



The Wellness Coalition

Partners in WELLNESS



March 2024

Partner Updates On Efforts To Improve
Wellness In Our Community

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Made possible with funding from The Centers for Disease Control and Prevention.

The Wellness Coalition provides no-cost coaching, education, and other services for River Region residents to manage and prevent chronic diseases, including diabetes, heart disease, high blood pressure, hypertension, obesity, and more.

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Montgomery, AL 36108

[thewellnesscoalition](https://www.thewellnesscoalition.org)

(334) 293-6502

[thewellnesscoalition.org](https://www.thewellnesscoalition.org)

UPCOMING EVENTS

MAR
26

Adult Vaccination Trusted
Messengers Meeting

10am | Zoom

[Click here](#) to register. Call (334) 293-6502 for more information.

APR
06

A Tour of Wellness:
Autaugaville

9am – 1pm

Autaugaville Park
Autaugaville AL, 36003

Visit thewellnesscoalition.org/TOW for more info, or text "TOUR" to (334) 453-5103 to get text message updates.

CALL (334) 293-6502 TO REGISTER

APR
09

Champions for Change
Group Meeting

10 – 11:30am

Join our team of Champions for Change and play a vital role in transforming our community's well-being. To learn more about the position or to apply, [click here](#).

Program Updates

Engagement Activities & Accomplishments

Since our previous issue, The Wellness Coalition successfully:

- Participated in Jackson Hospital's Walk With a Doc event
- Hosted the virtual event, "Everything you Need to Know About Meningococcal Disease," and the Bridge Access Program via Zoom and Facebook Live
- Finalized and released information for "A Tour of Wellness" community health fair in Autaugaville
- Engaged with local communities at events at Autaugaville School, Tuskegee University, and more.



Recent Updates & Announcements from CDC

New Resource: Feeding Infants and Toddlers: Highlighting Hispanic Heritage Foods

Access [Here](#)

The National Association of County and City Health Officials (NACCHO) released the "Feeding Infants and Toddlers: Highlighting Hispanic Heritage Foods" educational handout in English and Spanish. NACCHO has co-created culturally diverse nutrition materials for infants and toddlers based on the Dietary Guidelines with different communities. The design of all Culturally Responsive Nutrition Resources for Infants and Toddlers are co-created with families, who provided input throughout all development phases.

News Release: Older Adults Now Able to Receive Additional Dose of Updated COVID-19 Vaccine

Access [Here](#)

CDC Director Mandy Cohen recently endorsed the CDC Advisory Committee on Immunization Practices' (ACIP) recommendation for adults ages 65 years and older to receive an additional updated 2023-2024 COVID-19 vaccine dose. The recommendation acknowledges the increased risk of severe disease from COVID-19 in older adults, along with the currently available data on vaccine effectiveness. An additional dose of the updated COVID-19 vaccine may restore protection that has waned since a fall vaccine dose, providing increased protection to adults ages 65 years and older.

Employee Spotlight

Q&A with Brittnie Whiting

Brittnie, you're one of the newest team members to join The Wellness Coalition. Why is working here important to you?

I get to be an advocate for health and education. It's important to promote breastfeeding to the communities that are under-represented in this important topic. The more aware we, as a community, are about breastfeeding benefits, the better our health will be.

In just one sentence, tell us something interesting, fun, unique, or silly about yourself.

People are surprised when I tell them that I was born and raised in Wisconsin. I consider that home, but Alabama is my second home.

How have you grown professionally while on our team?

I am an extroverted introvert. I have always been a quiet person, but I do come out of my shell from time to time. Going to different organizations and participating in meetings takes me out of my comfort zone. I have become more comfortable with public speaking and presenting, which is something I haven't had to do in a long time.

Who do you look up to in the company and why?

