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Progress Report 2020-2021

Bike Rack Sponsorship Program - 2020

Local Businesses and organizations sponsored 20 bike racks throughout Torrington and Winsted to help promote physical activity and provide safe and convenient places for people to park their bikes while they do errands, go to the park, stop at the library or go to school.



Projects in Process- 2021



Winchester's Mad River Recreation Area Trail Improvement Project

One of the cornerstones of Fit Together's Mission is to create accessible, low cost exercise opportunities for all community members. We were looking for areas to expand or improve walking and biking options and discovered Winchester's Mad River Recreation Area. We walked the property with members of Winsted Trails and agreed with the appropriate trail improvements the area could benefit the community greatly by becoming a beautiful destination for walking, hiking, and biking.

Steps Made to Date:

- Created a Concept Map of area.
- Gained community wide support for project including Town of Winchester, Mayor of Winsted, Winchester Land Trust, Winsted Trails, Charlotte Hungerford Hospital, NW Hills Counsel of Government, Highland Lake Association, Friends of Main Street and the Economic Development Commission.
- Obtained DEEP approval for phase one planning and design.
- Hosted and guided a 3 mile Mad River Friends and Partner hike.
- Consulted with trail design firms with the goal to complete a trail design plan by spring of 2022.

Community Projects

Completed Projects - 2020

Sue Grossman Still Water River Greenway Linear Fitness Trail
Ribbon Cutting August 2020



Fit Together funded and teamed up with Torrington Parks and Recreation to install six pieces of fitness equipment along the trail providing all our community members from kids, families to older adults easy, inexpensive opportunities to get more movement into their lives. Fit Together placed QR codes on each equipment sign linking directly to a how to video performed by Fit Together Staff.



Executive Summary

Well, what a couple of years it has been! When Fit Together first formed ten years ago no one would have imaged the transformation and adaptations we have been through. Initially, funded with a Sam's Club grant through the YMCA of the USA, as a group of volunteer community based organizations, we began empowering our community to make the healthy choice the easy choice; we supported school gardens, assisted in school wellness policies and promoted ways to get physical activity every day. By 2014 we hired our first Fit Together Coordinator and adapted Let's Go Maine 5210 model developing partners with early childcare centers.

In 2018 with the support of a five year, \$500K grant received from Hartford HealthCare as a result of their affiliation with Torrington's Charlotte Hungerford Hospital, Fit Together has been able to advance our mission to build the healthiest kids, families and communities through sustainable strategies that foster healthy eating and active living.

We were on our way- expanding our partner reach by adding more early childcare centers, signing on schools partners, pediatricians and began to award GOLD level partner status and our first round of mini grants. Late in 2019 it looked like our count of Gold Partners would blossom ... and then the pandemic.

Due to COVID-19, Fit Together like so many others has had to shift the way we do our work in order to continue to support the children, families and adults served by our initiative. It has been challenging but at the same time an opportunity for creativity. This annual progress report provides a picture of the work that was accomplished throughout 2020-2021.

I want to thank our many partners, our Steering Committee and coordinators who are working in our community. You help us implement healthy eating and active living strategies, and continue to adapt during this difficult time. We are stronger together!

As I look back on these past ten years- I see the momentum we have sustained and the changes Fit Together has helped support, and I am confident the next ten year years we will continue to build a healthier community. I hope you enjoy reading this progress report. Please reach out to me with any questions or comments. I'm always a phone or ZOOM call away.

Be Well,
Carla H. Angevine, Fit Together Executive Director

PARTNERS



Steering Committee Members:

- **Carla Angevine**, Executive Director Fit Together, Manager of Community Health and Health Promotion Charlotte Hungerford Hospital
- **Michelle Brady**, Director of Nursing Community Health and Wellness
- **Greg Brisco**, CEO, Northwest CT YMCA
- **Elinor Carbone**, Mayor, City of Torrington
- **Michael Curi**, MD, Pediatrics and Adolescent Medicine
- **Joanna Keyes**, Public Health Specialist Torrington Area Health District
- **Shannan Kinsella**, Winsted Childcare Center Director
- **Jennifer Kelley**, Winsted Senior Center Director & Municipal Agent
- **Rista Malanca**, Director of Economic Development, City of Torrington
- **Brian Mattiello**, Senior System Director for Social Impact, Strategy and Integration, Charlotte Hungerford Hospital
- **Christina Mera**, New opportunities Inc., CT Food for Thought
- **Karen Thomas**, Friendly Hands Food Bank Director
- **Anne Vitali**, Torrington Public Schools

