



Community Health Endowment

Celebrating 20 years of making Lincoln a healthy community

In July 2018, CHE kicked off the celebration of its 20th anniversary by taking our birthday party to the streets. Originally conceived as 20 events to celebrate 20 years, we actually planned 34 events and held 31, 3 cancelled due to weather.

From pop-up dental shops to a neighborhood block party and training on the life-saving Stop the Bleed technique, Health 20/20 engaged the community in new, exciting ways.



Mayor Chris Beutler kicked off the year of Health 20/20 events.

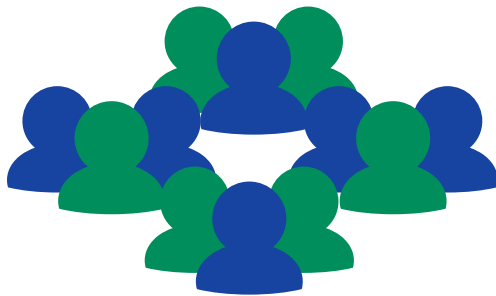


~~31!~~ ~~20~~
20

events
to celebrate
years

22

Partner organizations



More than
3,000
participants

338

More followers on
social media



31 events. 1 year. Here's what happened.

Pop-Up Dental Shops

4 events in July, August and February

Attendees received dental health information, played games and took home their own free dental health kits at several locations.

Partner: Lincoln-Lancaster County Health Department



Stop the Bleed

July

Attendees learned simple techniques to stop life-threatening bleeding.

Partner: Bryan Health



Ultimate Block Party

August

The College View Neighborhood celebrated with healthy food, games, yoga, live music and free books.

Partners: Calvert CLC, Union College, and College View Church





Healthy Husker Tailgate

August

The fall season kicked off with healthy food, lively entertainment, and a meet-and-greet with health providers.

Partner: Bluestem Health

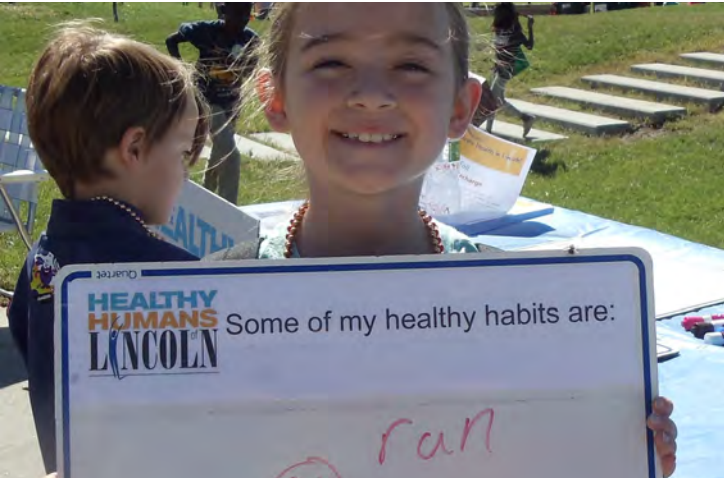


Fruit on the Go!

September

Downtown workers and walkers were treated to a healthy snack at a fresh fruit pop-up stand on Tower Square.

Partner: Food Bank of Lincoln



Get Fit Fun Run

September

Runners, joggers, and walkers laced up their shoes for a 1.5 mile fun run before the Streets Alive! festival.

Partner: Partnership for a Healthy Lincoln



Family Matters: Know Your Cancer History

October

Attendees learned why family cancer history is important, what doctors need to know, and how to talk to family members about cancer risk

Partner: Lincoln Breast Cancer Alliance

Fruit at the Library

October

Children and families stopped by a pop-up stand to grab some fresh fruit on their way to story time.

Partner: Lincoln City Libraries



Refresh and Recharge

November

Attendees recharged their batteries before the stress of the holidays with Suman Barkhas, international yoga and tai chi master/instructor.

Partner: Aging Partners



Poverty Experience

November

Participants took on the role of a person living in poverty and gained powerful insight into what life is like for many Lincoln families.

Partner: Leadership Lincoln





QPR Suicide Prevention Training

January

QPR (Question, Persuade, Refer) training taught attendees to recognize warning signs, offer hope and get help for someone considering suicide.

Partner: Region V Systems



Diabetes Screening

March

Attendees learned about their risk for diabetes and received a free screening.

Partner: Action Now Diabetes Network



#LiveKindLNK

April

#LiveKindLNK used social and traditional media to promote kindness throughout the city.

Partner: YMCA of Lincoln

Resilience Screenings

February and April

The movie, Resilience, and the discussion that followed helped attendees understand childhood trauma and toxic stress and how to help people overcome it.

Partner: Region V Systems



Downtown Wellness Tour

May

People were encouraged to walk downtown and explore businesses and pop-up events along the way.

Partner: Downtown Lincoln Association



Pop-Up Story Time

June

Jazz in June attendees brought their kids for a music-themed story time before the concert and heard a children's book about jazz during intermission.

Partner: Read Aloud Lincoln



Celebrate Health in Lincoln!

HEALTH

20

20

The Community Health Endowment (CHE) is 20 years young and we are bringing our birthday party to the community! Between July 2018 and June 2019, we'll join community partners to celebrate health with 20 free events throughout the city.

Pop-Up Dental Shop
Wednesday,
July 11, 2-4 p.m.

Stop the Bleed
Wednesday,
July 25, 3-4 p.m.

All events are
FREE and open
to the public.
Join us!

