LEAVING A FOOTPRINT, SPREADING ROOTS: SUSTAINING CHSC ACTIVITIES INTO THE FUTURE

CONVENING PROGRAM
YONKERS, NEW YORK
SEPTEMBER 10-12, 2019

www.nyopce.org
Special thanks to the Nepperhan Community Center, Inc. & Team Yonkers for their support!

Carol Blakney, CHSC School Coordinator  
Beryl Weaver, CHSC School Coordinator  
Gladys Alvarez, CHSC Community Coordinator  
Cheryl Brannan, CHSC Program Director  
Norma Silva, CHSC Community Partner
Dear CHSC Partners,

Welcome to the fourth annual CHSC Convening: Leaving a Footprint, Spreading Roots: Sustaining CHSC Activities into the Future. Over the past four years, you have worked tirelessly to plant CHSC seeds and support their growth. As you enter the final year of the CHSC grant, OPCE plans to provide you with opportunities and information so that you can ensure the roots of your work take hold and spread far into the future.

This Convening is one of those opportunities! Over the next three days, you will exchange ideas with colleagues, develop your skills, and engage with Yonkers leaders and organizations who have begun to spread CHSC’s roots.

We extend sincere appreciation to our hosts from the Nepperhan Community Center, Inc. and Team Yonkers for their support in helping OPCE craft this agenda. At the end of the Convening, we hope you step confidently into Year 5, knowing you will have continued support in your efforts to leave a CHSC footprint.

Sincerely,

Obesity Prevention Center for Excellence Staff

- Tammy Calise and Amanda Ryder, Co-Directors and Technical Assistance Leads
- Laura Ruggiero, Technical Assistance Lead
- Deborah Dean, Communication Specialist
- Amelia Fox and Yvette Cho, Technical Assistance Support Staff
Dear CHSC Partners,

We look forward to connecting with you in person over the next three days at this fourth annual CHSC Convening: *Leaving a Footprint, Spreading Roots: Sustaining CHSC Activities into the Future.* We hope this Convening will provide you with time to reflect on your work, connect with and learn from colleagues, refine your skills, and energize you for the year ahead.

Thank you for all of your hard work to date! Thanks also to OPCE, the Nepperhan Community Center, Inc., and Team Yonkers for their collaborative efforts in creating and hosting this event.

Here’s to a great three days ahead!

Sincerely,

New York State Department of Health Staff

- Theresa Cohen, Nutrition Coordinator
- Dan French, Program Manager
- Kristin Murphy, Program Coordinator
- MJ Pattison, Program Search Specialist
- Linda Whalen, Family and Community Health Director
The places where we live, learn, work, and play all contribute to our ability to become and stay healthy. CHSC, a five-year (2015-2020) New York State Department of Health-funded initiative, is helping build stronger, healthier communities. Twenty-two grantees teams and their partners work to ensure places throughout New York State provide access to healthy foods and opportunities for physical activity.

Broome County Health Department
Capital Roots
Chautauqua County Health Network
Clinton County Health Department
Common Ground Health
Cornell Cooperative Extension of Niagara County
Cornell Cooperative Extension of Sullivan County
Erie 1 Board of Cooperative Educational Services
Genesee Valley Educational Partnership*
Glens Falls Hospital
Nepperhan Community Center, Inc.
NYC Department of Health and Mental Hygiene*
North Country Healthy Heart Network, Inc.

Oneida Herkimer Madison Board of Cooperative Educational Services
Onondaga County Health Department
Orange County Health Department
Research Foundation for The State University of New York Cobleskill
Rockland County Department of Health
St. Lawrence County Health Initiative, Inc.
St. Peter’s Health Partners
The Institute for Family Health
Western Suffolk Board of Cooperative Educational Services*

