



HEALTHY  
NEWALBANY

Healthy New Albany

**Our Annual Mission  
& Impact Report**

*Based on 2021 Results*

EQUIPPING A **HAPPIER,**  
**HEALTHIER** COMMUNITY

FOOD PANTRY • FARMERS MARKET • COMMUNITY GARDEN • RACE SERIES  
COMMUNITY PROGRAMS • SENIOR CONNECTIONS • SCHOOL OF YOGA

# A letter from Angela



As I reflect on the last three years, *what I know now more than ever is that community matters*, people absolutely need one another, and our *health and wellbeing is central to happy, productive lives*. While it hasn't been easy, I'm grateful for the obstacles and challenges that I've faced personally, and those that we have faced as a community and as an organization. I believe it has sharpened our focus, clarified priorities and provided a renewed sense of passion and dedication. *I'm compelled now more than ever to focus on how we can touch lives, inspire well-being, make meaningful connections, and cultivate healthy living for anyone we come into contact with.*

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*Health and wellbeing is central to happy, productive lives.*

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I see our organization as a catalyst for change, a group of dedicated individuals committed to uplifting our community, sharing the *power of upstream prevention* and the *value of community health*. Over the last two years, our program offerings have tripled, growing in beautiful and unique new ways, and we've only just begun.

As we near the end of 2022, I hope to celebrate how far we've come, and look ahead with a renewed vision for what is yet to be. With a happy heart and in the spirit of service we offer this snapshot of our work and *our heartfelt wishes to bring well-being to all members of our community and beyond*. Thank you to our many donors, supporters, and partners: without you we would not be here. Your gifts, talents, and generosity helps us change lives.

In gratitude,  
**Angela Douglas**

*Together we can do great things.*  
- **Mother Teresa**



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# Health Report & Year in Review

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## CREATING HEALTHY OUTCOMES

Locally born and locally grown, Healthy New Albany is committed to cultivating and inspiring healthy living. Our vision is to enrich the well-being of our community through health promotion, education, engagement and partnership.

Health is about equipping and nourishing the mind, the body, and the soul. It's understanding what you need to thrive, and we're here to help our community by providing access to the resources that will help them get there.

We know the factors that affect individual and community health are many and complicated, which is why we strive to address as many as possible by engaging with our community and partnering with them through programs and services that promote health, healthy choices, and healthier communities.

**121,195**

lbs of food  
donated

Nearly  
**400**  
programs

**872**  
volunteers

**5567**

volunteer  
hours

**1902**

race  
participants

**21,000**

summer meals

82% increase in New Albany families using the food pantry since 2019

# Big Program Reviews

## FOOD PANTRY

Our original and ongoing mission to eliminate food insecurity in our local community is still one of our most in-demand and important services. Not only have we been able to feed hundreds of community members and students, but the Food Pantry also continues to serve as a source of beneficial programming to meet additional needs as they arise, such as **culinary programs, Summer Meals, and the recently added Conversation Partners.**

**144,081**  
meals provided

**873**  
clients served

**40%** kids  
**10%** seniors

**244**  
households

**23%**  
new families

**85**  
food drives

**44,068**  
lbs of donated  
food

**77,128**  
lbs of food from  
Partner Pickups

**\$212,000**  
value of donated  
food by weight

## SUMMER MEALS PROGRAM



**21,000**  
meals provided  
- breakfast & lunch



**190**  
students in NAPLS  
district



**90**  
households - 15 new

## CONVERSATION PARTNERS

Our **Conversation Partners** program fills a unique need identified in our community. One of our English Language Learners reported the improvements they made from practicing with their partner helped them get a new job.



**70**  
participants



**1,200**  
hours logged in  
Rosetta Stone

# FARMERS' MARKET

Our **Farmers' Markets** have expanded their services, adding SNAP and Produce Perks this year, and on-site corporate markets. Markets also gave away 34 community spaces free of charge this summer, improving our community's access to a number of causes and services.

