

# AROUND THE WORLD IN 65,740,092 STEPS

Estill County Public Library

Whitney Hays, Children's Librarian

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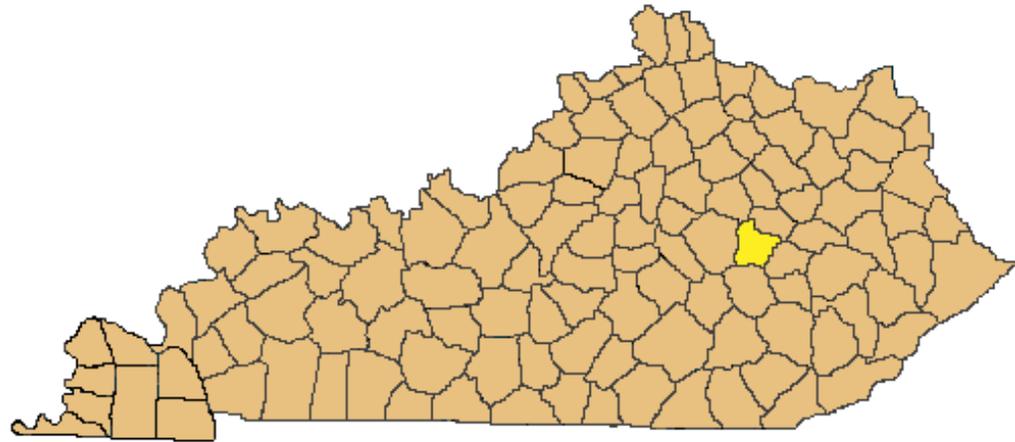
Estill County Health Awareness Initiative

# What is the program?

- In keeping with the theme for SRP 2016, Sports/Health/Wellness, developed program to fit and encourage our community
- “Around the World in 65,740,092 Steps”
  - ▣ Our goal is to log the number of steps it takes to walk around the world with the community as a whole
- Develop community partnerships to offer programming on health awareness
- Enhance existing programming based on SRP theme

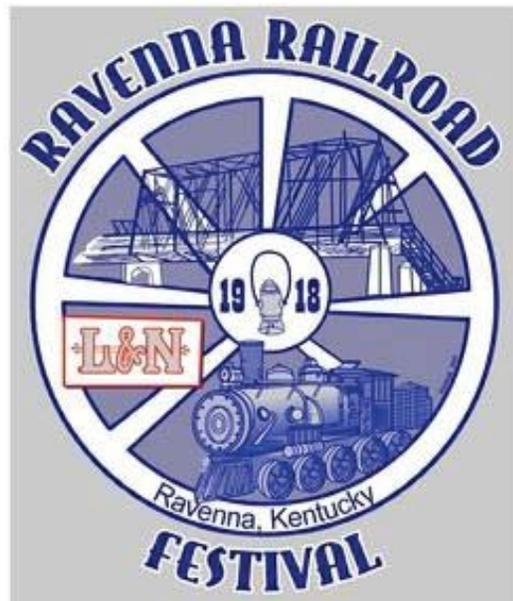
# Get to know Estill County

- Estill County is in the east central part of the state.
- 18 miles east of Richmond.
- Population: 14,488
  - ▣ Mostly rural, with approx. 11,000 outside city limits
- Irvine is county seat.
- Home to the Mountain Mushroom Festival. (Last weekend in April.)



# Get to know Estill County

- Twin city: Ravenna
- Both cities sit along the Kentucky River.
- Ravenna is a home to CSX Transportation and hosts the Ravenna Railroad Festival



# Get to know Estill County



“Where the Bluegrass Kisses the Mountains.”

# Estill County Public Library

- ❑ Located on Main Street in Irvine.
- ❑ 35,153 total book collection
- ❑ 79,007 circulation
- ❑ 6 full-time employees and 2 part-time
- ❑ 8,362 registered users



# Bookmobile

- 1997 Chevrolet step van bookmobile
- 179,000 miles
- 236 registered borrowers
- On the road 5 days a week for 5 hours a day.
- 85% house stops
  - ▣ What is a house stop?
  - ▣ copies and send faxes for patrons not have transportation to the library.