*Organization has multiple grants.
## Day 1 Agenda
### Tuesday, September 10

Unless otherwise noted, sessions are in the Greystone room.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>9:30 – 11:00 am</td>
<td><strong>Coffee &amp; Conversation with the WELL Campaign</strong>&lt;sup&gt;*&lt;/sup&gt;</td>
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<tr>
<td></td>
<td><em>Hudson room</em></td>
</tr>
<tr>
<td>11:00 am – 12:00 pm</td>
<td><strong>Registration and Lunch</strong></td>
</tr>
<tr>
<td>12:00 – 12:30 pm</td>
<td><strong>Welcome</strong></td>
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<tr>
<td></td>
<td>Dan French, New York State Department of Health</td>
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<tr>
<td></td>
<td>Amanda Ryder, Obesity Prevention Center for Excellence</td>
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<td>Dr. Jim Bostic, Nepperhan Community Center, Inc.</td>
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<td></td>
<td>Shawyn Patterson-Howard, Yonkers YMCA</td>
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<tr>
<td>12:30 – 1:30 pm</td>
<td><strong>Making Change Together: A Conversation with Community Leaders</strong></td>
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<td><em>Panelists:</em> Senator Shelley Mayer, Superintendent Dr. Edwin Quezada,</td>
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<td>Assemblyman Nader J. Sayegh, Mayor Mike Spano</td>
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<td></td>
<td><em>Moderator:</em> Cheryl Brannan, Nepperhan Community Center, Inc.</td>
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<tr>
<td>1:30 - 2:00 pm</td>
<td><strong>Team Reflection Time: What does this mean for us?</strong></td>
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<tr>
<td>2:00 – 2:10 pm</td>
<td><strong>Physical Activity Break</strong></td>
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<tr>
<td>2:10 – 4:00 pm</td>
<td><strong>Hear From Your Peers</strong></td>
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<td></td>
<td><strong>Track A:</strong> Leaving a Footprint: Focus on Physical Activity</td>
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<tr>
<td></td>
<td><strong>Track B:</strong> Spreading Roots: Focus on Healthy Eating</td>
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<tr>
<td></td>
<td><em>Hudson room</em></td>
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*Pre-convening activity for those who arrive early and are interested in the topic*
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>4:00 – 4:15 pm</td>
<td>Physical Activity and Snack Break</td>
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<tr>
<td>4:15 – 5:10 pm</td>
<td>CHSC Program and Evaluation Updates</td>
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<tr>
<td>5:10 – 5:30 pm</td>
<td>Team Reflection Time: What does this mean for us?</td>
</tr>
<tr>
<td>5:30 – 6:30 pm</td>
<td>Networking Reception</td>
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# Day 2 Agenda

**Wednesday, September 11**

Unless otherwise noted, sessions are in the Greystone room.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>6:30 am – 7:15 am</td>
<td><strong>Zumba® Fitness</strong>&lt;br&gt;Laura Ruggiero, Zumba® Fitness Instructor&lt;br&gt;<em>Hudson room</em></td>
</tr>
<tr>
<td>8:00 – 8:15 am</td>
<td>Welcome Back</td>
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<tr>
<td>8:15 – 9:30 am</td>
<td><strong>Keynote: Making Equity a Reality</strong>&lt;br&gt;Glenn Harris, Race Forward</td>
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<tr>
<td>9:30 – 10:30 am</td>
<td><strong>What’s the Buzz? Peer Roundtables</strong></td>
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<tr>
<td>10:30 – 12:45 pm</td>
<td><strong>Going Local: Visits to Yonkers CHSC Sites</strong></td>
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<tr>
<td>12:45 – 1:30 pm</td>
<td>Lunch</td>
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<tr>
<td>1:30 – 3:00 pm</td>
<td><strong>The Solution Room: Bring a Challenge. Get Tips and Tricks.</strong></td>
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<tr>
<td>3:00 – 3:30 pm</td>
<td><strong>Reflections and Closing</strong></td>
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<tr>
<td>4:00 pm</td>
<td><strong>Trolley to Downtown Yonkers</strong>&lt;br&gt;(See the sights along the way)</td>
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## Day 3 Agenda
Thursday, September 12

<table>
<thead>
<tr>
<th>Time</th>
<th>School Session</th>
<th>Community Session</th>
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<tbody>
<tr>
<td>8:30 am – 3:00 pm</td>
<td><strong>Systems Thinking, Systems Changing</strong>&lt;br&gt;Jessica Lawrence, Cairn Guidance&lt;br&gt;<em>Hudson room</em></td>
<td><strong>NYS Walking College: Collaborative Action Planning Workshop</strong>&lt;br&gt;Ian Thomas, America Walks&lt;br&gt;<em>Greystone room</em></td>
</tr>
</tbody>
</table>
Track A. Leaving a Footprint: Focus on Physical Activity

Location: Greystone

The Daily Mile: Fit for Life and Fit for Learning

Presenters:
Carrie Steindorff, School Health Coordinator, Rockland County Department of Health
William Russell, Project Director, The Daily Mile USA
Laura Dobson, Principal, Lime Kiln Elementary School, Suffern, NY

Description:
Humans are designed to walk and run. So, it should come as no surprise that walking and running programs can be just about the easiest ways to offer physical activity during the school day. The Daily Mile is a free and simple program to implement that allows students and their teachers to fit in a 15-minute run every day—boosting fitness and wellbeing, learning readiness, and stress reduction. You will learn the basics of The Daily Mile, consider implementation strategies and hear a live testimonial from a CHSC elementary school principal in Rockland County. The Daily Mile can be used as a component of the CHSC deliverable to develop a Comprehensive School Physical Activity Program.

Physical Activity Promotion in Schools: What are the Barriers and Facilitators?

