

# Healthier Boynton Beach Impact Report (Oct. 2018 – March 2019)

[healthiertogetherpbc.org/report/6260/](http://healthiertogetherpbc.org/report/6260/)



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Submitted By: Ricky Petty

Reporting Period: 10/01/2018 to 03/31/2019

Neighborhood: Boynton Beach

Keywords: access to care, Access to Medical Care, Boynton Beach, Collective Impact, community engagement, family caregiving, health, healthier together, Healthier Together Initiative, healthy eating, Palm Healthcare Foundation, physical activity, Physical Fitness,

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## Summary:

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Healthier Boynton Beach (HBB) is a 5-year, community-driven initiative developed by Palm Health Foundation and focused on improving the health and well-being of an almost forgotten and overlooked population, Family Caregivers in the 33435 zip code.

The **VISION:** To identify family caregivers and strengthen their understanding and accessibility of resources.

The **MISSION:** Inspire, Support and Improve the lives of family caregivers in Boynton Beach.

### **Objectives:**

- Promote awareness of family caregiving
- Provide education to improve access to services and support
- Promote health & wellness of family caregivers

Over the last six months Healthier Boynton Beach focused on increasing awareness and engagement. Residents are beginning to recognize Healthier Boynton Beach, identify themselves as caregivers and learn about the available services and resources.

### **Accomplishments:**

During this period, Healthier Boynton Beach accomplished many of the set goals from the previous period as it continues to work diligently on the initiative. Healthier Boynton Beach strengthened its visibility in the community as well as its relationship with community partners and residents.

- Hosted the 2nd Annual Caregivers Recognition Luncheon and increase the participation by 43% from 75 in 2018 to 130 in 2019.
- Launched HBB website: [www.healthierboyntonbeach.org](http://www.healthierboyntonbeach.org)
- Created and disseminated a digital newsletter to bring attention to Healthier Boynton Beach, family caregiving resources and information
- Hosted an “On the Table” Conversation with 15 men from the Boynton Beach Community
- Selected VISTA Volunteer
- Hosted 2 – day Race Equity Institute Training for Boynton Beach and Lake Worth Residents and Stakeholders
- Taken first steps to meet the need to engage the Creole and Spanish speaking population
- Identified and trained three Boynton Beach residents to become Nationally Certified Mental Health First Aid trainers.
- Steering Committee member became a REST trainer
- HBB Director joined the FAU Community Engagement Council; The primary purpose of this Council is to serve as a forum to assist and advise the Charles E. Schmidt College of

Medicine in fulfilling its clinical, service, educational and research missions in a way which is responsive to the healthcare needs of community residents, with particular emphasis on access to high-quality, value-based healthcare.

## Key Partners:

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Genesis Community Health Center, Area Agency on Aging, Boynton Beach Mental Health Committee, City of Boynton Beach, Pathways to Prosperity, American Association of Caregiving Youth, Community Caring Center, Caridad Center, Boynton Beach Community High School, Sankofe Securities, Inc., St. Paul A.M.E., The Lord's Place, St. John Missionary Baptist Church, YMCA SPBC, Alpert Jewish Family & Children's Service, Boynton Beach Fire Rescue, and Boynton Beach Police Department, Kidship Care Program, FAU CARD Program, Trust Bridge, Wellington Cares, Inc., NAMI (National Alliance on Mental Illness), Boynton Bay (55+ Community), Iberia Bank, City of Boynton Beach/Rec & Parks Senior Center, Connect to Greatness, Inc., Alzheimer's Community Care, HCR Manor Care, Morselife Pace program, City of Boynton Beach Utilities Department, FAU/Charles Schmidt College of Medicine, School District of PBC/Wellness Promotion Taskforce and HealthCorp, Digital Vibe Inc. and Heart of Boynton Association, Brain Matters Research, Heartland ManorCare, Lynden Nursing Service, Elder Law Associates PA

