



HEALTHY RC

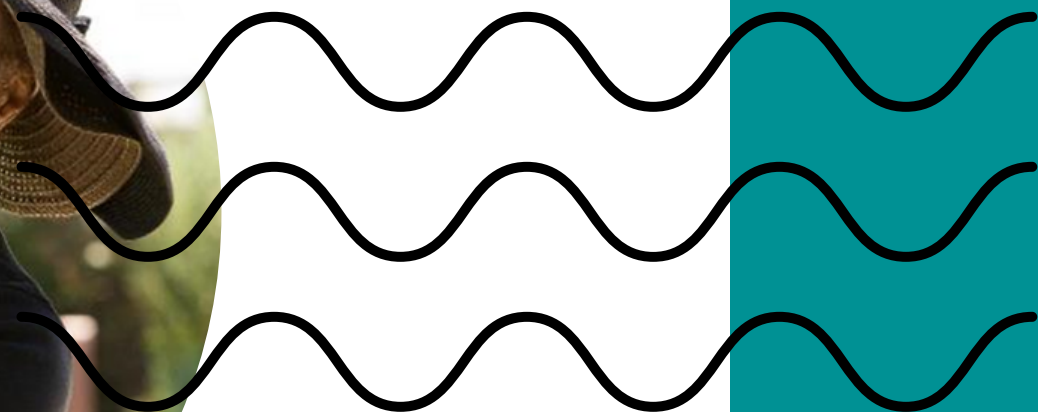
Steering Committee

August 22, 2023



RANCHO
CUCAMONGA
20  20





Healthy Eating & Active Living



Community Connections
& Safety



Education & Family Support



Mental Health



Economic Development



Clean Environment



Healthy Aging



Disaster Resiliency



AGENDA

August 22nd

- Welcome & Introductions
- City Updates:
 - Upcoming Community Events – CSD
 - Hiring Fair – Economic Development
 - Fire Updates – BERT, National Preparedness, and Shake Out
- Partner Updates
- Healthy RC Updates
 - Public Art & Sustainability
 - Subcommittees
 - Community Champions & Youth Leaders
- HOPE Team – SBC Sheriff's Dept.





CHECK-IN



Introduce yourself



Organization



What is your go-to karaoke anthem?



ABOUT
— *me*





CITY UPDATES



CSD SPECIAL EVENTS

Spooktacular

- RC Sports Center, 8303 Rochester Ave.
- Saturday, October 21
- 3 p.m. – 6 p.m.
- FREE trunk-n-treat
- \$10 wristband for access to the Fun Zone

Founder's Day Parade

- Jack Benny Drive
- Saturday, November 11
- 8:30 a.m.
- \$50 parade entry fee for businesses and FREE for non-profits

Veteran's Day Ceremony

- Central Park, 11200 Base Line Rd.
- Saturday, November 11
- 11 a.m. – 12 p.m.



CSD SPECIAL EVENTS

- **Breakfast with Santa**
 - Central Park, 11200 Base Line Rd.
 - Saturday, December 2 8:30 a.m. – 12:30 p.m.
 - Breakfast, holiday crafts, and photos with Santa
- **Snowy Hula Day**
 - Heritage Park, 5546 Beryl St.
 - Saturday, December 9
 - 11 a.m. – 3 p.m.
 - Snow play area, sled runs, holiday crafts, and photos with Santa

If you are interested in sponsoring or partnering for any of the CSD events, please email Jessal.Salas@CityofRC.us



CSD SPECIAL EVENTS

● Family Camp out – SOLD OUT

- Heritage Park, 5546 Beryl St.
- Saturday, October 7 @ 4 p.m.
- Dinner, crafts, interactive activities, movies, etc.

● Backyard Baseball

- Quakes Stadium
- Saturday, September 23 @ 10 a.m.
- Last day to register is Monday, September 11

If you are interested in sponsoring or partnering for any of the CSD events, please email Jessal.Salas@CityofRC.us



ECONOMIC DEVELOPMENT EVENTS

- **Businesses Still Needed**
 - Priority given to Manufacturing and Retail sectors
 - Confirmed list on August 31

We moved inside!