Presenter:
Pattie Gremillion-Burdge, School Coordinator, Western Suffolk BOCES

Description:
This session will highlight how a Community of Practice (COP) model is being used to build capacity among school staff in multiple CHSC districts to develop, implement, and assess a Comprehensive School Physical Activity Program (CSPAP). Participants identify a CSPAP-related initiative to pilot (e.g., before, during, after school; PE); develop, implement, and assess the strategy in their school; and come together to report back on progress and challenges, and engage in collective learning. Participants will learn how CHSC supports the CoP through training and technical assistance, and works to leverage resources and identify funding opportunities. Insights from interviews with physical activity leaders on barriers and facilitators to school physical activity change will be shared.
Shifting Gears: Using Community Engagement and Data to Create a More Active Built Environment

Presenters:
Arlen Zamula, Program Director, NYC Department of Health and Mental Hygiene

Description:
El Barrio Bikes is a community cycling initiative formed in 2016 and is comprised of 120 partners, including residents, organizations, and City agencies. Members meet to plan, evaluate, and promote activities that build inclusivity and eliminate barriers to cycling in East Harlem. The group is convened by the NYC Health Department’s East Harlem Neighborhood Health Action Center. As the backbone organization for El Barrio Bikes, the Action Center recognizes the impact of racist policies that have contributed to the unequal distribution of resources that promote physical activity and the use of built environment in low-income neighborhoods across the City. The Action Center therefore aims to share leadership of this initiative with partners to elevate community power. This approach is rooted in the NYC Health Department’s Community Engagement Framework, which provides guidance on conceptualizing, planning, and measuring engagement activities. We used the Framework and customer relationship management (CRM) software to characterize and measure El Barrio Bikes community engagement activities. This presentation will share our approach and results from the initiative’s first few years.

Students Pave the Way for Complete Streets

Presenters:
Andrea Goff, Community Coordinator, North Country Healthy Heart Network, Inc.
Kat Haney, School Coordinator, North Country Healthy Heart Network, Inc.

Description:
With support from the North Country Healthy Heart Network’s CHSC grant, 8th graders from Malone Middle School investigated road and street infrastructure, as part of a larger community effort to explore ways to make downtown Malone more pedestrian friendly. A key aspect of the Heart Network’s work with Malone Central School District was a visit by Mark Fenton, a nationally renowned Complete Streets expert, who worked with the 8th grade students to try a variety of Safe Routes to School techniques, including building and testing curb bump-outs near school grounds. In this session, the Heart Network will discuss our work in Malone and describe how student and community involvement ultimately resulted in the Malone Village Board passing a Complete Streets resolution.
Track B. Spreading Roots: Focus on Healthy Eating  
*Location: Hudson*

**Project Hunger - Keeping Food Out of the Dumpster**

*Presenters:*
Michelle Kleinman, Public Health Nutritionist, Rockland County Department of Health  
Anita Dreichler, Coordinator, Rockland Community Against Hunger

*Description:*
Rockland County Meals on Wheels, Solid Waste Management Authority, a website designer, supermarkets, and food pantries are all working with BOCES P-Tech students on an exciting new website that will allow food pantries to view what recovered food is available to them, and place an order online! Learn how your community can help get more food for pantries and emergency feeding programs, thus providing food to people who need it, and reducing hauling costs and the amount of discarded food.

**Building Healthy Communities, One Corner Store at a Time**

*Presenters:*
Kendra Hogan, Choice for All  
Shanice Bibbs, Choice for All  
Dana Faison, Choice for All  
Dr. Kashy Farhoomandi, Choice for All

*Description:*
This interactive session will share our journey building a healthy corner store network in response to a high obesity rate among middle school students and a food desert designation on Long Island. You will learn how to build effective partnerships among organizations, schools, health systems, and local corner stores with the aim of providing affordable, fresh fruits, vegetables, and other healthy food options to local residents through this model. We will discuss strategies of engagement, incentive techniques, templates and best practices to build a local healthy corner store initiative in your own neighborhood!
Moving Towards Sustainability of School Wellness Policies in New York State

**Presenters:**
Kelly Moltzen, Program Manager, Institute for Family Health / Bronx Health REACH
Claire Raffel, Deputy Director, Laurie M. Tisch Center for Food, Education & Policy at Teachers College, Columbia University, Program in Nutrition

**Description:**
Question: How can we ensure that all of the amazing work you and your partners have put into district wellness policies is sustained and even grows? Answer: With a New York State model wellness policy! Nineteen other states have state wellness policy laws; New York State does not. Join this session to learn about the Wellness, Equity & Learning Legislation (WELL) Campaign that is advocating for a state model school wellness policy, and how CHSC grantees have been, and can continue to be, critical partners in this effort. You will learn about the current state of wellness policies in districts across New York, and why a state wellness policy can make a real impact for your schools. Share your district wellness policy successes and challenges, and what you and your partners would want to see in a model state school wellness policy. We will discuss how a state school wellness policy could support incorporation of wellness into the New York State Education Department through building on existing efforts such as "Whole School, Whole Community, Whole Child", and consider ideal means of collaboration between school districts and outside agencies and organizations based on CHSC experiences. We will also discuss CHSC partnership opportunities with the WELL campaign, and the experiences of WELL campaign partners in advocating for a model state school wellness policy. This is especially important given the CHSC grant ends in September, 2020.

