in some lots not identifiable—need city sewer options.
 - Want to be annexed into Town of Thatcher.
 - Want recycling opportunities and all homes have trash picked up weekly.
 - Abandoned vehicles gone
- The residents felt the opportunity to participate in the Graham County Make a Difference Day activity would help with clean-up in their neighborhood.

North Safford Voices of the Community Meeting

The North Safford area was chosen as a clean-up site for Graham County Make a Difference Day. The clean-up will take place on October 25. A Voices of the Community meeting was held in the neighborhood in late September. The question that received the most responses during the meeting was: “What does a healthy community mean to you?” the following are the top three replies:

1. Eliminating the area of drug dealer’s presence, in several locations, throughout the neighborhood.
2. Community awareness and pride back to the neighborhood.
3. Citing and enforcing occupied homes with untidy yards and driveways as well as the

landlords of abandoned/vacant property that is not maintained. Information gathered during the meeting, from six residents that attended, will help local officials in assisting with needs in this neighborhood. The residents are willing to help invite their neighbors to participate with the clean-up on Saturday October 25th.

Did you know....???

- ⇒ A food desert is defined as an urban neighborhood and rural town without ready access to fresh, healthy, and affordable food.
- ⇒ 26% of Arizona population live in a food desert.

HAPI—Health in Arizona Policy Initiative

Phone: 928-792-5368

Fax: 928-428-8869

E-mail: LRogers@graham.az.gov

Visit us online!

http://www.graham.az.gov/Graham_CMS/default.aspx

Graham County Health Department -
Community Health Assessment
(CHA)/Health in Arizona Policy
Initiative (HAPI)

Laura Rogers, Health
Programs Coordinator

HEALTHY FOOD



HEALTHY YOU



The U of A College of Rural Health Service-Learning Institute under the supervision of Kerstin M. Rein-schmidt, PhD, MPH Assistant Professor, Health Promotion Sciences and Leila Barraza, JD, MPH Assistant Professor, Community, Environment and Policy Division brought 13 students to Graham County for a week to experience the service portion of the program and learn about the health needs of rural communities.

During their week long stay in Graham County the week of August 11th – 16th, 2014 the group and their professors engaged in several service learning activities.

Graham County Health Department interaction with them included:

Administering a survey gauging interest in community playground in Thunderbird Mobile Estates and creating the report and analysis of the collected survey data.

The group of students also joined a few of the health department staff for a lunch meeting. They learned that the health employees wear several hats to cover the amount of services that are offered to the public.

The group also worked with Our neighbor's Farm and Food Pantry; visited the Freeport McMoRan Copper and Gold Mine in Morenci; toured Canyonlands Rural Health Clinic site in Clifton; spent time with the senior population at the Graham County Senior Citizens Center; and taught a nutrition lesson to children at the Ft. Thomas School.

Most of the students came from an urban living background. They were very interested in the day to day living experience that they received here in a rural Arizona County.



From the desk of Laura Rogers, Health Programs Coordinator—
Fall has arrived and I am grateful for the moisture that our county and state has received in the past few weeks. I am excited to report that the Graham County Make Difference Day on Saturday, October 25 is an event that everyone can participate in. Please come to a designated area on Saturday morning, bring your gloves, water and garden tools and help beautify a little portion of Graham County. With your help and the help of the members of our great committee we can achieve a cleaner environment for residents to live in.

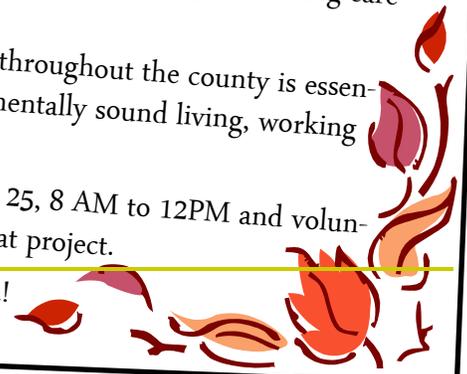
The members of the Graham County Make a Difference Day Committee are part of this project because they care about people and the environment that we live in. Recycling and disposing of solid waste properly should be in everyone's best interest. Helping clean-up and educating residents in neighborhoods across the county will enable more and more people to realize that recycling and taking care of their solid waste is important.

Having mandatory trash collection throughout the county is essential for clean, healthy, and environmentally sound living, working and recreating.

Please help us on Saturday, October 25, 8 AM to 12PM and volunteer four hours of your day for a great project.

Thank you....have a great Fall season!

Laura Rogers



U of A Frontiers of Community

Public Health Masters Program visit

Upcoming Events

October 18—**Golfing for Scholarships** - Gila Valley Rotary Club

http://www.graham-chamber.com/LocalEvent/Take_a_Swing_with_the_Gila_Valley_Rotary_Club/

October 18—**Harvest Festival**

October 25—8 a.m. to 12 p.m. -
Gila Valley Make a Difference Day

<http://www.graham.az.gov/meetings-and-events/community-events/>

October 25—3:30 p.m. to 7:30 p.m.—
Gila Valley Cowboy Poets—
Discovery Park Circle "D" Barn