- - Saturday, September 23
 - 9 a.m. to 12 p.m.
 - Central Park David Dreier Hall (11200 Baseline Rd)

Come Prepared for an Interview

- - Dress to Impress
 - Bring your resume
 - Bring a pen



The poster for the Hiring Fair 2023 features a background image of a modern building with a glass facade. At the top, the Rancho Cucamonga Chamber of Commerce logo is displayed, featuring a purple grape cluster and the text "RANCHO CUCAMONGA" and "CHAMBER OF COMMERCE". Below the logo, the title "HIRING FAIR 2023" is written in large, white, sans-serif capital letters on a dark blue background. The event details are listed in white text on an orange background: "SEPTEMBER 23" with a calendar icon, "9:00 A.M. - 12:00 P.M." with a clock icon, and "CENTRAL PARK" with a location pin icon. Below "CENTRAL PARK", the address "DAVID DREIER HALL" and "11200 BASE LINE ROAD" is provided. A white circular callout on the right side of the poster contains the text "COME PREPARED FOR AN INTERVIEW" in orange. The bottom of the poster shows a circular inset image of the event taking place outdoors under a black tent with the Rancho Cucamonga logo, with people gathered around tables and a man sitting at a table in the foreground.

RANCHO CUCAMONGA
CHAMBER OF COMMERCE

HIRING FAIR 2023

 **SEPTEMBER 23**

 **9:00 A.M. - 12:00 P.M.**

 **CENTRAL PARK**
DAVID DREIER HALL
11200 BASE LINE ROAD

COME PREPARED FOR AN INTERVIEW

RCFD UPDATES

NATIONAL PREPAREDNESS MONTH



RANCHO CUCAMONCA FIRE READY RC



Do you have a family communications Plan?
Prepare for disasters to create a lasting legacy for you and your family.



● September is National Preparedness Month

- This year's theme is Preparing for older Older Adults



Plan how you will communicate if you have a communication need.



Plan for your transportation if you need help evacuating.



Plan how you will evacuate with any assistive devices.



Plan for food, water, and essentials for you and pets or service animals.

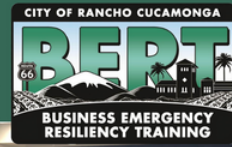


Include medicines, medical supplies, batteries, and chargers.



Make copies of Medicaid, Medicare, and other insurance cards.

Is your business **ready** for an emergency?



FREE

**BUSINESS PREPAREDNESS
TRAINING**

Thursday, September 21, 2023

**ShakeOut.
Don't Freak Out.**

October 19, 2023

**Shake
Out**TM

Register: **ShakeOut.org**



RCFD UPDATES

● Business Emergency Resiliency Training (BERT)

- Final BERT Course of 2023 is on September 21st from 11 a.m.–2:00 p.m.
- Topic: Terrorism, Crime, Cybersecurity, and Safety Awareness

● Shake Out– October 19th

- Drop, Cover, and Hold on at 10:19a.m.



PARTNER UPDATES





HEALTHY RC UPDATES





**COMING
SOON!**



Call for Artist
**MINI MURAL
PROJECT**

Help transform a pillar
into a work of art!

**SUBMIT QUALIFICATIONS
BY OCTOBER 1**

For more information
or to apply, visit
CityofRC.us/PublicArt.





National Drive Electric Week 2023

(September 22-October 1)

Celebration of the benefits of all-electric and plug-in hybrid cars

- CA's carbon neutral goal 2045
- Benefits of EV
 - For example: Less maintenance
- What is the City doing to prepare towards an electric future?
 - Public charging
 - Fleet charging
- How can you learn more?
 - Drive Electric

**Plug In
America**




MENTAL HEALTH SUBCOMMITTEE

your
MIND
MATTERS








JOIN NAMI POMONA VALLEY FOR

Socials with a Purpose

AN EVENING OF CONNECTION,
NETWORKING AND INSPIRATION

THURSDAY, AUGUST 24TH, 6PM - 8PM
ALLIANCE COMMUNITY CULTURAL CENTER
406 W. 2ND ST. POMONA, 91766

SCAN THE QR CODE TO RSVP!



