

22nd Annual Southern Plains Conference

Wednesday, February 16, 2011

Home Mercantile Building & Community Hall, Nazareth, TX

What Makes Communities Healthy?



Accommodations

Nazareth, Texas is located 12 miles east of Dimmitt, TX and 20 miles west of Tulia, TX on Highway 86 (19 miles west of Interstate 27). While there are no motels in Nazareth, there are a variety of motels within 20-40 miles:

In Tulia: Select Inn (806-995-3248) Lasso Motel (806-995-3007)

In Hereford: Holiday Inn Express (806-364-3322)

In Canyon: Holiday Inn Express (806-655-4445)

Exhibit Booths

Exhibit Booth rental space is available for the workshop at \$65 per booth (fee includes one registration).

Contact Darryl Birkenfeld at 806-945-2255 if interested.

Ogallala Commons, convener of this conference, is a nonprofit resource development network offering leadership, education, and technical assistance to reinvigorate commonwealth for communities in the High Plains-Ogallala Aquifer region.

To learn more, visit our website: www.ogallalacommons.org

Silent Auction

Here is a great way to contribute to the health and wellness of Ogallala Commons...support our Silent Auction set up at the Nazareth Community Hall during the Southern Plains Conference on Feb. 16th. You will find unique and delightful items: local foods and meats, prints by photographer Jim Richardson, landscape consulting, gardening tools, art works, rare books. The Silent Auction closes at 2pm, and proceeds from the auction will help Ogallala Commons grow its mission of building commonwealth communities.

Questions? - Contact Darryl Birkenfeld at 806-945-2255.

Southern Plains Conference

c/o Ogallala Commons

P.O. Box 346

Nazareth, TX 79063

Sponsored By:



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MEMBERSHIP IN THE COMMONWEALTH OF HEALTH

When it comes to health care, Americans find a lot to argue about these days. But something is missing in these heated debates. Shouldn't we begin by talking about what we mean by health? Essayist Wendell Berry writes that "community is the smallest measure of health, and that to speak of the health of an isolated individual is a contradiction in terms."

Starting from this premise, presentations at our Southern Plains Conference will explore community health as a participatory work, and an unbreakable circle of interdependent dimensions: environmental, economic, social, physical, mental, spiritual, and emotional health. Join with us as we re-member these dimensions and reacquaint ourselves with the tools necessary to develop an inclusive practice of community health that fits our time.

CONFERENCE SCHEDULE

- 8:15am **Welcome**
Linda Raser, CEO, Plains Memorial Hospital, Dimmitt, TX
Jim Koulovatos, CEO, Swisher Memorial Hospital, Tulia, TX
- 8:20 **Conference Overview**
Darryl Birkenfeld, Director, Ogallala Commons, Nazareth, TX
- 8:30 **"A Salubrious Country"**
J. Michael Harter, History Teacher, Ascension Academy, Amarillo, TX
- 8:50 **Understanding & Appreciating the Development of Wellness**
Elaine Sullivan, Counselor and Educator, Dallas, TX
- 9:15 **What Makes Communities Healthy? A Panel Presentation**
Nutritious Food and Physical Activity
Morgan Dezendorf, High Plains Food Bank, Amarillo, TX
Vibrant Local Economies
Brian Dabson, RUPRI, Columbia, MO
Educated Health Consumers
Joann Starr, Christus Health, Nazareth, TX
Local Social Services
Donna Montes, Catholic Family Service, Dimmitt, TX
Resilient Ecosystems
Courtney White, Quivira Coalition, Santa Fe, NM
- 10:10 **Break - Exhibit Booths and Silent Auction Viewing at the Nazareth Community Hall**
- 10:55 **Community Health Observation Teams... A Walking Activity**
- 12:10pm **Lunch - Locally Produced Food served at Nazareth Community Hall**

- 1:00 **Community Forums as a Tool for Building Health**
- 1:30 **Dealing with Unhealth...the Flipside of Striving for Health**
Fr. Ken Keller, MSW, pastor of Holy Family Church, Nazareth, TX
- 2:00 **Break (Silent Auction Closes)**
Move to Home Mercantile for final presentations
- 2:10 **Resources for Building Healthy Communities**
Brian Dabson, RUPRI, Columbia, MO
Shannon Kirkland, F. Marie Hall Institute for Rural & Community Health, Texas Tech University, Lubbock, TX
Joe Franco, Azteca Economic Development, Dimmitt, TX
- 3:00 **The Promise of Health: Action Steps ... A Panel Presentation**
Moderator: Tabitha King, Texas Tech University, Lubbock
OC Rural/Community Health Intern
- 3:30pm **Adjournment**

REGISTRATION: \$50 PER PERSON

Participants can register for the Southern Plains Conference online at www.ogallalacommons.org under the Events button on the home page or mail in this form with payment. Anyone registering online must also pay online with credit card.

Early Bird Discount!!! \$40 per person

(Payment must be received by mail or online by Friday, January 28th to qualify) Student Price (high school and college) \$25.

Make checks payable to: **Ogallala Commons** and mail to:
Southern Plains Conference, P.O. Box 346, Nazareth, TX, 79063

I am registering to attend: 22nd Annual Southern Plains Conference

Name _____

Address _____

Phone _____

Email _____

Which dimension of community health are you most interested in? Please circle two:

Environmental--Social--Economic--Emotional--Spiritual--Physical--Mental