



## PAST RECIPIENTS

### 2018

**Granite State College:** The college partnered with a wellness coach to provide free programs to GSC employees. There is a strong emphasis on healthy eating and active living with programs such as the Whole Life Challenge, sharing and tasting healthy recipes, a NEAT Fest to combat the effects of a sedentary workplace, a 6-week Color Your Summer program to increase consumption of fruits and vegetables, a week long challenge to avoid packaged and processed food, and a three week Triangle of Fitness program. In 2017, standing desks were provided to anyone who wanted one, discount memberships were offered at a local health club and free yoga classes were brought to the workplace. The program is noted for its ability to allow co-workers to get to know and support each other.

**Kearsarge Food Hub:** The mission of the Kearsarge Food Hub is to reinvigorate the community around a restorative local food system through community outreach, increasing food access and promoting economic and environmental viability. The primary focus right now is Sweet Beet Market, designed to increase access and open market channels for local food systems. They make regular donations to local food pantries to benefit those struggling with food insecurity, partner with the NH Gleans program, host student interns from Colby Sawyer College, and engage local school children in planting, harvesting and learning about healthy food.

**Renee Plodzick:** Renee Plodzick is a breast cancer survivor, nurse practitioner and mother of 3. Renee teaches a fitness bootcamp class entitled Fit 4 A Cause at Memorial Field in Concord. The class is free and open to the entire community; however participants can make a donation all of which Renee gives to the Payson Center for Cancer Care. Participants are welcome to attend regardless of their ability to make a donation. In the time that Renee has been volunteering for Fit 4 A Cause, she had raised and donated thousands of dollars to the Payson Center. While improving the physical fitness of her participants, providing free access to fun and motivating exercise opportunities, she is an inspiration in giving back to her community.

**Shamecca Brown:** Shamecca teaches at local schools in Concord as well as her apartment basement, providing dance education and the opportunity for physical activity to dancers who may otherwise not be able to attend the high end dance studios in the area. Central to her success is her ability to create a 'dance family' for children of diverse backgrounds, ages, race, genders and socio-economic ability. While there is a fee to participate, many of the students cannot pay and she embraces them anyway, often paying for registration fees, performance tickets, costumes, transportation and snacks out of her own pocket. Shamecca

## 2017

**Shawn Lafrance:** Shawn was with the Foundation for Healthy Communities for 20 years and was a founding member of the Capital Area Wellness Coalition (CAWC) and integral member to its growth. During his tenure with the Foundation, he advocated for the use of the NH Social Vulnerability Index to identify the health, social, and economic disparities that exist in the Capital Area, was influential in getting political leaders to the table to create more health supportive policies and environments, played a significant role in engaging Susan Lynch as a childhood obesity spokesperson and was instrumental in getting Michelle Obama to visit Concord, highlighting the work of the Capital Area Wellness Coalition. In 2015, he led the Foundation for Healthy Communities Board to create a Total Population Health framework which will be used going forward in working with NH communities.

**Trieste Philbrook:** Trieste spends her time at the Concord YMCA, teaching classes, mentoring colleagues and developing programs such as Prescribe the Y (a 12-week fitness and nutrition program for overweight youth, referred to the Y by their healthcare provider). Her outreach extends beyond the YMCA as she teaches classes for Goodlife Activities and Programs, serves as an active member of her PTO, volunteering at the Payson Center annual event, and goes above and beyond in her fundraising efforts for the YMCA. She understands the importance of giving back, of building community and being a role model to her children and those she works with.

**Goodlife Programs and Activities:** Goodlife serves as a community gathering space for folks over 50 years. While they are noted for providing a variety of fitness, nutrition and general wellness programs that serve over 2000 participants, most notable is the social integration and sense of community that participants experience. Through extensive fundraising, program costs allow all to get involved and support independence and engagement for active, older adults.

**Community Bridges:** As a non-profit agency of around 400 employees, Community Bridges has a strong Wellness and Culture Committee. They are a fourteen-member strong committee that sponsors an event each month to keep Wellness alive in their agency. All employees are encouraged to participate in the program and programs are done in all residential sites. The employees can participate in onsite wellness classes, annual health fair, walking programs, yoga classes, an annual health fair, salad bar pot-lucks, and soup cook-offs for the "Ladle Award", this employee wellness program is notable for its creative ways to engage employees.