THE SOUND OF RECOVERY II



Featuring:
Singer/Songwriter
Micah Jess and
Musical Director
Shuntik Willcot

Join us for a free community concert and hear original songs inspired by local individuals and their recovery story.

The music event will feature music about hope, recovery and celebration in honor of National Recovery Month.



If you speak another language, language assistance services are available free of charge by dialing (888)743-1478. TTY users dial 711. DBH complies with applicable federal, civil rights laws and does not discriminate based on race, color, national origin, sex, gender identity, age, disability, or the inability to speak English (LEP).



THURSDAY
SEPT. 28, 2023
Show starts at 7 p.m.

San Bernardino Valley
College Auditorium
701 S. Mount Vernon Ave.,
San Bernardino

REGISTER TODAY

Visit CelebrateBH.com or scan the QR code



AWARENESS TRAINING

Meditate for Maui



Sound Bowl Meditation
All proceeds go to Maui Relief Funds

TUESDAY SEPTEMBER 12TH
6PM-7PM

11846 SIXTH ST
RANCHO CUCAMONGA, CA.
91730

MUST RESERVE SPOT
ONLINE

Sound Bath provided by Joanna Marrufo of Healty RC





JOIN US AT OUR NEXT MEETING!

**– DESTIGMATIZE MENTAL HEALTH
–LEVERAGE RESOURCES**

2ND TUESDAY OF THE MONTH

2:00–3:00 PM ON ZOOM



YOUTH LEADERS



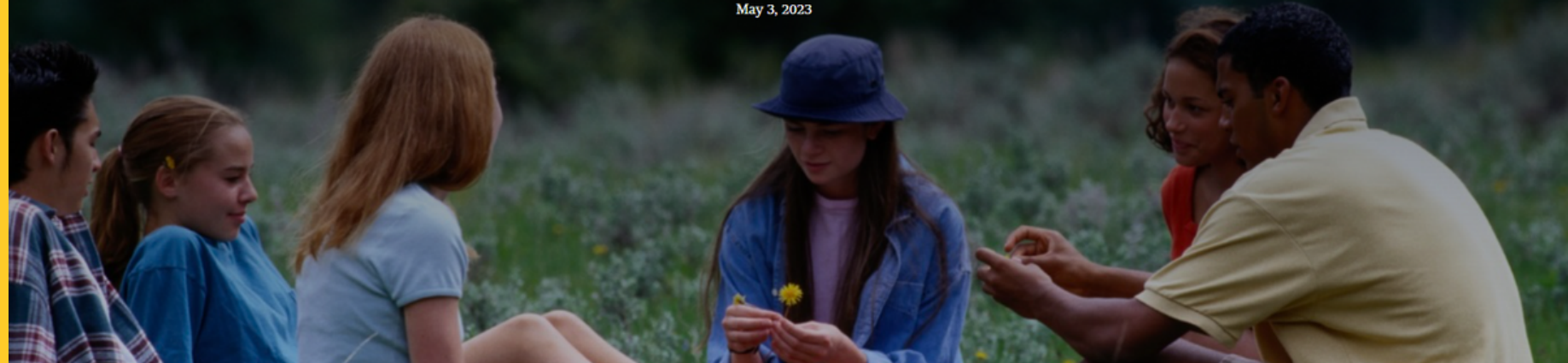


Behavioral Health

GUEST PRESENTING AT THE SAN BERNARDINO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH WOMEN'S SUBCOMMITTEE 8/23/23

Mental Health In Action In Rancho Cucamonga

Healthy Rancho Cucamonga Youth Leaders Mental Health in Schools Group
May 3, 2023