**5**  
indoor  
markets

**13**  
outdoor  
markets

**83**  
summer  
vendors

**37**  
winter  
vendors

**\$211**  
distributed in  
SNAP/produce  
perks

*The Healthy New Albany Farmers Market time of 4 -7 pm on Thursdays is a nice alternative to the busy Saturday morning markets. You can pick up things to fix for dinner that night! In a shady, central location in the town, there is often excellent live music that lends a festive air. There is always a nice variety of vendors, from fresh, organic berries and veggies, local meats, fresh flowers, baked goods, pasta, and even homemade frozen pizzas. I also enjoy the wonderful assortments of hand lotions, candles and spices. There are also food trucks parked in the back next to the library. Check it out!*

*- Gayle S.*

# NATURE

Connecting people to our local green spaces creates a reciprocal relationship that often involves healing, gratitude, clarity, relaxing and lowering stress, and inspiring stewardship and care. These are foundational to community and individual wellness. Spending time connecting with the natural world can be simple, yet, profound.

HNA Nature Programs started with one program in 2019. **Today, we have over half a dozen unique nature programs for our community:**



Toddlers in Nature



WOW



Rewild Child



Yuck!



Community and Family  
Park Clean Ups



Outside/In-Senior  
Connections *(serving the  
55+ community)*



Season Hikes

**2021:**  
**57** programs  
**538** attendees

“Nature has benefits for both physical and psychological human well-being.”

**Dr. Lisa Nisbet**, Trent UN Ontario Canada,  
*American Psychological Association, 2020*



**A 2020 EPA reports** that the average American adult spends **93%** of their day indoors, **6%** in their cars and less than **7%** outside

**The average American,**  
as of 2019, **spends 10 hours**  
**a day on a screen**



**Studies point in one direction:**

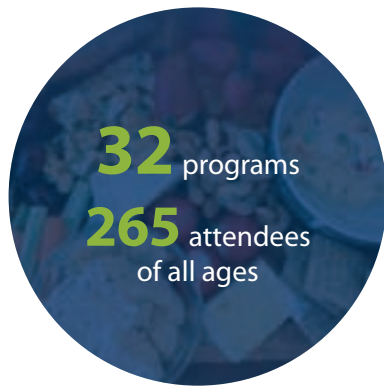
Nature is not only nice to have, but it is a have-to-have for **physical health** and **mental function**

from **Yale Environment 360**, *Luisa Rivera*, 7/13/22

# New Program Highlights

## NOURISH

Our **culinary programs** put on a variety of diverse programming this year, including bilingual and multicultural cooking programs, and designed programming to be accessible for everyone from students to seniors, bringing together our community to learn essential skills, enjoy new foods from new cultures, and combine the fun of communal interaction with the *joy of food*.



## Nourish Cooking Programs



### Nourish Cooking Classes

Join Chef Sharon Dunn for cooking classes with a fun and different themes each time.



### Nourish The Pantry

Cooking classes led by Chef Eileen Pewitt and a special guest. Proceeds from these classes benefit the HNA Food Pantry.



### Nourish Jr.

Young chefs learn fundamental cooking skills in a fun, hands-on environment.





## HAPPY HOUR

Designed to strengthen bonds and build relationships in communities, these complimentary **happy hours on the Heit Center Patio** are free to attend and feature wine, snacks, and friends both new and old.

5

gatherings during  
the summer  
months

100+  
attendees

5

featured  
sponsors

## LUNCH + LEARN

Featuring panel discussions from community members, invited guests, and subject matter experts, **Lunch + Learns raise awareness about critical health issues, connect communal resources, and provide a local perspective.** They are also recorded and uploaded to the HNA YouTube page for later access.

9

Lunch + Learns

270  
attendees

# RACES

Whether you're walking or running, the HNA Race Series celebrates movement, physical activity, community, and highlights the scenic views of our local parks and neighborhoods.

And the races continue to grow! For example, in 2022, the Walking Classic, the largest walking-only race in the country, is bringing back the half marathon. Due to overwhelming requests from participants, walkers will have the option to walk either the traditional 10k distance (6.2 miles), or a half marathon (13.1 miles).

These races are tremendous community events, but they are also critical to our operations, as 100% of funds raised through them go to support Healthy New Albany programs and initiatives.



KIDS MARATHON

- **623 participants** in 2020 (virtual)
- **19** zip codes
- **3** states



WALKING CLASSIC

- **1300** in 2021
- **191** zip codes
- **22** states
- **2** countries



ROSE RUN

- **602** participants in 2021
- **67** zip codes
- **9** states



MOTHER'S DAY 5K

- **310** participants in 2022
- **78** zip codes in 2022
- **7** states in 2022



CHILLY CHILI MILE

- **297** participants in 2022
- **43** zip codes in 2022
- **3** states in 2022



WALKING CLUB

- **78** members
- **23** zip codes in 2021, 20 in 2022
- **2** states



## Walks & Runs

Over the last year, **more than 1900 runners, walkers, and movers participated in an event** – including virtually – helping us raise funds, awareness, and activity levels in the name of healthy lifestyles.