**Once an Outsider, Now an Insider**

**Presenter:**
Wanda Cruz, Healthy Communities Coordinator, CCE Sullivan County

**Description:**
This session will provide step-by-step information on how an outsider can become part of a community and earn the trust needed to become part of the movers and shakers of the community. It provides a solid foundation on how to build successful partnerships for creating policies and implementing projects that will open doors and break down barriers for groups that might otherwise not engage in the program.
Trip 1. It’s Elementary! Pre-K–5 Wellness in Action

See firsthand how two Yonkers elementary schools are walking the walk on wellness policy implementation. Highlights will include conversations with wellness champions and students, brain breaks and yoga in action, and tours of the schools, showing where and how healthy eating, physical activity and other wellness initiatives play out during the school day.

Walk from the hotel to William Boyce Thompson Elementary (0.4 mile walk) and from there be transported to Museum School 25.

Trip 2. Two Schools plus One Y=Wellness for All

Come see school/community collaboration at its finest! This trip will include a visit to three CHSC sites - Saunders Trades & Technical High School, Hawthorne PEARLS Elementary School and the Yonkers Family YMCA. School highlights include conversations with school wellness champions and students in the Wellness Club, and classroom and office visits. You will get a guided tour of the YMCA and see firsthand examples of healthy eating and physical activity programs and initiatives, including a “wrap right” cooking demonstration and the Silver Sneakers program.

Transportation will be provided from the hotel to the sites.

Trip 3. Yonkers Agencies and Businesses Go the Extra Mile for Healthy Communities

The Office for the Aging, one of the first sites to receive the CHSC Mayoral Recognition, and Cherry Valley Supermarket are two examples of organizations working to increase access to healthy food and opportunities for physical activity for community residents. At the Office for the Aging, you will see how wellness is supported for both staff and seniors through environmental changes and programming. At Cherry Valley Supermarket, you will see all the healthy offerings (including a juice bar!) and signage, and learn about efforts to support healthy eating, like delivering food to seniors and providing fresh fruit to schools on Fridays.

Transportation will be provided from the hotel to the Office for the Aging and Cherry Valley Supermarket.
Trip 4. Tour de Yonkers: Visit City Spaces by Bike

Back by popular demand! In partnership with Yonkers on the Move, Yonkers Bike Club and Lime Bike, this bike tour will visit innovative and exciting city highlights including the Groundwork Hudson Valley Science Barge, Beczak Environmental Education Center, and Daylighting of the Saw Mill River. All levels are welcome!

Transportation will be provided from the hotel to the bike pick-up location at the Yonkers Paddling & Rowing Club.

Trip 5. Workshop: The Story of Equity

Storytelling can be a powerful way to portray the disparities people face every day, as well and the strength and resilience of individuals and communities. Join keynote speaker, Glenn Harris of Race Forward, for this unique skill-building opportunity. Participants will learn how to: talk effectively about issues of race and equity, make persuasive equity statements, and use personal stories to discuss equity.

No transportation will be required.

Key

*Unless otherwise noted, all trips will meet in the lobby.

Meet in Hudson room

Bus transportation

Involves walking

Involves biking
Jim Bostic
Executive Director
Nepperhan Community Center, Inc.

Jim Bostic is the Executive Director of the Nepperhan Community Center, Inc. (NCC), where he provides leadership to over 300 employees and volunteers that supervise over 18 programs. Since assuming the responsibilities of Executive Director in 2004, he has been responsible for creating numerous new programs including the 125 member Nepperhan Youth Corp, a violence prevention program which features one of the area’s top drum and bugle corps, the addition of an outdoor basketball court, Yonkers Gladiators Football Program, a major annual food drive, an Annual Black Tie Gala, and a 5K Walk-a-thon. Dr. Bostic has also expanded the reach of NCC launching its Gateway Afterschool Academies in Accra, Ghana, and the Ivory Coast of Africa and helping the nation of Haiti develop its first Olympic Basketball Program by 2020. Jim played professional basketball for the Kansas City Kings and the Detroit Pistons. After his career ended in the NBA, he began a successful coaching career, coaching winning teams at Albert Leonard Middle School in New Rochelle, New Rochelle High School, Leake & Watts High School and Iona College. At the Mt. Carmel Baptist Church in Yonkers he served as the Chairman of the Board of Trustees, and Director of the Youth Church Ministry; and he is the Business Manager of the Sound of Hope a Gospel Recording Group. Jim became a member of Union Baptist Church in New Rochelle where he was licensed and ordained as a Minister. Jim also serves, currently or formerly, as a member and leader of many community committees and boards including the Education Advisory Committee, the Board of Directors of the Sharing Community, the Faith Based Health Initiative, The Drug Free Advisory Committee, the Adolescent Pregnancy Prevention Committee, the Gang Task Force, The African American Advisory Board of Westchester County, the Workforce Investment Board Youth Council, The Nubian Brothers Association, The New York State Gang Investigators Association, Mayor Mike Spano’s Executive Committee for Thrive, the City of Yonkers Violence/Gang Prevention Coalition, Board of Directors of St. John’s Riverside Hospital, Board of Director of the Yonkers Chamber of Commerce, and the Glenwood Waterfront Development Corp.
Cheryl Brannan
CHSC Program Director
Nepperhan Community Center, Inc.