CAMPEONES PARA LA COMUNIDAD





COMPASSIONATE COMMUNITIES

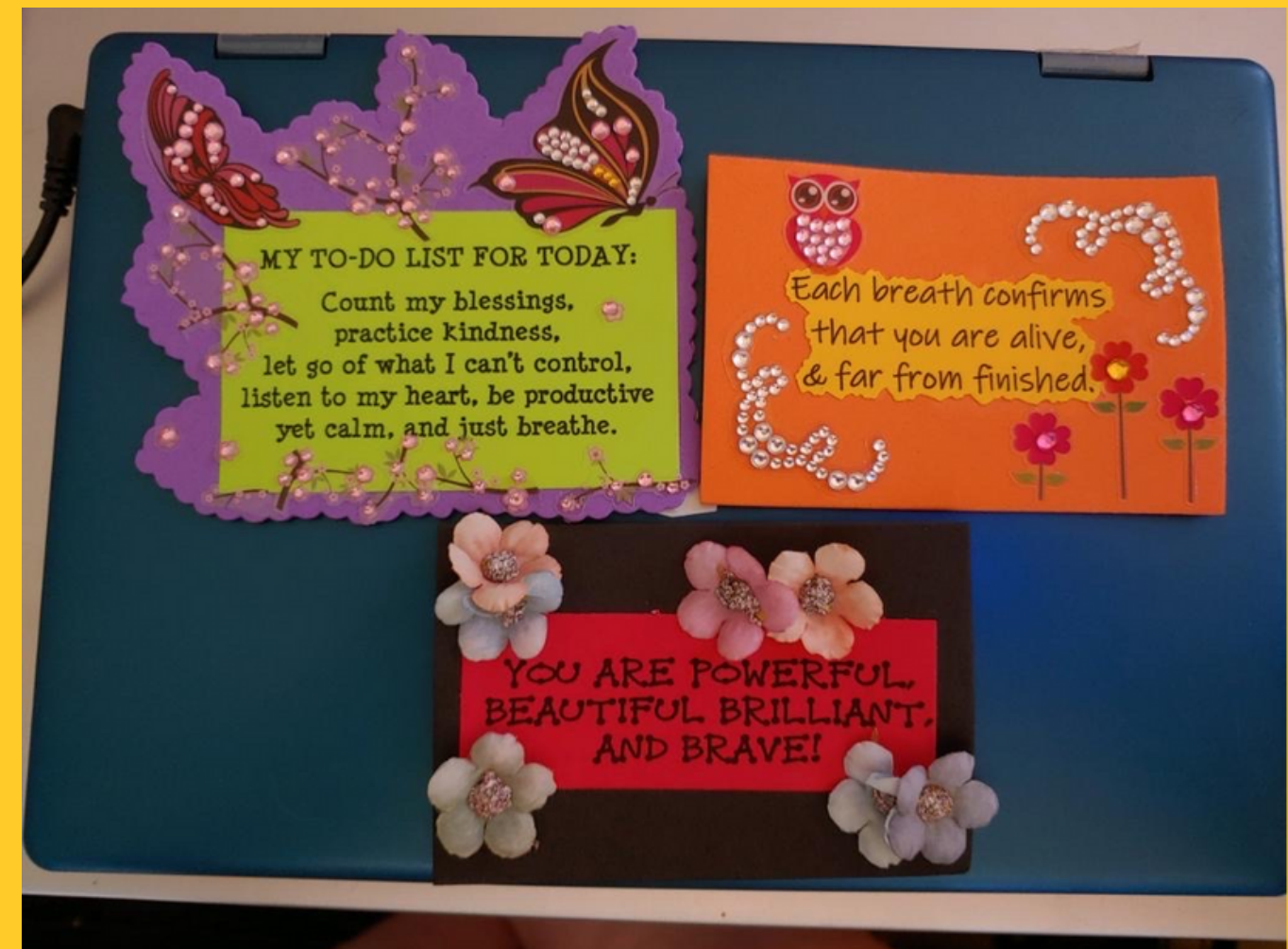


Let's celebrate our seniors!

