WHERE WE WORK: RICHMOND, HUNTINGTON, BOLTON, & MILTON

To select the towns in which to launch our county efforts, we look at certain demographics, household income, nutrition intake, and health outcomes, as well as readiness. We work with our stakeholder group to assess need based on this data and readiness based on qualitative interviews. RiseVT celebrated its first anniversary of working in Richmond, Huntington, and Bolton in May 2019 and launched in Milton in November 2019!

STAKEHOLDER GROUP

ORGANIZATIONS REPRESENTED:
Blue Cross Blue Shield, Vermont Department of Health, Chittenden East Supervisory Union, Colchester Parks & Rec, University of Vermont, University of Vermont Medical Center, Vermont Community Garden Network, Hunger Free Vermont, City of Winooski, Town of Richmond, Richmond Community Kitchen, Bolton Economic Resource Committee, Bolton Valley, Huntington Conservation Commission, Audobon Vermont, Western Slopes Business Association

WE WORK ACROSS SECTORS

BUSINESSES
Improving wellness policies, increasing healthy food options, encouraging movement, and making worksites breastfeeding friendly.

SCHOOLS
Improving wellness policies, bringing mindfulness to classrooms, encouraging school meals best practices, and launching walk-to-school days.

MUNICIPALITIES
Improving town policies, enlisting civic engagement, making towns more walkable, and increasing healthy food access.

MEET YOUR LOCAL RISEVT LEADERS

ROSY METCALFE & JUSTIN GRAHAM

Justin Graham and Rosy Metcalfe are the Program Managers for RiseVT-Chittenden County working out of the University of Vermont Medical Center. Both joined the team in August 2019, continuing work in Richmond, Huntington, and Bolton and selecting Milton as a new community, launching there in November 2019. Justin comes to RiseVT with a background in event management and program development for Special Olympics and Rosy has training in social work and experience working at Fellowship of the Wheel, an organization improving mountain biking accessibility. Both Justin and Rosy are committed to amplifying efforts in the Milton area to make it easier for Vermonters in Richmond, Huntington, Bolton, and Milton to embrace healthy lifestyles.
OUR WORK IN ACTION

10 Amplify Grants distributed in Richmond, Huntington, & Bolton. Each funded initiative ties into at least one of the Center for Disease Control and Prevention 24 Strategies to Prevent Overweight & Obesity.

$19,088 Total grant funds distributed to infuse healthcare reform funds into Richmond, Huntington, & Bolton, increasing opportunities to embrace healthy lifestyles where Vermonters live, work, learn, & play.

10 projects across sectors where we live, work, learn, and play

The RiseVT Program Managers in Chittenden county led 10 projects over the past year. The projects collectively served the entire spectrum of ages, from prenatal women to older Vermonters. These projects crossed multiple sectors, including schools, local community service organizations, municipalities, and several were community-wide initiatives. Several included enhancing infrastructure, while others included promoting access to local recreation assets, promoting breastfeeding, developing ridesharing for seniors, and town forest development.

LOCAL PROGRAM HIGHLIGHT

RiseVT-Chittenden County provided an amplify grant to bring yoga and live music to the Richmond Farmers Market in the summer 2019. Stepping Stone Yoga Studio of Jeffersonville taught an all ages yoga class. Plus, the teacher brought her hand-crafted hula hoops! Kids and adults alike participated in the yoga. Visiting musicians, Kuf Knotz and Christine Elise from Philadelphia, brought their band of soul/classical/rap music. Their lyrics are all based on positivity and community building. Their kid-friendly set inspired people of all ages to dance and to sit and enjoy themselves while listening to their music. Kuf is a spoken word artist and rapper, while Christine is a classical harpist and vocalist. Birth Love Family, based in Richmond, produced the gathering. The two stops at the farmers market were part of a family yoga and music tour. The goal was to inspire people of all ages to engage in activities oriented toward health and mindfulness. Feedback from farmers market attendees was very enthusiastic and one regular attendee said it was the best music he had heard at the farmers market!