Passionate about community, activism, and health, Cheryl Brannan is a life-long resident of Yonkers, who serves as the Program Director for the NYS Department of Health initiative, Creating Healthy Schools and Communities. Working with school and community coordinators, along with various stakeholders, she leads the implementation of strategies to increase the availability of healthy, affordable foods and opportunities for physical activity, including Complete Streets, to reduce risk factors for chronic diseases and obesity. Ms. Brannan facilitates a Living Your Fullest Everyday (LYFE) coalition, led by the YMCA with over 50 community stakeholders utilizing a collective impact framework. Ms. Brannan previously worked at Xerox Corporation where she held various senior management positions in sales, marketing, and human resources, and she served as a consultant to the Westchester County Executives Blue-Ribbon Task Force on Health Disparities in the Black Community developing strategies to close health care gaps, and promote cultural competency. She has designed health literacy campaigns for women of color in conjunction with Sister to Sister International, the nonprofit she founded, and the World Health Organization. Ms. Brannan has served with distinction on various volunteer boards, commissions and task forces including the Yonkers Planning Board, Westchester Medical Center Community Health Task Force, and Mayor’s Charter Revision Committee.

Glenn Harris
President
Race Forward

Glenn Harris is the President of the new Race Forward and publisher of Colorlines. The new Race Forward is the union of two leading racial justice nonprofit organizations: Race Forward and Center for Social Inclusion (CSI), where Glenn served as President starting in 2014. Glenn brings over 25 years of experience working on issues of race and social justice—working with community groups, foundations, and government agencies dedicated to building a more just and democratic society. Prior to 2014, Glenn worked as the Manager of the City of Seattle Race and Social Justice Initiative (RSJI), whose mission is to end institutionalized racism in City government and promote multiculturalism and full participation by all residents. Glenn has supported the start of similar initiatives in
Shawyn Patterson Howard
President and CEO
YMCA of Yonkers

Shawyn Patterson Howard serves as the President and CEO of the YMCA of Yonkers. Often referred to as a trailblazer and game changer, Ms. Howard became the first woman and person of color to lead the association when appointed in November, 2008. While widely known for her groundbreaking work in HIV/AIDS, public health, criminal justice, education, housing and urban development, Ms. Howard has developed strong relationships with government and cross sector leaders on the local, state, and national levels. As a “connector”, she has always maintained a strong focus on developing systemic solutions that address complex social determinants and creating continuums of service and innovative public/private partnerships to serve those who have been marginalized, disenfranchised, and are oftentimes voiceless. Ms. Howard believes in the untapped leadership potential of young people, women, and persons of color and has worked tirelessly to help them find their voice, passion, and purpose while challenging them to become more intentional about creating their path to “servant leadership.” She credits her work to those she serves, those who have mentored her and continue to support her development, her incredible staff, colleagues, and devoted family and friends.

Lisa Kenney
Smart Mobility Advisor
Greater Buffalo Niagara Regional Transportation Council

Lisa Kenney is a Smart Mobility Advisor with the Greater Buffalo Niagara Regional Transportation Council (GBNRTC), which is the Metropolitan Planning Organization for Erie and Niagara Counties. In addition to active transportation, she works on preparing the region for emerging technologies like connected and driverless vehicles, smart cities, and data management. Lisa primarily travels using Buffalo’s light rail, and by walking and biking. She has worked on a range of topics, including
energy planning, community development, natural resources management, and strategic planning. Three years ago, Lisa returned to her hometown of Buffalo after living and working in a number of places, including Seattle, Michigan, Calgary, Canada’s Northwest Territories, Vietnam, and Thailand. To get away from it all, Lisa escapes to the forest to hike and snowshoe, and is a member of the Adirondack Mountain Club and the Foothills Trail Club.

Jess Lawrence
National School Health Consultant
Cairn Guidance

Jess Lawrence is an enthusiastic, energetic, extroverted New Englander living in Eastern Kentucky by way of Portland, Oregon after 20 years. She started her career doing exactly what she wanted to do since her own high school experience—teaching 7th graders health education. In 2003, Jess was hired as the Health Education Curriculum Specialist for the Oregon Department of Education, where she provided assistance and professional development to health education teachers across Oregon. In 2006, Jess pursued a career as a national school health consultant, working with state departments of education and health, school districts, and nonprofits working to create healthier schools and communities for students and staff. She writes health education curricula, facilitates and trains educators on school health issues, and presents at conferences.