**Pop-Up
Dental Shop**
Wednesday,
August 8, 5-7 p.m.

**Ultimate
Block Party**
Sunday,
August 26, 2-4 p.m.

**Healthy
Husker Tailgate**
Wednesday,
August 29, 4-6 p.m.

Fruit on the Go!
Friday,
September 14,
11 a.m.-1 p.m.

Get Fit Fun Run
Sunday,
September 23,
12:30-1 p.m.

See back panel for
event descriptions.
For more
information,
visit chelincoln.org
or call
(402) 436-5516.



Celebrate Health in Lincoln!

Fall 2018

The Community Health Endowment (CHE) is 20 years young and we are bringing our birthday party to the community! Between July 2018 and June 2019, we'll join community partners to celebrate health with 20 free events throughout the city.

HEALTH

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See back panel for
event descriptions.

Fruit at the Library
Thursday,
October 25
10 a.m. - 1 p.m.
Eiseley Library
1530 Superior Street

Family Matters
Monday,
October 29
11:45 a.m. - 1 p.m.
CHE, 250 North 21st
Street, Ste. 2

Refresh & Recharge
Thursday,
November 8

Gentle Yoga
11:30 a.m. - 12:30 p.m.
Auld Pavilion
1650 Memorial Drive

Tai Chi
1:30 - 2:30 p.m.
Auld Pavilion
1650 Memorial Drive

Qigong
5:30 - 6:30 p.m.
The Loft at The Bridge
721 K Street

**Poverty
Experience**
Wednesday,
November 14
6 - 8:30 p.m.
City Impact
1035 North 33rd
Street

All events are
FREE and open
to the public.
Join us!

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Celebrate Health in Lincoln!

The Community Health Endowment (CHE) is 20 years young and we're bringing our birthday party to the community! We're partnering with community agencies to celebrate health with 20 events throughout the city.

Winter 2019

**RESILIENCE -
Film Screening
and Discussion**

Thursday, February 28,
11:30 a.m. - 1:30 p.m.
or 6 - 8 p.m.

**Diabetes
Screening and
Education**

Tuesday, March 26,
9 - 11:30 a.m.,
Salvation Army,
2625 Potter Street

For more information,
visit chelincoln.org
or call (402) 436-5516.



**Pop-Up Dental
Shops at the
Library**

Wednesday, February 6,
10 a.m. - noon,
Anderson Branch
Library,
3635 Touzalin Ave.

Thursday, February 7,
10 a.m. - noon,
Bethany Branch Library,
1810 North Cotner Blvd.

Thursday, February 21,
10 a.m. - noon,
Eiseley Branch Library,
1530 Superior St.

HEALTH

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See back panel for
event descriptions.

**QPR Suicide
Prevention
Training**

Friday, January 11,
9 a.m. - 10:30 p.m.,
or 12 noon - 1:30 p.m.

All events
are **FREE**
and open to
the public.
Join us!

Celebrate Health in Lincoln!

Spring 2019

The Community Health Endowment (CHE) is 20 years young and we're bringing our birthday party to the streets! We're partnering with local agencies to celebrate health with 20 events throughout the city. All events are free and open to the public. Join us for the final set of events in our celebration!

**RESILIENCE -
Film Screening and
Discussion**

Tuesday, April 23,
11:30 a.m. - 1:30 p.m.
or 6 - 8 p.m.,
5025 Garland St.

Adversity in childhood has lifelong effects on health. *Resilience: The Biology of Stress & the Science of Hope* chronicles the use of brain science to disrupt cycles of violence, addiction and disease. Presented in collaboration with the Child Advocacy Center and Big Brothers Big Sisters of Lincoln.

Register for the 11:30 a.m. session: <http://smallvoices.org/resilience-423-1130>
Light lunch provided.
Register for the 6 p.m. session: <http://smallvoices.org/resilience-423-600>

HEALTH

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Live Kind LNK

Saturday, April 27 -
Saturday, May 4

Just one act of kindness a day can lower stress and blood pressure and increase energy. Help Lincoln begin our journey toward being a kinder city. Get kindness tips and receive information at your neighborhood library, senior center or YMCA. Follow us on social media with #LiveKindLNK. Feel free to join us for the kick off at the YMCAs Healthy Kids Day on Saturday, April 27, at the Fallbrook YMCA. Presented in collaboration with the YMCA of Lincoln and CHI St. Elizabeths.

All events are
FREE and open
to the public.
Join us!

Downtown Wellness Tour

Wednesday, May 8 -
Saturday, May 18,
Downtown Lincoln

Pick up a Downtown Wellness Tour brochure at the kickoff from 11 a.m. - 1 p.m. on May 8 at Tower Square or any participating downtown business. Walk to various downtown locations and enter your name in prize drawings. Join us for the finale at Party on the Plaza. Presented in collaboration with the Downtown Lincoln Association.

Party on the Plaza

Saturday, May 18, 4-7 p.m.,
Union Plaza, 21st & P St.

Celebrate National Kids to Parks Day with fun for the whole family! Games, music, the annual plastic duck race, and the finale of the Downtown Wellness Tour. Presented in collaboration with Lincoln Parks & Recreation.

Pop-Up Story Time

Saturday, May 18,
Any time between
4-7 p.m.,
Party on the Plaza,
Union Plaza, 21st & P St.

Tuesday, June 18 and
Tuesday, June 25,
6:30-7 p.m.,
before Jazz in June,
north of the Lied Center

Reading aloud to children from birth to age eight is the most important thing you can do to prepare them for learning and success in life. Bring your kids to these events for fun reading time. Hear local celebrities read aloud. Presented in collaboration with Read Aloud Lincoln, Prosper Lincoln, and Jazz in June.

For more information,
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20 YEARS

Community Health

Endowment of Lincoln