# Bookmobile Stops

- Bi-monthly stops:
  - ▣ Senior citizens center
  - ▣ Nursing home
  - ▣ Adult daycare
  - ▣ Low-income housing
  - ▣ Pre-K School
  - ▣ Elementary School



# Bookmobile Programming

- In 2014, open to the public 1,274 hours
- 33,451 in circulation
- School Visits:
  - ▣ Pre-K Center (every 2 weeks):
    - Read a story
    - Children choose a book to keep in the classroom
  - ▣ Elementary Schools (2 weeks):
    - 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> graders
    - Children are allowed to check out a book to read in the classroom

# Bookmobile Programming

- Apartment Complexes
  - “Take and Make” programming
    - Oriental trading crafts, separated for adults or children in a zip-lock bag with instructions.
  - 8-10 adults, children, or both
  - Allows for quick and easy programming when our bookmobile is otherwise busy with house stops.

# Bookmobile Programming: Walking Club

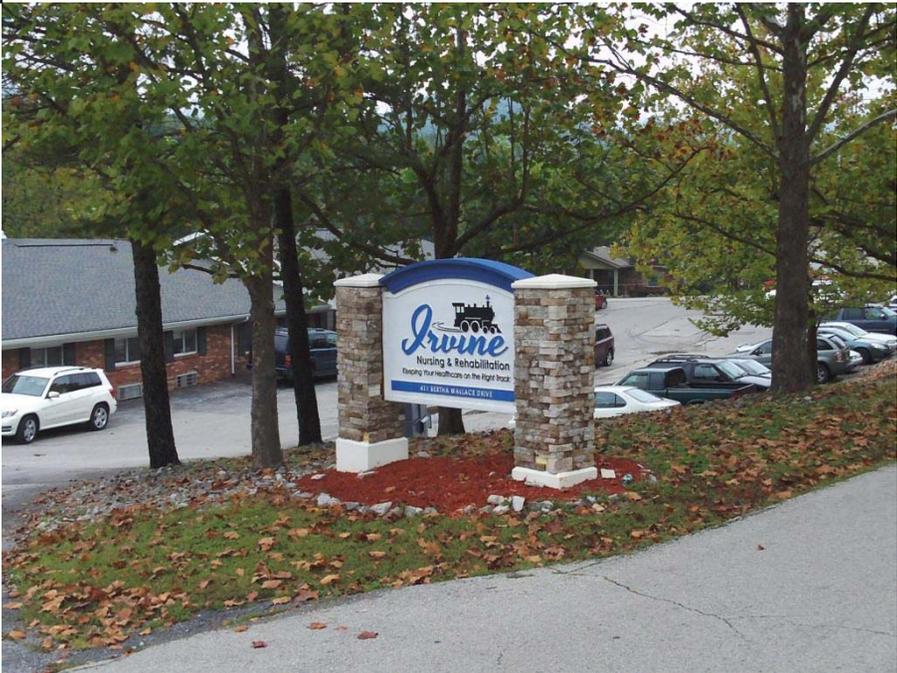
- Bookmobile patrons who cannot make it to the library for walking club are encouraged to use a pedometer or step counting app to track steps at home.
- They are provided a walking log to record steps each day or use online walking log link on Facebook or webpage.

# Bookmobile: Future Planning

- Exercise classes
  - ▣ Offered in community rooms of low-income housing units, apartment complexes, and adult daycare
- Low-impact exercise classes:
  - ▣ Geared toward senior citizens and nursing home residents with limited mobility.
- Healthy eating on a budget class:
  - ▣ Provided by Health Dept, sponsored by the library (outreach of program offered in the library.)
  - ▣ Geared toward low-income housing, adult daycare, and senior citizens center.
- Healthy cooking, snacks, and meal planning
  - ▣ Provided by Health Dept, (outreach of program offered in the library)
  - ▣ Geared toward patrons in housing units and apartment complexes







# Program Planning

- Create and utilize community partnerships
  - ▣ Helped me to meet community members and organizations
  - ▣ These organizations often have the resources but need the platform
- Estill County Health Department
- UK Extension Office
- Marcum-Wallace Memorial Hospital

# Do you have a picky eater at home?

Learn some new tips and try new recipes  
all while staying within your budget!