- Tuesday, August 5th
- 12-2 PM at Central Park
- Affirmation Card Crafts

 **Love RC**

- Saturday, September 9th at Los Amigos Park
- 9-2 PM for Volunteers
10-1 PM for Community
- Food, games, and activities!
 - Bounce houses
 - Succulent planting
 - Rock painting
 - Chalk stations
 - Bubble making



**No regularly scheduled
September meeting
due to outreach events**



TUESDAY, OCTOBER 16TH

12-1:30 PM @ City Hall

Every 3rd Tuesday of the month

In-person

Lunch provided



For questions / ideas:

Hope.Velardee@CityofRC.us

#BeKindRC





Quality of Life

OUTREACH & ENGAGEMENT

- Past Engagement Efforts:
 - National Night Out
 - Back to School Nights
 - Supervisor Armendarez's Open House
 - City staff outreach
 - City facilities
 - Grapevine
 - HRC Newsletter
- 663 participants





UPCOMING ENGAGEMENT EFFORTS:

- Senior Center: Tuesday, September 5th, 12-2 PM
- Fire Open House: Saturday, October 7th, 9-12 PM
- Spooktacular: Saturday, October 21 from 3 – 6 PM at the RC Sports Center
- Founder's Day Parade: Saturday, November 11 8:30 AM on Jack Benny Dr.

ANYTHING WE SHOULD ADD?

*Interested in volunteering? Email
hope.velarde@cityofrc.us*



PublicInput.com/QOL2023

WE NEED YOUR HELP!

- Survey participants will be diverse and represent the community
- Share the survey with your friends, neighbors, co-workers, community groups etc.
- Short training and outreach toolkit available
- Gift card incentive for QoL Ambassadors

**Spanish and Mandarin available*
hope.velarde@cityofrc.us



Your experience matters and we are listening!

The information collected will help make informed decisions on how we can better serve our community and make Rancho Cucamonga the healthiest it can be.

PublicInput.com/QOL2023 . . .

QUALITY OF LIFE SURVEY

SCAN HERE





SEPTEMBER IS SENIOR CENTER MONTH

DISCOVER YOURS

- Businesses, sponsors, and organizations to host workshops, activities or giveaways
- In lieu of September 26th Zoom meeting





SAN BERNARDINO COUNTY SHERIFF'S H.O.P.E TEAM

Deputy Mike Jones

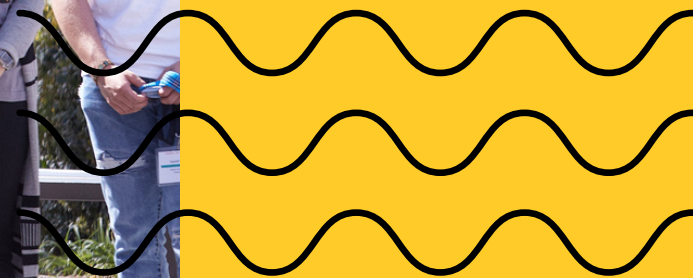




THANK YOU!

HealthyRC.com

RC.Healthy@CityofRC.us



Save the date for our upcoming
Steering Committee!

September 26th 10-12 PM



COMPONENTS

- Location
- Quality of Life and Community Connections
- Satisfaction w/ Amenities, Services, Environment
- Health and Wellness
- Demographics



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GOALS & OUTCOMES

- Granular data: neighborhood level, demographics, languages, etc.
- Prioritize areas of engagement and outreach
- Prioritize HRC strategies
- North star for HRC
- Data-driven strategies to advance health equity