Staff:

Carla Angevine- Executive Director
 Jessica Stewart- Youth and Families Coordinator
 Kim Beal- Community Coordinator



Farmers Markets – Summer 2021

Offering seed plantings, food demos, recipes, scavenger hunts and physical activity games.



First Fit Together Hike Fest at Burr Pond – October 2021

Blue skies and peak autumn leaves were the backdrop for a celebration of all things hiking in northwest Connecticut, including a kid's scavenger hunt, guided hike options from the Torrington Trails Network. CT DEEP provided information on their programs for families, community educators offered natural materials for making bracelets, and all hikers were treated to delicious apples donated by March Farms.



Celebrating **NEW** 5-2-1-0 Schools

Fit Together was excited to sign up four new schools from Region 6 and Litchfield. They are busy organizing their school wellness teams and hope to reach GOLD level status by the end of the 2022 school year!

- Goshen Center
- Litchfield Center
- Litchfield Intermediary
- James Morris



Community Collaborations

Sue Grossman Greenway Scavenger Hunt - June 2021



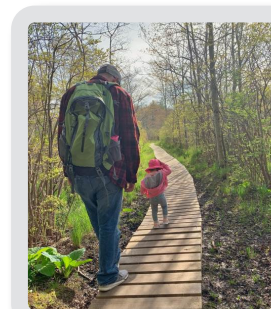
Our "Rock the Sue Grossman Greenway Family Fitness Scavenger Hunt" brought together over 50 people (and a few furry friends) who came to search for hidden rocks while experiencing the great opportunities for fitness on the Greenway. Families who completed the full course walked over 4 miles and found 9 different clues! We ended the event with a raffle drawing and sent some happy families home with prizes to inspire more active family fun together.



Fit Together Goes Virtual

Healthy Habits Photo Contest

Spring of 2020 we awarded weekly winners with gift cards for the best healthy habits shot.



Fit Together at Home - Cook n'Learn and Fitness Fun

Free six week virtual class where kids made healthy treats with the guidance of a Registered Dietitian Nutritionist and got moving with two of the YMCAs fitness instructors.

Caitlin Vinuelas one of the fitness instructors said "it was a great opportunity to get kids moving from home, they would log into Zoom before we even got there."



One participant added; "We have so enjoyed our Monday night cooking class with you- it has given us some special bonding time, thank you so much for your dedication to education and making healthy eating fun!"



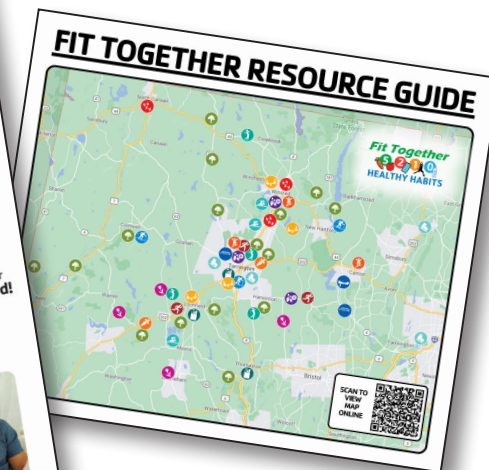
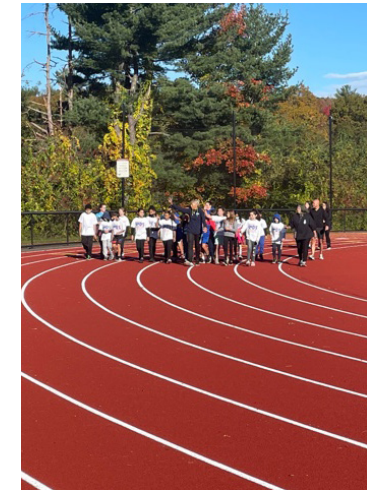
Visit The Park Contest

The contest encouraged people to get out and explore one of the many parks featured on our new resource guide.