Shelley B. Mayer
State Senator
New York State Senate, 37th District

Shelley Mayer has spent her career as an advocate for New Yorkers. In 2018, she was elected to the New York State Senate to represent the 37th District. Prior to her time in the State Senate, she served in the State Assembly for six years. Throughout her time in the State Legislature, Shelley has been a champion for education issues and public schools. From 2013 to 2017, she served as the Chair of the Assembly Education Subcommittee on Students with Special Needs, and ensured that schools which serve the state’s most vulnerable students receive increased funding from the state. As Chair of the State Senate Education Committee, she continues to work with her colleagues to deliver the resources and policies school districts throughout the state need to provide a quality education for every child, regardless of zip code. Prior to being elected to the State Legislature, Shelley served as Chief Counsel to the New York State Senate Democrats, and was a Senior Counsel at the National State Attorney General Program at Columbia Law School, where
Jeff Olson is an entrepreneur, architect, planner, and author who has been involved in green infrastructure, open space, active living, and alternative mobility projects for more than three decades. He co-founded Alta Bicycle Share (ABS), to design, deploy, and manage bicycle share systems around the world. ABS launched Citi Bike in New York City, Capital Bike Share in Washington DC, Hubway in Boston, Divvy in Chicago, BABS in San Francisco, and other programs in the U.S., Canada, and Australia. Jeff has been a leader on important projects including the Grand Canyon Greenway in Arizona, the Empire State Trail in New York, the NW Arkansas Razorback Greenway and the Bicycle Friendly Favelas design guidelines in Brazil. He taught America’s first university course in bicycle and pedestrian planning at the State University of New York at Albany, for over 20 years, and served as co-director of the Initiative for Healthy Infrastructure. His book, “The Third Mode: Towards a Green Society,” has reached a wide audience of people looking to connect the built environment with sustainable infrastructure solutions. Jeff is passionate about how infrastructure shapes our lives, and how to address the ever-increasing challenges of the future.

Shannon Purdy is a Regional Program Manager for the U.S. Department of Transportation, National Highway Traffic Safety Administration (NHTSA) Region 2 office, where she oversees federal grant funds for New Jersey’s highway safety program. In addition to her State oversight duties, Shannon develops training curricula, delivers technical training to highway safety professionals, and coordinates pedestrian and bicycle safety programs for the entire Region. Shannon joined NHTSA in 2007, she focused on health care and labor law rights. For over seven years, she was Vice President of Government and Community Affairs at Continuum Health Partners, one of New York City’s largest teaching hospital systems, working to protect Medicaid and Medicare services and improving the relationship between New York City’s diverse communities and the hospital system. From 1982 to 1994, Shelley was an Assistant Attorney General where she handled major reproductive health litigation, fought to protect civil rights for New Yorkers and to broaden laws protecting consumers and tenants.
but her federal service started 30 years ago with the National Science Foundation, where she served the Directorate for Geosciences, administering research grants, writing Congressional testimony and reports for the National Science Board, and formulating Federal budget requests. In 2003, Shannon became Deputy Protocol Chief for the U.S. Military Academy at West Point, where she coordinated large-scale conferences and leadership seminars, and hosted highest-level Congressional, Presidential, and international dignitaries for the Academy Superintendent. Shannon is Board President Emeritus for Keep Rockland Beautiful, Inc, a local environmental education non-profit, and serves on the Town of Mamaroneck Sustainability Collaborative and the Village of Mamaroneck Traffic Commission.

Dr. Edwin M. Quezada
Superintendent
Yonkers Public Schools

Dr. Edwin M. Quezada, Superintendent of the Yonkers Public Schools, is passionate about quality teaching and learning, compassionate about children, proud of his humble beginnings and devoted family. Dr. Quezada moves the agenda of public education in Yonkers, New York, the fourth largest school district in the state serving almost 27,000 students and employing 3,500 staff. The Trustees of the Yonkers Board of Education appointed Dr. Quezada Superintendent of Schools in March, 2016, after a two-year tenure as Deputy Superintendent and a long and distinguished career in public education, including serving as a high school teacher, bilingual education coordinator, school counselor, human relations facilitator, assistant principal, and principal. Under Dr. Quezada’s tutelage in 2017, Yonkers boasted the highest on-time graduation rate, 82%, of New York State’s Big Five city school districts. Accolades abound for Yonkers My Brother’s Keeper (MBK) initiated by Dr. Quezada and launched in 2016, part of the national and New York State movement. Recognized as a model for New York State, Yonkers MBK aims to close the opportunity gap for boys and young men of color through mentoring, academic preparedness, and emotional and social skill building. Dr. Quezada’s leadership embraces collegial collaboration, a commitment to the work, adherence to deadlines, and most importantly, the need for compassion and total focus on the academic success of children. Through his tenure as Principal at Lincoln High School, he honed his skills, collaboratively working with all stakeholders to construct a school where students are valued, respected, and encouraged to pursue college and their dreams. After ten years as principal, Dr. Quezada was promoted to Assistant Superintendent for Secondary Administration and Supervision where he worked collaboratively with the Superintendent of Schools to establish high performing high schools. The New York State Education Department requested Dr. Quezada’s membership on the
A lifelong Yonkers resident, Mayor Mike Spano has dedicated his life to standing up for Yonkers families. Elected in 1992 as the youngest member of the State Assembly, Mike proudly represented Yonkers for two decades, fighting for students, protecting taxpayers, and supporting economic growth. He led the Task Force on Sex Crimes Against Children and Women (SAVE New York), fought for the passage of Megan’s Law, and secured legislation to protect children across the state. He also wrote the language enabling Yonkers to receive a direct portion of revenue from video lottery terminals at Empire City Casino, providing $20 million in direct aid annually for public schools in the city. Mike helped create