## New Partners:

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Premier Medical Center, Community Partners of South Florida

## Goals:

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1. 1. Increase awareness and community engagement (a). Engage the Haitian/Creole speaking population (b). Translate HBB marketing material in creole to engage the Haitian population (c). Increase the knowledge of Healthier Boynton Beach by hosting (5) events/activities and partner with local community organizations.
2. 2. Increase access to services and resources (a). Create a resource guide to targeted zip code 33435. (b). Identify (5) providers to present to steering committee and community meetings to share information about their program and services. (c). Partner with local businesses to market and share HBB information.
3. 3. Improve health and wellness (a). Develop caregiver support groups to allow caregivers the opportunity to support each other, reduce stress and share resources. (b). Create opportunities for ongoing physical activities for caregivers in Boynton Beach (line dancing, yoga, 5k walks/runs etc.)

## Process and Implementation Outcomes:

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Outcome: **Review Previous Impact Reports**

Progress:

Process and implementation outcomes completed. Results can be viewed in previous impact reports.

## Behavioral and Systems Changes:

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- Outcome: **Shifts in awareness and understanding of issue area**

Baseline:

Family Caregivers understanding the importance of Behavioral Health and the role it plays in the caregiving experience

Progress:

February 27, 2019

The conversation about behavioral health and caregivers consistently arose. Conversation we had in previous community meetings and steering committee meetings. Although the conversation are being held, the group do not want to lose site of the focus of family caregivers.

- Outcome: **Shifts in awareness and understanding of issue area**

Baseline:

HBB Newsletter- increased dissemination via email- community members are invited to submit their email address within all HBB events. The newsletters are emailed at least quarterly and include program and community announcements.

Progress:

February 1, 2019

Continued dissemination of newsletter, social media promotion, number of those who reacted to newsletter via social media

- Outcome: **Policy change**

Baseline:

Legislative advocacy for the CARE ACT

Progress:

January 18, 2019

Project Director, Ricky Petty met with David Silvers, Florida State Representative for District 87, to discuss the CARE Act. He offered his support and stated that there is potential for some traction for the CARE Act during this next session.

- Outcome: **Increase funding**

Baseline:

Sponsorship for the Caregiver Luncheon increases each year. For year one of the luncheon there were no sponsorships. In year two, there was approximately \$2,575 raised. For year three the goal is to raise at least \$5k.

Progress:

March 31, 2019

Monies received in support of the event; the marketing and outreach committee has been working on increasing community buy-in and support by obtaining sponsorships from new companies.

- Outcome: **Increased organizational responsiveness to targeted community needs**

Baseline:

Number of organizations that are partners for the HBB initiative; HBB is looking to increase the number of organizations that support HBB either through sponsorship of the Caregiver luncheon or via other means.

Progress:

March 31, 2019

HBB have a list of 20 new sponsor prospects with a strong plan for personal follow-up as well as continued sponsors from last year.

- Outcome:

## Detailed Narrative:

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### **On the Table Conversation**

On October 25th 2018 Healthier Boynton Beach hosted an “On the Table” dinner and conversation with 15 men from Boynton Beach at Golden Corral. The group of men share dinner and held a discussion about community issues and how the community can work together to make a difference. On the Table is a one-of-a-kind initiative where thousands of diverse residents from all walks of life and socio-economic backgrounds gather to share a meal and discuss meaningful ideas to strengthen our community. The group addressed issues such as youth engagement, elder care, public safety and violence. It is known that big ideas can spring from small conversations and that people invest in what they help create. The group decided to begin small and address issues one by one. Many of the men are a part of multiple organizations and they plan to address the issues with their churches, fraternities and other community organizations to have a greater impact. The group plan to organize themselves to meet regularly to better support one another.