Ghandi, our executive director, because she started working for this organization while attending school, and worked her way up to her current position. She knows a lot, and I can learn a lot from her. Also, we are both Alabama State Hornets! I also look up to Yvette, our Troy Health community liaison, because she lights up a room, and is one of the most positive people I've ever met. In addition, I look up to everyone in the organization because they all have a story to tell. Everyone holds an important position, and everyone is welcoming and helpful.



Brittnie Whiting, Breastfeeding Community Liaison

If you could visit any place in the world, where would it be and why?

Africa. I am not sure where in Africa yet, but definitely Africa. I am interested in learning more about my ancestral tribe. I want to know the culture and immerse myself in it. I think it would be an amazing experience.

Have you ever met anyone famous? If so, who, when, and where?

I've met a few, but the most memorable was Steve Harvey on the campus of Alabama State University in 2010 or 2011. He was very down to earth and took a picture with me.

What motivates you at work?

Besides my family, I want to help where help is needed. I am a fixer. I am a helper. It's what I love to do.



Grow Fresh, Save
More, & Eat Healthy

Community & Container Gardens

Whether you have a pot on your porch, space for a single bed, or an entire acre, starting a community garden is a great way to bring a community together to increase physical activity, produce healthy foods at a low cost, and create a sense of pride in what you've accomplished. Get started with free resources on our gardening web page.

What's included:

- ✓ Demonstration video series
- ✓ Instructions for starting a community garden
- ✓ Instructions for starting a container garden
- ✓ Tips for soil testing
- ✓ And more!

CLICK HERE



FREE EVENT! A TOUR OF WELLNESS Community Health Fair

**Bouncy
House!**

**Fun
Activities!**

**Door
Prizes!**

Each year, The Wellness Coalition hosts A Tour of Wellness community health fair series in River Region counties. The events are free and feature local organizations, vendors, and activities focusing on health and wellness. Events for 2024 include:

AUTAUGAVILLE

Saturday, April 6, 2024
9am-1pm
Autaugville Park

MILLBROOK

Saturday, April 20, 2024
9am-1pm
Village Green Park

MONTGOMERY

Saturday, May 18, 2024
9am-1pm
Oak Park

TUSKEGEE

Saturday, June 15, 2024
9am-1pm
Tuskegee Town Square

HAYNEVILLE

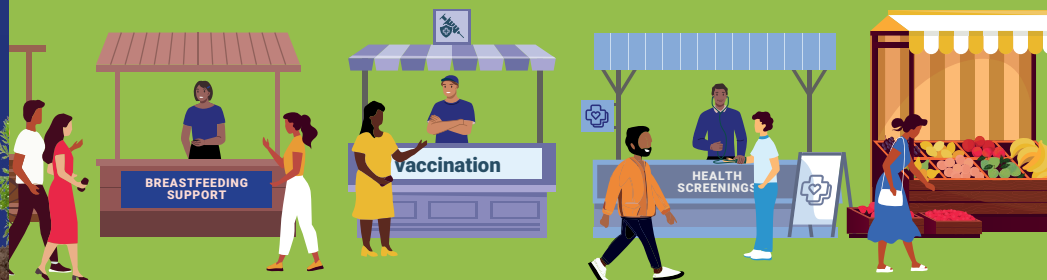
Saturday, June 29, 2024
9am-1pm
Hayneville Town Square



Scan the code, or visit
thewellnesscoalition.org/TOW
for more info.



SCAN ME



Programs that Work

Workplace Resources for Better Health



Active People, Healthy NationSM

Active People, Healthy Nation is a national initiative led by CDC to help 27 million Americans become more physically active by 2027. Increased physical activity can improve health, quality of life, and reduce healthcare costs. Building active and walkable communities can help support local economies, result in less air pollution, and create more cohesive communities.

[Learn more and get resources for your organization.](#)



Food Service and Dietary Guidelines

Use these guidelines to develop, implement, and evaluate food, nutrition, and health policies and programs. Additional standards for food service guidelines focus on creating a food environment in which healthier choices are easier for your employees, clients, and consumers.