Nader J. Sayegh
New York State Assemblyman
90th Assembly District

Nader J. Sayegh is a New York State Assemblyman representing the 90th Assembly District since 2018. A lifelong Yonkers resident, Nader has dedicated his professional career advocating for civic causes to make our community a better place. Nader began his career as an educator in Yonkers Public Schools, eventually going on to serve as principal and President of the Yonkers Public Schools Board of Education. In these roles, Nader implemented progressive reforms addressing the needs of a growing population of English Language Learners and special needs students, subsequently producing sizeable increases in graduation rates in one of New York State’s largest school districts. Beyond education, Nader has enriched and contributed to his community in a multitude of ways, serving as a captain in the New York State Guard, an attorney advocating for individuals and groups who couldn’t represent themselves otherwise, and a Trustee for the New York State Board of Elections, where he also served on several committees which impact Yonkers, including the Big Five Cities Board and the Committee on Instructional Affairs. In Albany, Nader has been one of the most active freshman lawmakers in the Assembly, pursuing true funding equity for Yonkers Public Schools, and serving on the health, banks, energy, cities, and real property taxation committees.

Mike Spano
Mayor
City of Yonkers

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Ian Thomas is the State and Local Program Director with America Walks. In this role, he develops and delivers education programs for advocates, professionals, and elected officials about the benefits of walkable communities and strategies to create them. From 2000 until 2013, Ian served as the founding Executive Director of the PedNet Coalition of Columbia, MO. During this time, he developed one of the largest Walking School Bus programs in the country, coordinated a campaign that led to Columbia adopting the first Complete Streets policy in Missouri, and was instrumental in reducing neighborhood speed limits. In 2013 and again in 2016 and 2019, Ian won election to the Columbia City Council, where he continues to advance healthy and walkable community policies. He is a member of Smart Growth America’s Local Leaders Council and the National League of Cities’ Transportation and Infrastructure Committee.
Local Attractions

Entertainment

Alamo Drafthouse
2548 Central Park Ave.
5 miles from hotel
6.7 miles from downtown
Movie theater that plays popular and smaller indie films
Full food and bar menu

Dia and Noche
640 McLean Ave.
5.8 miles from hotel
3.4 miles from downtown
Tuesday night salsa lessons

Dining with Divas
10 Warburton Ave.
3.2 miles from hotel
0.3 miles from downtown
September 10th
5:00 - 11:00 pm
Famous Yonkers Drag Show
At Guapo Mexican Cuban Cuisine

Hudson River Museum
511 Warburton Ave.
2.3 miles from hotel
1.5 miles from downtown
Galleries, planetarium, amphitheater

iFly Indoor Skydiving
849 Ridge Hill Blvd.
3.9 miles from hotel
4.5 miles from downtown

New York Botanical Garden
2900 Southern Blvd, Bronx
9.1 miles from hotel
7.6 miles from downtown
Features over one million plants on 250 acres

Philipse Manor Hall State Historic Site
29 Warburton Ave.
3.1 miles from hotel
0.2 miles from downtown
Westchester County’s oldest standing building and where loyalists signed the “Declaration of Dependence” following the Revolutionary War

Science Barge
99 Dock St.
3.4 miles from hotel
0.1 miles from downtown
Environmental education center, fully self-sustainable greenhouse prototype for urban farming

Stew Leonard’s
1 Stew Leonard Dr.
4.1 miles from hotel
5.2 miles from downtown
The Disneyland of dairy stores

Untermyer Gardens
945 N Broadway
0.9 miles from hotel
2.6 miles from downtown
Beautiful walk with gardens

White Plains Jazz Festival
21 Mamaroneck Ave.
12.6 miles from hotel
12.4 miles from downtown
September 11th - 15th
at ArtsWestchester

Dining

Antonientte’s Patisserie
417 Warburton Ave, Hastings-On-Hudson
2.1 miles from hotel
4.1 miles from downtown
Cafe with coffee, pastries, espresso
$$