## 2nd Annual Caregivers Luncheon

11/13/2018 – November is National Caregivers Appreciation Month and we had the opportunity to recognize and appreciate our caregivers at the 2nd Annual Caregivers Recognition Luncheon. There were about 130 attendees; a great increase from last year's luncheon attendance of 75 attendees. The Marketing and Outreach workgroup worked diligently to ensure the success luncheon. They recognized the successes and identified the challenges to enhance the event. Gerda Klein, a Steering Committee



member led the efforts to raise funds to offset the cost of the event. Her efforts led to sponsorships totaling \$2575.00. Family caregivers in the community continue to talk about the event and how it made them feel to be recognized and celebrated as a family caregiver. There were many successes and wins throughout this process:

- Increased participation by 42%
- Received \$2575.00 in sponsorships to support the event
- Identified new strategies to enhance the event

The 3rd Annual Caregivers Recognition Luncheon will be on November 12, 2019.

**YOU'RE INVITED**  
**2ND ANNUAL CAREGIVERS RECOGNITION LUNCHEON**  
**TAKE CARE TO GIVE CARE!**

Hosted by:  
Rod Z

Tuesday,  
November 13, 2018  
11 am - 1 pm

**Benvenuto Restaurant**  
1730 N Federal Hwy.  
Boynton Beach, FL 33435

Please RSVP by November 1, 2018:  
Call 561-369-2323 or email [ricky@htpbc.org](mailto:ricky@htpbc.org)

[Click Here to RSVP](#)

**Healthier Boynton Beach**  
Putting Caregiving Families at the Forefront of Our Community

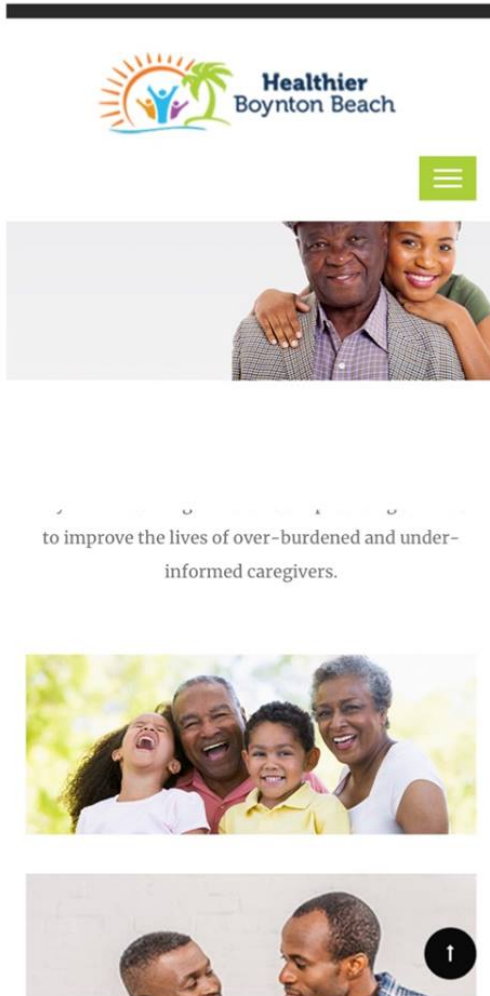
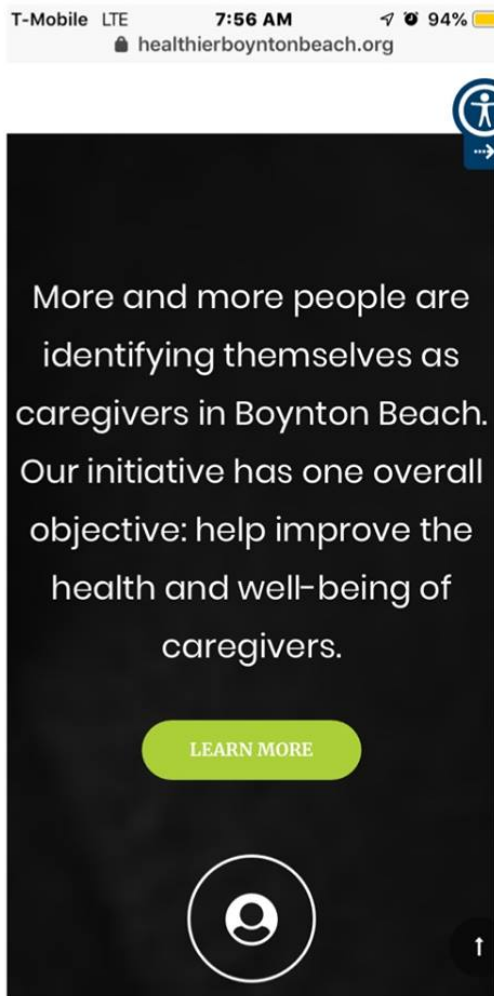