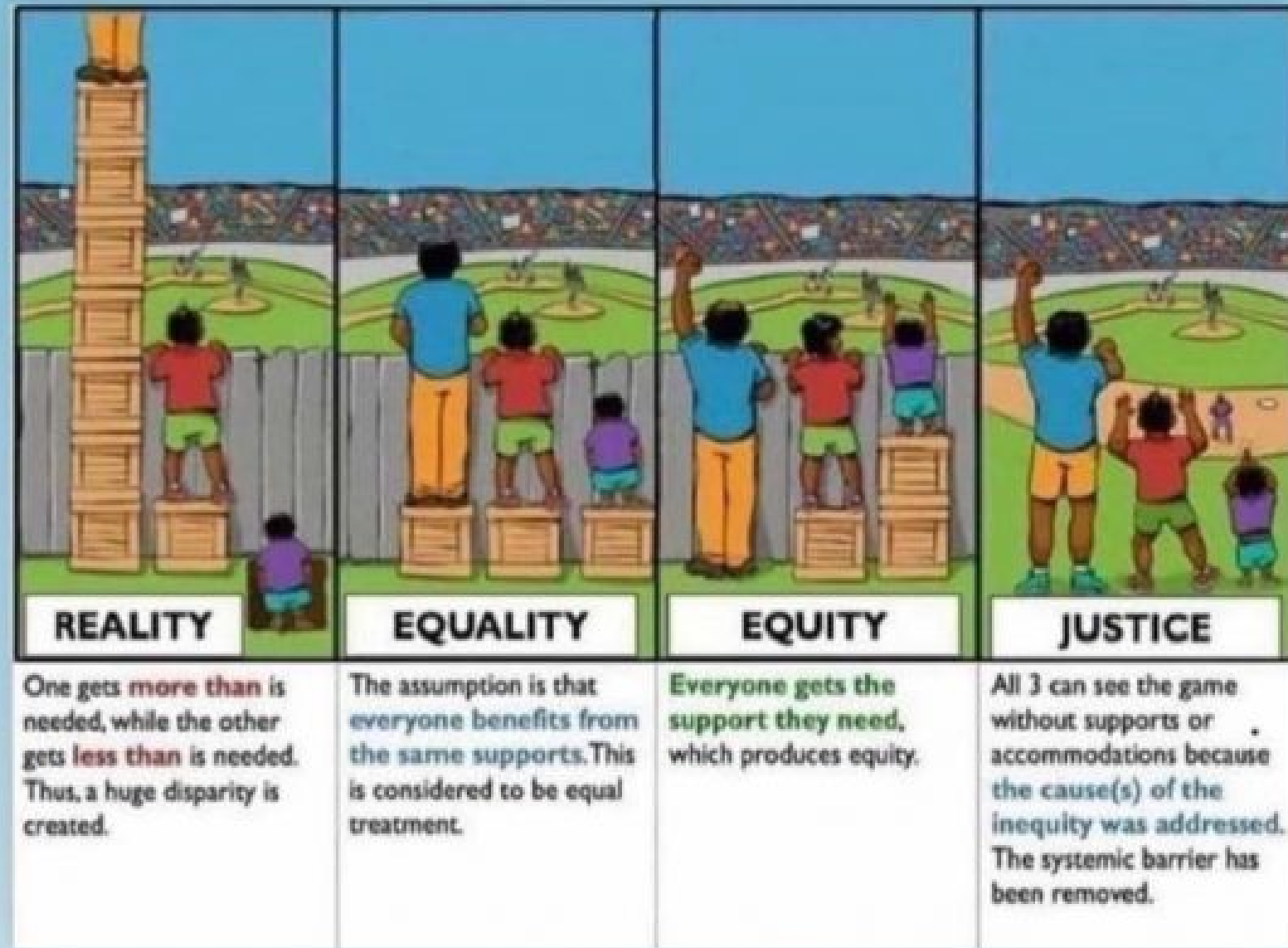
Awardees

- Emily Shum and Associates
- Cucamonga School District + Wholistic Health Collaborative
- Youth Leaders: Kavin and Lana
- Ruth Musser Middle School
- Watchdog Volunteers
- Vineyard Jr. High
- Cucamonga Elementary
- Wendell Nelson
- SARH
- Equilibrium Counseling Services
- FEAST
- People for Peace and Prosperity
- CJUHSD





NLC Action Cohort



@restoringracialjustice