Cafe Hudson
1 Van Der Donck St.
3.4 miles from hotel
0.1 miles from downtown
Range of food options, waterfront view
$$

Dolphin
1 Van Der Donck St.
3.4 miles from hotel
0.1 miles from downtown
Seafood plus Mediterranean food with waterfront seating
$$

Dos Marias
200 Main St.
3.6 miles from hotel
0.7 miles from downtown
Mexican food
$$$

Elevation Burger
228 Market St.
4.2 miles from hotel
5.5 miles from downtown
Eco-minded burgers
$$

Zombie Scavenger Hunt
Van der Donck St.
3.4 miles from hotel
0.1 miles from downtown
Scavenger hunt around the city
Fortina
1086 N Broadway
0.3 miles from hotel
3.2 miles from downtown
Great pizza spot
$$

Francy Brady’s Bar
72 Main St.
3.3 miles from hotel
0.2 miles from downtown
Irish bar and restaurant
$$

Gianna’s
1034 N Broadway
0.4 miles from hotel
3.0 miles from downtown
Known for thin-crust pizza
$$

Guapo
10 Warburton Ave.
3.2 miles from hotel
0.3 miles from downtown
Mexican/Cuban food
$$

Harvest on Hudson
1 River St., Hastings-On-Hudson
2.4 miles from hotel
4.8 miles from downtown
Italian food at farmhouse overlooking water
$$$

Iso Japanese Cuisine
1086 N Broadway #115
0.3 miles from hotel
3.2 miles from downtown
Japanese food
$$

Khangri
22 Warburton Ave.
3.1 miles from hotel
0.3 miles from downtown
Japanese food
$$

La Bella Havana
25 Main St.
3.2 miles from hotel
0.6 miles from downtown
Cuban food and mojitos
$$

La Lanterna Restaurant and Cafe
23 Gray Oaks Ave.
1.5 miles from hotel
4.5 miles from downtown
Italian restaurant and beer plus wine garden
$$

Le Moulin Eatery and Wine Bar
1 Pierpointe St.
3.4 miles from hotel
0.2 miles from downtown
French food and wine
$$$

Nawab Restaurant
2 Hudson St.
3.3 miles from hotel
0.4 miles from downtown
Indian/Pakistani cuisine
$$

Palisades Pizza and Pasta
783 Palisade Ave.
1.3 miles from hotel
2.3 miles from downtown
$$

Paxos Grill and Cafe
24 Main St.
3.5 miles from hotel
0.6 miles from downtown
Diner food
$$

Take Away Cafe
1 Executive Blvd. Ste. 2
0.2 miles from hotel
3.3 miles from downtown
GF and Vegan Friendly
$

The Pizza Place
92 Main St.
3.4 miles from hotel
0.1 miles from downtown
$$

X20 Xaviars on the Hudson
71 Water Grant St.
3.4 miles from hotel
0.2 miles from downtown
Standard menu variety
$$$$

Yara’s Middle Eastern
779 Palisade Ave.
1.3 miles from hotel
2.3 miles from downtown
Middle Eastern Food
$

Yonkers Brewing Company
92 Main St.
3.4 miles from hotel
0.1 miles from downtown
Brewery
$$

Zuppa
3.3 miles from hotel
0.2 miles from downtown
59-61 Main St.
Modern Italian food in historic building
$$$

Physical Activity Options

Lenoir Preserve
19 Dudley St.
0.7 miles
3.6 miles from downtown
Butterfly garden, walking/hiking trails
Old Croton Aqueduct Trail from Yonkers
46 mile lightly trafficked out-and-back trail for walking/biking

South County Trailway
Goes from Putnam Trail to North County Trailway
Good for biking, jogging and walking

Tibbetts Brook Park
355 Midland Ave.
5.4 miles from hotel
3.1 miles from downtown
161 acres for swimming, hiking, walking, fishing, picnic areas, mini golf

Yonkers Downtown Volleyball League
35 Alexander St.
3.2 miles from hotel
0.2 miles from downtown
Drop-in on September 12th at Beczak Environmental Education Center

Yonkers Paddling and Rowing Club
19 Alexander St.
3.2 miles from hotel
0.2 miles from downtown
Free kayaking lessons on Wednesdays and Thursdays 4:00 - 7:00 pm

Skye Yoga
1 Alexander St. #206
3.3 miles from hotel
0.1 miles from downtown
Yoga, aerial yoga, pilates, meditation

Cheetah Fitness
29 Wells Ave.
3.2 miles from hotel
0.2 miles from downtown
Bootcamp/training

Mind Body Pilates
105 Windsor Terrace
1.5 miles from hotel
2.2 miles from downtown Pilates
This program is dedicated to the hard work and commitment of the Creating Healthy Schools and Communities (CHSC) grantees and their partners. A special thanks to the Nepperhan Community Center, Inc., Team Yonkers, and the New York State Department of Health for their guidance and support.

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25 CHSC Grantees covering 82 school districts and 245 communities