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**Healthier Boynton Beach Website – LIVE**

February 2019 – The website was completed

[Healthier Boynton Beach Website](#)



## **Racial Equity Institute**

02/06/2019 and 02/07/2019 – There has been a growing movement to build an inclusive, interdisciplinary coalition of civic stakeholders, community development practitioners, & grassroots leaders committed to advancing Racial Equity & Inclusion. The REI training was held at the Carolyn Sims Center both days. It was well attended with a diverse group of people, including the city of Boynton Beach Mayor Steven B. Grant. There were nearly 40 people in attendance. Although the conversation in the room was rich and emotional at times, the group learned valuable information that allows them to view race and equity from a difference perspective. Many of the participants were moved by what they learned and would like to continue these conversations.

[Sun Sentinel – Boynton Beach workshop presents ‘eye-opening’ look at racial inequality](#)



HEALTHIER BOYNTON BEACH &  
HEALTHIER LAKE WORTH PRESENTS

# RACIAL EQUITY WORKSHOP

FACILITATED BY NATIONAL EXPERT TRAINERS FROM  
REI RACIAL EQUITY INSTITUTE, LLC.

Boynnton Beach and Lake Worth residents and professionals are invited to come together to better understand and work towards ending racial inequity in our community.

"I learned that racism has to be taken apart brick by brick. Just like a castle that was built brick by brick, racism must be taken down the same way that it was built."  
- Religious Leader

**WHEN:** FEBRUARY 6TH & 7TH 2019  
(WEDNESDAY & THURSDAY) 8:30AM - 4PM  
**\*ATTENDANCE ON BOTH DAYS REQUIRED**

**WHERE:** CAROLYN SIMS CENTER  
225 NW 12TH AVE.  
BOYNTON BEACH, FL 33435

**RSVP:** RICKY@HTPBC.ORG OR  
CARMELLE.LAKEWORTH@HTPBC.ORG

Sponsored by:

**Palm Health  
FOUNDATION**  
Leading Change for Better Health









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### **2018 Legislative Green Book –CARE Act**

12/4/2018 – Healthier Boynton Beach advocated to enact the CARE ACT and was voted as one of two top priorities among health issues in the 2019 Legislative Green Book by the PBC Health and Human Services Council. The Council will be going to Tallahassee to advocate. The book is a summary of the top priorities selected by the Health and Human Services Community in Palm Beach County. The Green Book was presented to the PBC Legislative Delegation at a Summit held on December 4, 2018.