**Class led by Courtney Barnes of the  
Estill Co. Health Dept.**

**Monday, September 21st at 6:30 pm**

**Library's meeting room**

**Register at front desk**

# Healthy Eating Class with Health Dept.

- Monday, September 21<sup>st</sup> 6:30 pm
- Healthy eating on a budget and feeding picky eaters
- Offered tips for sticking to a budget.
  - ▣ Don't shop on an empty stomach
  - ▣ Shop the perimeter of the store first
  - ▣ Look for sales on fresh fruits and vegetables
  - ▣ Make your own snack packs
- Feeding picky eaters
  - ▣ Appetite and hunger are 2 different things
  - ▣ Child outgrows problems related to picky eating after he starts eating more meals away from home.

# Healthy Eating Class with Health Dept.

- Brought healthy treats for attendees to try.
  - ▣ Vegetable Dip
    - ½ cup nonfat plain yogurt
    - ½ cup reduced fat mayo
    - 1 tablespoon Mrs. Dash
    - Mix ingredients and chill until ready to serve. Serve with fresh cut vegetables or use as topping for chili, quesadillas, and tacos.
  - ▣ Fruit Yogurt Dip
    - 1 cup low-fat cream cheese (softened)
    - ½ cup nonfat vanilla yogurt
    - ½ cup fruit puree (crushed pineapple, berries, banana)
    - 1 teaspoon honey
    - ¼ teaspoon ground cinnamon
    - Blend all ingredients and chill until ready to serve. Serve with fresh cut fruit.

**Do you know how  
much**



**is hiding in your food?**

**Get informed on how to  
improve your health!**

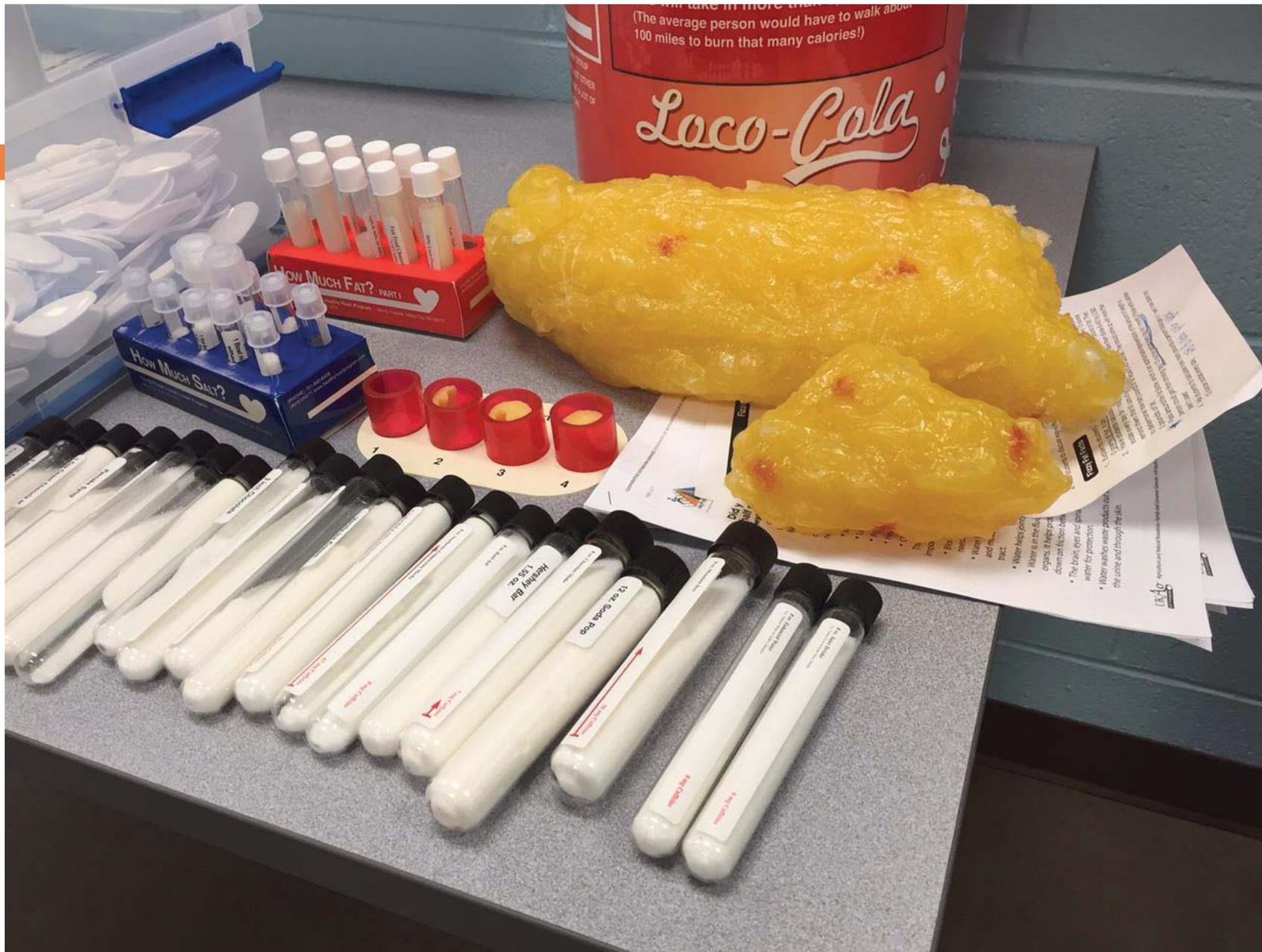
**Class by Jessica Webb of  
UK Extension Office**