# INTEGRATIVE

Relaxing and restoring, our Integrative Programming offers participants of all ages and skill levels an opportunity to feel less stressed, less anxious, and less exhausted.

Programs like Yoga Foundations, Urban Zen, Move Better for Life, Tai Chi for Arthritis + Fall Prevention, and Chair Yoga combine adaptable physical activities with meditation, breathing exercises, aromatherapy, and other fundamental practices.

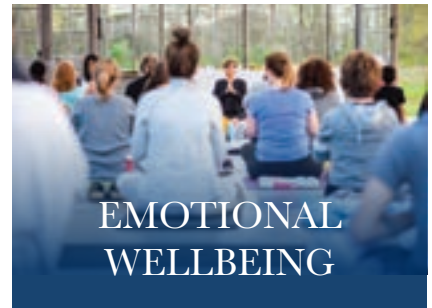
These programs are physically restorative as well as mentally therapeutic, and are designed to reduce pain, increase balance, flexibility and stability, and give participants a feeling of ease and a sense of calm that will carry them throughout their day.



# SENIOR CONNECTIONS

**Senior Connections**, a partnership between the City of New Albany and Healthy New Albany, is a **comprehensive, dynamic, and multi-faceted program** for aging adults designed to engage and inspire! Healthy aging programs focus on physical, emotional and mental health, nutrition, continuing education, social and civic engagement and all of the many aspects of life and aging that are of interest to our community.

In the last year, Senior Connections has doubled its number of events and increased membership. Events and groups like Senior Connections at Night, Pinterest Craft Club, Tuesday Card Play and Tech Tutorials focused on topics that promote physical fitness, socializing, technology, and more.



**1,000+** connections  
**170** members

# Volunteer Experience



## Cian Bagenstose

Cian started volunteering as a NAPLS student, teaching technology for our Senior Connections, serving brunch and helping run games of BINGO.

Right away he became an avid and active member of HNA's wonderful volunteer team, using his experience for his Senior Seminar Project and accumulating over eighty volunteer hours with Senior Connections, doing whatever was needed for Farmer's Markets to run smoothly, and helping with almost every aspect of the Food Pantry.

Cian credits his volunteer work with teaching him numerous valuable skills that will help him after high school, like professionalism, working with others, dealing with adversity, stepping up and being a leader, and gratitude.

He has also already seen how his spirit for service has improved his life through the relationships he's found, and he better understands his ability to impact and inspire others – to be a role model – through the recognition he's received from younger students.

A very active student, Cian worked hard to stay organized and juggle all his activities and responsibilities, like playing football, participating in National Honor Society, leading his school's student section during events, fostering a positive school environment as part of the Soar Leadership team, and even doing the morning announcements.

He openly expresses his thanks for his support system of his parents, teachers, friends, and others who understand that he's doing a lot, and that while he may not make it to every practice or appointment, he's working hard to make a positive impact on his community, and we think he's done a fantastic job of it!

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*“Overall, during my time with Healthy New Albany, I gained so much more than eighty simple project hours. I gained a family, lessons that will guide my work for the rest of my life, and a direction,”*  
**Cian says.**

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Now graduated, Cian is heading to Notre Dame this Fall to continue his education, and he's already prepared for service projects, helping the homeless and integrating into the community, taking the lessons he learned at HNA and using it to help others, wherever he goes.

All of us in the HNA family want to say thank you to Cian for making a difference and having a wonderful impact on us all – and we wish you luck at Notre Dame. We know you're going to do great things!

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*“When I walk into HNA, I walk into embraces, enthusiastic greetings, cheers, and compliments galore. Whenever I complete a task, I am reinforced with gracious spirits. Whenever I need help, I am met with patient and accommodating voices and thorough instructions. ”*

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*“When I think of HNA,  
I think of family”*



# OTHER PROGRAMS



**45**  
purchased  
plots

**100+**  
participating  
gardeners

**2**  
Tower Gardens  
in NAPLS

**100+**  
participating  
students

## Community Gardens

Our gardens are growing a stronger, healthier community – together! Our gardens include not only the original location between New Albany Village Hall and the New Albany Police Station, but also multiple tower gardens growing at multiple NAPLS locations.