### 2018 Legislative Green Book

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### **Community Meeting**

2/18/2019 – Healthier Boynton Beach hosted the first quarterly meeting of the year. The 35 people attending included residents, youth, school staff, Heart of Boynton members and Mayor Steven B. Grant. Debbi, from Area Agency on Aging, was the presenter, sharing resources and services offered by their agency. The community was unaware of many of the services and was thankful to hear about them. Two of the mini-grant recipients spoke about their experience to educate the community about the ways in which their projects are enhancing the lives of caregivers. The meeting allowed the opportunity for residents to provide the following feedback about HBB and what they would like to see:

The following feedback was collected from residents:

- What is wanted: More support for self-help: meditation, exercises, etc.
- Have some information translated to Spanish and Creole
- CPR and Mental Health First Aid for caregivers/community
- 2019 Fearless Caregiver Conference



## Fearless Caregiver Conference 2019

The Fearless Caregivers Conference was held on February 27th 2019 in Boynton Beach at the Carolyn Sims Center. The conference was well attended and there was great energy in the room. Over 175 caregiver registered and 146 were present. There were 15 vendors that catered services and support to caregivers. Lots of laughs, wisdom, knowledge and resources were shared throughout the conference. Ricky Petty, Project Director for Healthier Boynton Beach received the Fearless Caregiver Advocate Award for his continued support and efforts to improve health outcomes in Boynton Beach. Noted successes and wins:

- Increase in attendance from residents from 33435 from the previous year
- Peer to peer support (Caregiver sharing information to assist and support each other)
- 15 providers present to provide resources and information



**FEARLESS CAREGIVER CONFERENCE**

**CAREGIVER 911** CAREGIVING SOLUTIONS START HERE

**LEARN HOW TO:**

- ▶ Balance family, work & caregiving
- ▶ Motivate family members to help
- ▶ Convince Dad to stop driving
- ▶ Persuade Mom to listen to you
- ▶ Legally protect your aging parents
- ▶ Secure the future of your adult child

Register at **CAREGIVER.COM** 954.362.8126

**BOYNTON BEACH**  
February 27, 2019

**Carolyn Sims Center**  
225 NW 12th Avenue  
Boynton Beach, FL 33435

**10:00 AM - 2:30 PM**  
LUNCH INCLUDED

**CONFERENCE HOST**  
Gary Barg  
Editor-in-Chief  
Today's Caregiver magazine  
Author of the books:  
*The Fearless Caregiver & Caregiving Ties that Bind*

**Limited FREE TICKETS for Family Caregivers**  
SPONSORSHIP OPPORTUNITIES AVAILABLE



## Mental Health First Aid

There were 17 newly trained nationally certified MHFA (Mental Health First Aid) trainers for Healthier Together communities and (3) are Healthier Boynton Beach Steering Committee members Gerda Klein, Margaret Newton, Charlee Rorie! Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or who are in a crisis, and connect them with the appropriate professional, peer, social, or self-help care. Each trainer will conduct at least 4 classes each year in the Boynton Beach community.

## Let's Move Challenge- Yoga in the Park

Healthier Boynton Beach hosted a yoga class with community partner, the Boynton Beach Mental Health Committee on March 2nd, 2019 to kick off our Let's Move challenge and provide the community with an opportunity to learn about stress relief and physical active lifestyle. The event was well attended with 19 individuals present.

- Opportunity to engage new caregivers
- Caregivers increased their physical activity
- Involved caregivers and community in the challenge



### **Mini Grant Workshop**

HBB Mini Grant Workshop was held on March 13th 2019. It was facilitated by two of our steering committee members, Kemberly Bush and Deanna Warren. Applicants gained a great deal of knowledge about grant writing. There were 14 organizations present representing local churches, sororities, fraternities and other nonprofit organizations. The objective of the workshop was to build capacity to increase the understanding and knowledge about applying for grants that will enhance the lives of our caregivers. Our grant Announcement date will take place at the next Community Meeting on May 20th 2019.

### **Lessons Learned:**

#### **Utilize our Youth**

Youth from the Healthier Boynton Beach summer youth program participated in the Sense Maker project. The youth collected 300 stories for the project assessing community feelings about control and ability to formulate and execute their own solutions. HBB hosted an insight to action group that included youth from Boynton Beach Delray Beach



and Glades to participate. Rickia and Devonte, collected many of the stories for Boynton Beach. They participated in an insights to action group making sense of all the stories and sharing the information with the group.