[Access the guidelines.](#)



Diabetes Prevention & Management

Preventing diabetes is good for business. The Wellness Coalition can help you raise your bottom line with a diabetes prevention program fully recognized by the Centers for Disease Control and Prevention. Call Martine Rocker at (334) 293-6502 for more information.

[Click here to learn more.](#)

FREE EVENT! A TOUR OF WELLNESS Community Health Fair

In Autaugaville! • Saturday, April 6, 2024

9am - 1pm • Autaugaville Park, Autaugaville, AL 36003

Free Lunch!
while supplies last

Services and Resources

Door Prizes!

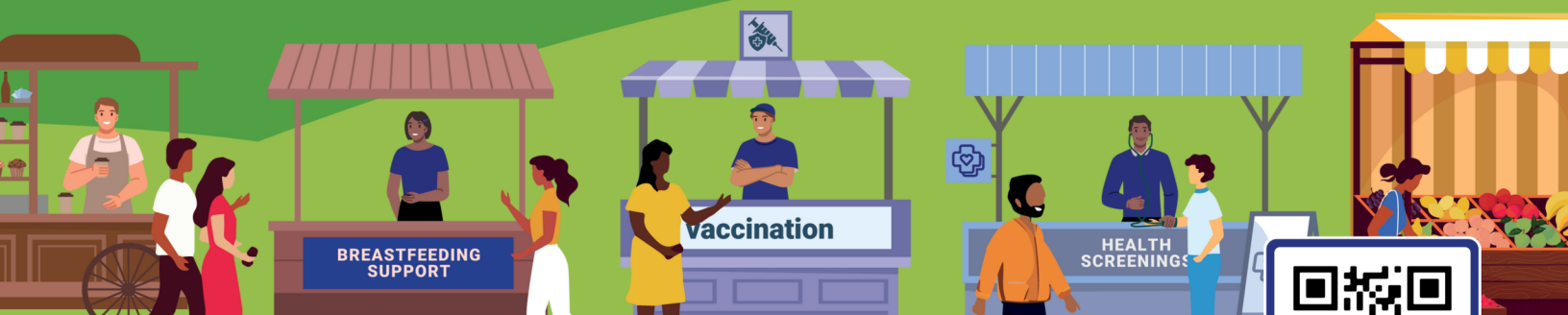
Fun Activities!

- COVID-19 boosters
- Breastfeeding and maternal support
- Diabetes prevention and management
- STI resources and testing
- Health insurance enrollment assistance
- Wellness case management services
- No-cost wellness programs
- Healthy nutrition support
- Adult vaccination resources
- Stress management
- Women's health support
- Substance abuse support
- Safe physical activity for your lifestyle
- Sickle cell disease resources
- Information about fostering
- Resources for adults with disabilities
- Resources for older adults
- Medicaid and Medicare resources
- Life insurance and investing
- Financial wellness planning

Bouncy House!

Vendors

iKare Pharmacy • Addus Homecare • Alabama Department of Public Health • Aetna Medicare • ALL KIDS/ALL BABIES (CHIP)
Area Benefits & Consulting • C&C IceBox Jewelry • Central Alabama Aging Consortium • DTP Brokerage Agency • Five Horizon Health Services
Gift of Life Foundation • Hardley Healthcare • HOPE Federal Credit Union • I'm Blowing Up Balloon Art • Luxury Holistic Health
Maternal Child Health • Medicare Salute • Peace + Balance Virtual Wellness Studio • Primerica • R.O.S.E.S. Mentoring • SAFY of Alabama
Southeast Alabama AHEC • Sherry Jacobs Agency • Sickle Cell Foundation of Greater Montgomery, Inc. • Tyna Carter State Farm



Scan the code or visit thewellnesscoalition.org/TOW for more info.

Or text "TOUR" to (334) 453-5103 to get text message updates.



SCAN ME



The Wellness Coalition

**Town of
Autaugaville**

