



REACHING TOGETHER

REACH (RACIAL ETHNIC APPROACHES TO COMMUNITY HEALTH)
GRANT NEWSLETTER

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Message from the REACH Program Director

Greetings and well wishes from the REACH team at RAO Community Health! It is hard to believe that we are already at the end of our second grant year. Time has flown by! While COVID-19 has greatly changed the way in which we have been able to work and delayed some activities, our team has made great progress in developing partnerships with community partners and accomplishing goals despite the pandemic. Currently, we are in the final planning phase for Year 3 activities that are set to begin at the beginning of October. We look forward to continue building upon the great work we have laid the foundation for during Years 1 and 2, and we are excited to share some of these updates with you!

Best Regards,

Ashley Carmenia

Creating Complete Streets in Charlotte



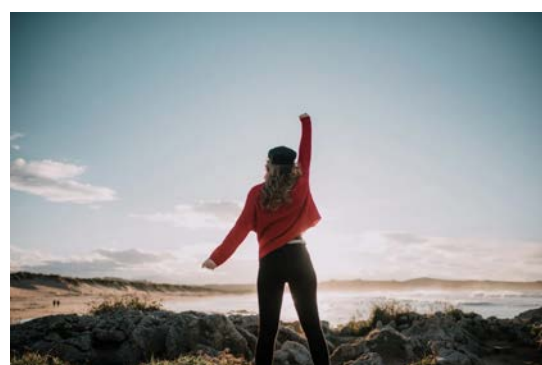
Smart Growth America
Improving lives by improving communities

Our partners at Sustain Charlotte have done some amazing work with the West Boulevard Neighborhood Coalition and Lakeview Neighborhood Alliance throughout this grant year! In July, RAO and Sustain Charlotte partnered with [Smart Growth America](#) to host the "[Complete Streets, Complete Communities](#)" virtual workshops. Sustain Charlotte did an incredible job with facilitation and bringing impactful partners to the table to participate in this series. Smart Growth America concluded the workshop series with a detailed report discussing recommendations and next steps for our region. The report can be found [here](#). We are eager to complete planning and begin activities for Year 3!



App Chat

We are proud to announce our C.A.R.E. (Charlotte Area Resource Explorer) app went live in the iOS (Apple) app store in July! Though the app is live, it has not yet been shared with the public due to internal



Sharing our Success

Each grant year, the CDC DNPAO (Division of Nutrition, Physical Activity and Obesity) requires each recipient to submit two success stories highlighting the impact of their work within the scope of the grant. For Year 2, our

testing. To date, two focus groups were held with community partners and the CDC to allow for additional feedback and testing. Thus far, we've received positive feedback, along with some great ideas we are looking to incorporate in the near future! On October 5, we will begin advertising the app, promoting our COVID-19 Social Assessment Tool. We are excited to share this feature as the tool is designed to gather information from the community about their social needs, along with how they have been impacted by the pandemic. To learn more about the app, please visit www.careappnc.org. [Download it](#) and let us know what you think!

submissions discussed (1) RAO's transition from HIV-related care into community health and (2) encouraging physical activity through the Shared Streets Initiative amid COVID-19. Read both success stories [here](#).

Managing Diabetes Virtually with Centralina



Living with diabetes can be complicated and should not go unmanaged. Centralina Health Solutions now offers a nationally accredited diabetes and

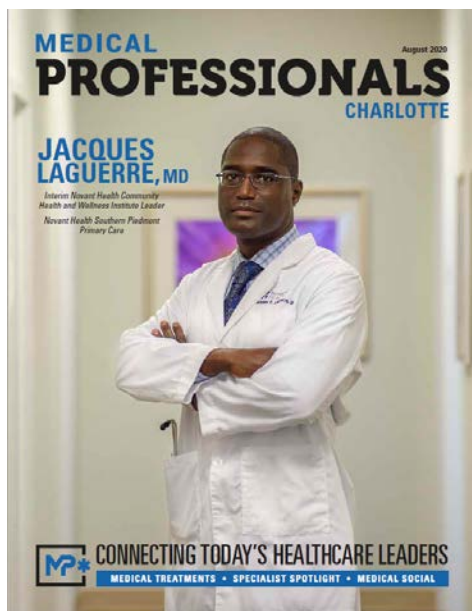
support educational service, covered by Medicare and most private health insurances.

Guided by evidence-based standards and using plain language, Centralina's diabetes education service empowers individuals to make positive lifestyle and behavioral changes to better manage their diabetes and improve overall health outcomes.

In a group setting, diabetes educators help participants learn and apply self-care behaviors for their diabetes management. Diabetes Education and Support Services (DSMES) focuses on self-care behaviors such as: monitoring blood glucose by interpreting and appropriately responding to its' results; developing problem solving skills to deal with diabetes related problems; reducing risks to minimize or prevent diabetes related complications; adopting a healthy eating lifestyle; and understanding the whys of medication adherence.

A service that was once offered in-person, has officially moved to a virtual format to better serve communities during COVID-19! You can empower your patients to manage their condition by referring them to Centralina's DSMES services. For more information, visit www.centralinaaging.org or contact Margaret White, MSW, RD, LDN at mwhite@centralina.org.

Stay tuned for our next newsletter to see how REACH and Centralina's DSMES service has intersected community organizations and clinical practices to help communities reach their diabetes management goals.



Building Capacity During COVID-19

As the Community-Clinical Linkages Program Manager, Keila Marlin works across community and clinical sectors to increase referrals and access to community-based programs through promotion and capacity building. In an effort to bring awareness to the community health worker profession and the lack of capacity across the state of North Carolina during COVID-19, Keila published an opinion article in *Medical Professionals Charlotte's* August issue. The article discusses the importance of community health workers and further explains how contact tracing can help support and serve in underserved communities of color in North Carolina. Read the full article [here](#).

Lending a Helping Hand to SNAP Recipients



RAO Community Health has been busy during Year 2, addressing the needs of our clients and communities around nutrition. Year 3 is already off to a great start, as we're pleased to announce that RAO will be an enrollment site for Reinvestment Partners' and Food Lion's "[Healthy Helping](#)," initiative.

Reinvestment Partners collaborates with county DSS offices, food banks, health centers, and local agencies, like RAO, to enroll clients directly in the initiative. There are currently 31 counties in North Carolina participating in the three month, \$3.5M state program ending on December 31. Healthy Helping is on track to serve almost 30,000 SNAP recipients across the state who have been impacted by COVID-19.

Healthy Helping provides households \$40 per month to purchase WIC approved fruits and vegetables (fresh, frozen, or canned without added sugar, salt or fat) at all North Carolina Food Lion stores. To receive the \$40, customers will have to swipe their MVP Food Lion card and pay with their SNAP EBT card.

We are hoping that the program's success will encourage the state to continue incorporating Healthy Helping in its annual budget, as we are excited to enroll our clients in the initiative.

To find out more information about the REACH Grant, click [here](#).



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