### **Change is Good**

Looking forward, the Resource & Data workgroup learned about four quadrants and realized that changes would be needed to the survey to obtain gather the needed information;

1. How much did we do?
2. How well did we do it?
3. How many are better off?
4. What % are better off and how are they better off?

The workgroup has consistently worked at revising the survey to capture a new baseline and potential impact. The group will continue measuring the number of caregivers, their circumstances, potential changes in circumstance over time and if HBB has helped them on their journey.

### **Opportunity to Engage**

During the first quarter Community meeting, Healthier Boynton Beach recognized that there were a population of caregivers in the community that has not be engaged. The Haitian/Cerole population has a large number of family caregivers that provides care for loved ones with limited support. It was understood that more efforts are needed and ideas were discussed to engage this population.

### **Top three things you are proud to have accomplished through your work with Healthier Together:**

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1. HBB Website – [www.healthierboyntonbeach.org](http://www.healthierboyntonbeach.org) - The website has elevated the visibility of HBB and allow family caregivers locally and nationally the opportunity to learn about the exciting things that are taking place in Boynton Beach. Caregivers and HBB affiliates can quickly direct other to the site to learn about calendar events, recent activities and updates.
2. Selection of HBB VISTA Volunteer - Administrative support for the Project Director has been a challenge for the previous two years. It was challenging for him to juggle the workload, attending meetings and completing administrative tasks without an assistant. There were attempts to bring on board a VISTA volunteer, however there were challenges within the process. HBB has worked through the challenges and now have a VISTA Volunteer to assist and build community capacity in the community with the Project Director.

3. Committed Steering Committee - Healthier Boynton Beach has a dedicated committed steering committee. Nearly 50% of the committee has been a part from the conception of the initiative and the entire committee continue to work diligently collectively to impact the lives of family caregivers. HBB is proud to keep this wonderful dynamic committee together.

## Top three challenges you have faced with your work with Healthier Together:

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1. Engaging the Haitian/Creole speaking population has been a challenge for HBB. The committee has implemented strategies to help us overcome this challenge.
2. Expanding partnerships to engage more of the faith based community in the 33435 zip code area. This will allow us to cross cultural divides and build a unified vision for change. Our faith based organizations are born of a history of providing services and supports. Churches provide access to the community (particularly for those “hard to reach”) because they are trusted. HBB is focus on providing support for all family caregivers.
3. HBB has also been challenged with developing and printing a Community Family Caregiver Resource Guidebook that will provide residents with the information, at their fingertips, to assist with navigating the family caregiving systems and services that are available to them.

## Next Steps:

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### **Revise Caregiver Survey**

- o Data & Resource workgroup will review current survey
- o Identify questions related to four quadrants
- o Minimize the amount of questions on the survey
- o Review final survey with steering committee

### **Engage Haitian/ Creole population**

- o Translate HBB marketing material
- o Host HBB meeting for Haitian/ Creole population
- o Identify Haitian/Creole speaking person to be a part HBB steering committee and/or workgroup.

### **Engage Faith-Based Community**

- o Meet with the Boynton Beach Clergy Coalition
- o Visit local churches in the 33435 zip code and distribute HBB marketing materials
- o Partner with local churches to sponsor family caregiving activities and events

### **Continue Race and Equity Conversation**

- o Participate in other conversations around the county

- o Partner with Healthier Delray and Healthier Lake Worth to join efforts and generate new ideas
- o Host Groundwater training for stakeholders, community members that are unable to attend 2-day workshop.

### **Create a Family Caregiver Resource Guide**

- o Utilize VISTA Volunteer for assistance
- o Work with Resource and Data workgroups to gather information from survey results

### **Additional Media:**

[Healthier Boynton Beach and Healthier Lake Worth host a Racial Equity Institute | 02/06/2018 & 02/07/2018](#)  
[ Post ]