**10** programs  
**250** attendees

## Ask the Expert

Accessible both in-person and virtually, our Ask the Expert series invites medical professionals, community leaders, and other local authorities to provide their insight and give an in-depth discussion of otherwise complicated issues that impact the health of the groups comprising our community.



# Volunteers Donors & Staff

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## Volunteers

Where would we be without our amazing volunteers? HNA has been honored to have hundreds of volunteers help us with our programs and events, with the largest numbers helping with the Food Pantry and Walking Classic. Combined, these wonderful people volunteered thousands of hours over the last year, helping others and building a healthier community.

- **420** HNA volunteers
- **188** Pantry volunteers
- **3,877** pantry volunteer hours
- **74** approved pantry students
- **264** NAWC volunteers
- **5,566.76** total volunteer hours across all services



## Donors

From individuals and families, to organizations and companies, HNA saw many new and ongoing donors in 2021, keeping our organization going and growing, increasing our ability to promote healthy living, and helping us increase and improve our programming.

- **450** new donors
- **276** unique individual / family donors
- **262** unique in-kind donors
- **9** employee gift programs
- **30** Amazon Wish List donations
- **478** new donors (all types) 2021
- **733** active donors

## Staff

HNA had 3 full time and 12 part time staffers in 2021, and the importance of their efforts organizing events, coordinating volunteers, keeping our programs up and running and doing any and everything else cannot be overstated.

**Thank you all for believing in our mission!**



# Participant Experience



## Tina Love

Tina worked at OSU in Student Affairs for 35 years, and during those years she stayed active not only through employee programs, but also by walking everywhere. Whether she had to get to a meeting upstairs or across campus, she'd put on her sneakers and get moving.

After she retired, though, Tina needed to find new ways to stay active.

A couple years ago, a friend invited Tina to participate in the NAWC, and after she finished walking the Classic, she checked out the tables for more information about HNA and started signing up for programs.

As Tina puts it, things mushroomed from there. She signed up for Move Better for Life, Mindful Walks, Chair Yoga, Urban Zen, Senior Connections, and more. Tina got really involved.

At age 70, staying active is more important than ever for Tina. Not only does she have grandkids who like to challenge her to pushup and plank contests. But she also understands the connection between physical fitness and mental health. After seeing how sedentary lifestyles affected close family members, Tina is dedicated to staying physically active, mentally alert, and being able to take care of herself as she gets older, and HNA is helping her do just that.

Tina also praises the instructors running the programs. Molly is full of information about nature and makes walks interesting, Lori makes sure her classes are warm and inviting, and Thalia is great at modifying movements so everyone can participate, for example.

When Tina found HNA, it was because a friend invited her to the Walking Classic, but she joined the other HNA programs by herself, and now, she's become so active that she and a group of ladies she met at HNA have started getting together on their own to walk in the morning once a week.

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*“It’s important to  
move your body.”*

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Also, Tina lives in Westerville, and the other ladies she walks with live in Upper Arlington, Worthington, and other nearby towns. This speaks to how HNA's programs have a great potential to build a larger community throughout Ohio, with their benefits mushrooming into more positive relationships, healthier lives, and stronger communities.



# Healthy New Albany **is**

As an independently operated 501(c)(3) non-profit, all of Health New Albany's programs are funded by generous community donors, grantors, small businesses, and corporate partners.

The challenge of meeting our community's needs continues to grow. Food prices have quadrupled in recent years and supplies have fallen, but demand has risen. However, Healthy New Albany is more driven and committed than ever to address and meet the health needs of our community, and we're just getting started.

While we grow as a national model for community health, we remain focused on New Albany and its ever-changing needs. And as we strive to meet the growing needs in our community and beyond, your support is central to us continuing this important work. Lives are changed by the work we can do, together.

**Contact Angela Douglas to learn how you can support Healthy New Albany.**

**Angela Douglas, Executive Director**

150 West Main Street, Suite B,  
New Albany, Ohio 43054

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[angela.douglas@healthynewalbany.org](mailto:angela.douglas@healthynewalbany.org)  
[healthynewalbany.org](http://healthynewalbany.org)



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