LOOKING BACK AT 2019

WHERE WE WORK: BROOKFIELD, CHELSEA, E. RANDOLPH, RANDOLPH, RANDOLPH CENTER, & TUNBRIDGE 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. These launch towns were selected to bring resources to rural communities served by Gifford Medical Center.

STAKEHOLDER GROUP
ORGANIZATIONS REPRESENTED:
Randolph Recreation, RASTA, Gifford board members that represent the hospital’s Health Service Area, a community health team member, a registered dietician, school wellness committee member, a school nurse, a local physician, Vermont Department of Health, a local business owner

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 LEADER
BETHANY SILLOWAY

Bethany Silloway is the Program Manager for RiseVT-Orange County. After spending 10 years in the southern part of the U.S., she returned to her Vermont roots in 2012 and joined Gifford Health Care as manager of the specialty services department. She transitioned to the marketing and public relations team at Gifford in 2017 to take on the new role of Community Outreach Coordinator. Becoming a RiseVT Program Manager has enabled Bethany to expand Gifford’s ability to raise awareness about health and wellness, as well as preventive medicine, within the community. Partnering with RiseVT in 2019 was the next step in growing Gifford’s offerings to ensure a healthy and happy community for all to live in.
**LOCAL PROGRAM HIGHLIGHT**

RiseVT-Orange County provided an Amplify Grant to RASTA Trails and Recreation to launch the RASTA Ridge Riders youth mountain bike club. It is part of RASTA’s mission to increase youth participation, enhance their experiences, and foster a welcoming environment to develop a stronger skillset both on and off the bike. Toward this end, the RASTA Ridge Riders started to take shape in late September 2019 just in time to host the final stop in the Vermont Youth Cycling race series in Randolph. The Amplify Grant was used for the initial purchase of branded mountain bike jerseys and a handful of small supplies for the 20 or so kids as part of the program. The high school mountain bike race in Randolph was the debut of the club donning their new jerseys and the kids were VERY excited! RASTA is already planning the next steps to help build upon the successful fall race and group rides. The area youth are looking forward to a full spring, summer, and fall of group rides, events and workdays. These opportunities to get out and ride are energizing local youth to get outside and live a better, healthier life.