**Library's meeting room**

**Monday, Oct 5th. 6:30 pm**

# Health Awareness with UK Extension

- SNAP-Ed Program Assistant visited our community room with information on overall health.
  - Drinking enough water
  - Caffeine consumption
  - Portion Sizes
  - Nutrition in popular drinks
  - Oil and empty calories
  - Sugar and salt in foods.





# Take the first step for your health.



## Join the library's walking club.

- Walking Club meets Tuesdays, beginning September 1st, at 5:00 pm.
- We will meet at the library and walk for 30 minutes.
- Be sure to wear your pedometer or use your smart phone to track your steps. Pick up a walking log from the library to track daily steps.
- Always consult your physician before beginning any exercise program.

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**Estill County Public  
Library**



# Walking Club

- ❑ Meets every Tuesday afternoon 5:00 pm, started September 1st
- ❑ Any available staff members and patrons meet in community room.
- ❑ Take our resting heart rate and active heart rate after walk
- ❑ Walk for 30 minutes around downtown Irvine.



# Walking Club

- Provided walking log for patrons to record steps at home or at walking club.
- Walking club provides group encouragement and accountability for those who don't want to walk on their own.
- Walking in the community increases visibility for library programming.
- We have 3-6 who walk every Tuesday
- Will continue walking club as long as we can depending on the weather.

# Walking Club

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- It was our intent to offer pedometers with the library logo.
  - ▣ Have contacted Marcum Wallace Hospital and Health Department about sponsoring the purchase of pedometers.
- Researched best free apps for step counting for iPhone and Android users.

# Program Evaluation

- Important note: We have been without an Adult Services librarian for 4 months. This has placed us in the midst of a rebuilding period for our adult programming.
- Advertised, 1 month in advance, on our Facebook, flyers in the library, handed out flyers to storytime parents, local radio show, newspaper
- Transition of building rapport with our patrons in adult programming
- Instead of weekly walking club, plan a one day, one time fun run race.
- Secret to our success is to incorporate into our existing programs.

# Trail Town Initiative

- Estill Action Group is working to certify Irvine as a Kentucky Trail Town.
  - ▣ Would help put the town “on the map”
  - ▣ Promote overall healthy living



# Storytime Incorporation

- Printed pictures of fruits and vegetables and “junk” foods.
  - ▣ Discussed healthy foods and help us grow strong and “junk” food. Explained “Just have 1 and then you’re done.”



- Superhero Obstacle Course
  - ▣ Kit from KDLA



# Homeschool Enrichment

- Field trip to Wild Earth Farm and Sanctuary
  - “nonprofit farmed animal sanctuary and organic permaculture project focusing on education, outreach, and collaboration.”
  - “founded in 2014, envisions a new food system where plants, animals, and people thrive within the natural world through a sustainable system of mutual aid.”











# Homeschool with UK Extension

- Partnership with SNAP-Ed program assistant.
- Once a month library visits for 6 months.
  - ▣ Had the programming and needed a group to present to.
- Partnerships are a library's lifeline.
  - ▣ Programming ideas
  - ▣ Funding

# Future Programming

- Marcum-Wallace Hospital health screenings in community room
- Healthy eating for the holidays with health department, incorporated into storytime or homeschool enrichment. (or taken over by the new adult librarian.)
- Trying to find pedometers, to make the program accessible to all our patrons
  - ▣ As we log steps from the public, measure by putting a foot print on the wall for every 10,000 steps

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