Litchfield Montessori
Story Walk

Kids Torrington
Marathon 2021



Winsted
Childcare Center
Outdoor Play
Equipment



Winsted YMCA
Camp Golden
Arrow - gardens

Torrington Middle School Community Fitness Trail and Snow Shoes



PAL
Portable Hoops



Winsted Senior
Center:
Dancercise

Fit Together Celebrates its 5210 Gold Partners

These gold level sites were identified because they instill a positive relationship with food and enthusiasm for healthy choices by promoting evidence based strategies such as limiting or eliminating sugary drinks, promoting water as the drink of choice, prohibiting the use of food as a reward, limiting unhealthy choices during snacks and celebrations, and providing opportunities for physical activity outside of recess on a daily basis. They also offer practice specific, obesity prevention program components that include providing consistent 5-2-1-0 messaging in offices.

CHILDCARE:

- Brooker Memorial
- Torrington, East School and Winsted Head Start & School Readiness
- Hill Top Christian Early Learning Center
- Torrington YMCA Childcare
- Winsted Area Childcare
- Litchfield Montessori – New
- Torrington Childcare Center – New
- Batcheller Early ED Center – New



SCHOOLS:

- Torrington Public Schools – New
- Oliver Wolcott Technical High School – New

PEDIATRICIANS:

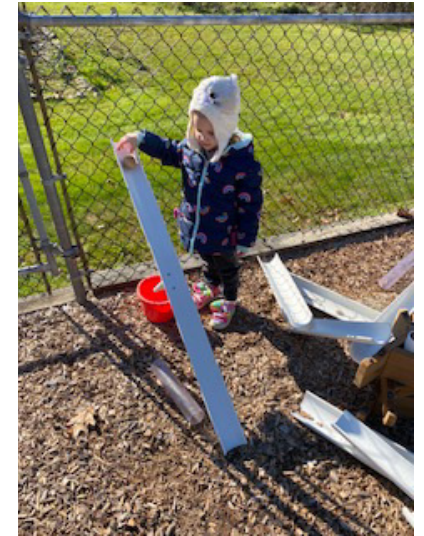
- Litchfield County Pediatrics
- Dr. Curi and Dr. Magda
- Litchfield Hills Pediatrics

Supporting our Partners

Fit Together awarded **22 mini grants** to Northwest CT organizations supporting projects that align with Fit Together's NWCT's mission and Strategies Spring 2020- Fall 2021.

- YMCA - Bottle Filling Stations Torrington and Winsted locations
- Future Foundations - Outdoor classroom
- Winsted Senior Center - Farm to Senior Center Table, Senior Fitness Program
- Forbes School - An Active Recess for all Students
- Litchfield Montessori School - Story Walk
- Torrington PAL - Basketballs and Portable basketball Hoops
- Winsted Childcare Center - Outdoor Play Equipment
- Winsted YMCA Camp Golden Arrow - outside seating and gardens
- Hilltop Christian Early Learning Center - Outdoor Classrooms
- New Hartford PTO - Project Playground
- Kids Marathon - Torrington Kids Marathon
- Future Foundations - Infant Gross Motor Outside Area
- Goshen Center School - Hands Free Water Filling Station
- Pearson - Sensory Hallways
- Torringtonford Gaga Pits
- Torrington Middle School - Community Fitness Trail (15 stations) and Snow Shoes
- Torrington High School Advisory Recreation Activity - Corn Hole Games
- Vogel Wetmore Hydroponic Garden at Vogel-Wetmore
- Vogel Wetmore - School Garden
- Winsted Lions Club - Helping Our Cub Scouts

Hilltop Christian Early Learning Center and Future Foundations Outdoor Classrooms



New Hartford Project Play ground

