AROUND THE WORLD IN 65,740,092 STEPS

Estill County Public Library

Whitney Hays, Children’s Librarian
Sherri Jenkins, Bookmobile Librarian
Susie Thomas, Library Clerk

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):
  - 3rd, 4th, and 5th 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.
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\textsuperscript{st} 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 sugar 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
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.

Estill County Public Library
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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

- 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.
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
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 footprint on the wall for every 10,000 steps
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