



The City of



Economic Development

MEETING NOTES

San Diego Promise Zone (SDPZ)

Healthy Communities Meeting Notes

Thursday, January 9, 2025 | 10:00 – 11:30 AM | via Zoom

Healthy Communities Goals: Promote access to healthcare and healthy foods;
Create a priority of safety

In Attendance:

City of San Diego – Fire-Rescue Department (Carie Chouinard), **City of San Diego – Promise Zone** (Zachary Engberg, Daniel Hamilton, Donika Moreno, Domanic Riley, Oscar Silva, Brandon Tran, Amber Weber), **City of San Diego – Urban Forestry Program** (Olivia Mabee), **County of San Diego – Health and Human Services Agency** (Gabriela Ochoa), **Jacobs and Cushman San Diego Food Bank** (Virginia Casey), **Jewish Family Services** (Kristine Stensberg), **I Love to Glean** (Karen Clay), **Kate Sessions Commitment** (Anisah Enciso, Anne Fege), **LEARN** (Lee Bardon), **Logan Heights CDC** (William Burties), **Project New Village** (Anthony Avalaos), **San Diego ART Matters** (Michael Angelo Camacho), **San Diego Community Power** (Melissa Elder), **San Diego Hunger Coalition** (Joseph Kendrick), **San Diego State University** (Elizabeth Castelo), **Second Chance Youth Garden** (Lucken Gibore), **Sherman Heights Community Center** (Daniela Kelly), **Traveler's Aid Society San Diego** (Marcy Roke, Adrianna Yemhatpe), **UCSD – Center for Community Health** (Lan Nguyen), **YMCA San Diego County** (Tya Valentine)

Meeting Notes:

Welcome, Culture Share, and Partner Announcements

- Culture share: *In honor of National Soup Month and our healthy foods efforts, what is a soup or soup-like dish from your family or culture that is meaningful to you, and can you find those ingredients to make that dish in San Diego?*
- Anthony Avalos (**Project New Village**): Sat., Jan. 11, 2025, 9:00 am to 12:00 pm: Monthly volunteer Community Workday at Morse High School Garden. Sat., Jan. 18, 2025, 9:00 am to 12:00 pm: Martin Luther King Jr. Day of Service at Mt. Hope Community Garden, get your hands in the dirt. PNV Elders Around the Table: Teaching elders about longevity in a space that nurtures connection and beautiful space. Meetings Wednesdays at 10:30 AM at Project New Village. Join "The Community Rising" Cohort! Discover how social determinants of health shape our lives, explore the impact of healthy communities, and collaborate on ways to improve the health of Southeastern San Diego through food systems. This 10-week, RLA-style series will bring together residents of Southeastern San Diego to learn, connect, and work on a Community Improvement Project designed by the cohort. **A stipend is included for participants**, and all Southeastern San Diego residents are encouraged to apply. Spots are limited, so don't wait! [Apply here.](#)
- Olivia Mabee (**City of San Diego Urban Forestry**): Sat., Jan. 11, 2025, 1:30-3:00 pm: Community Forum at Mountain View Community Center, for residents of Mt. Hope, Mt.

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[Newsletter](#) | [Website](#) | [Email](#) | (619) 236-6700 | 1200 Third Ave, 14th Floor, San Diego, CA 92101

View, Shelltown, and Southcrest. Sat., Jan. 18, 2025, 10:00-11:30 am: Tree Stewardship workshop with Tree San Diego at Logan Heights CDC for residents of Barrio Logan, Logan Heights, Sherman Heights, Grant Hill, and Stockton. Limited capacity, [register here](#). Refreshments and translations services are available for both events. The [Ready, Set, Grow San Diego page](#) is available for residents to submit feedback. This form has no official closing date at this time. For questions, please feel free to email omabee@sandiego.gov.

- Anne Fege (**Kate Sessions Commitment**): The [City of San Diego Community Forest Advisory Board](#) met [January 8, 2025](#). Nine board members, 10 city staff, 10 community members, incl. 4 new staff members, attended. There was a robust feeling of productivity and positiveness related to community forums and a public map of locations where trees are planted for Trees for Communities program. More community groups are looking to get involved. Excited about the future of the projects.
- Adrianna Yamhatpe (**Traveler's Aid Society**): We recently connected with the Promise Zone, so this is our first meeting. Through some of our programs we assist low-income elders with mobility, do homeless outreach at Father Joe's Villages, and help domestic violence victims. Please reach out at adrianna@travelersaidsandiego.org.
- Kristine Stensberg (**Jewish Family Services**): Similar to Adrianna, our organization assists with immigration services in addition to providing older adults with transportation and meals. Please reach out at kristines@jfssd.org.
- Carie Chouinard (**Community Emergency Response Team**): We will host One-Day Aware and Prepare class in Spanish on January 25, 2025 at Encanto Recreation Center from 9:00 am – 5:00 pm. This is meant to conduct outreach for people who need to be prepared and more information. An English Aware and Prepare event will be held on April 5, 2025. Location to TBD.
- Melissa Elder (**San Diego Community Power**): The Power Base program is our most affordable rate and can be up to 2.5% less expensive than SDGE's current prices depending on circumstances; determine yours with the [rate calculator](#). We are also putting out a [customer feedback survey](#) with a chance to win a \$500 Home Depot gift card for residents who complete. The [annual community grant program](#) will start this quarter. Feel free to connect with Melissa Elder, Melder@sdcommunitypower.org if you have any questions.

Promise Zone Announcements

- Communications Associate VISTA and Healthy Communities representative Bex Nava-McClellan's last day with the Promise Zone was January 2; they are now planting trees in San Jose for fellow AmeriCorps program Our City Forest.
- Grants & Research Associate Zachary Engberg, who has also stewarded this working group, will complete his year of service on February 10, so this is his last meeting.
- Together, Bex and Zachary identified and mapped key resources and created how-to guides for victory gardening (gardening on a budget), gardening without land, and a physical map of local community and school gardens in the Promise Zone. Additionally, they worked hand-in-hand with Amber, Karen, and Alondra to create and maintain the action plans and in engagement efforts to increase diversity, equity, and inclusion.

- This means we have an immediate opening for another Promise Zone Communications VISTA and someone to support this working group. We are in the process of wrapping up interviews, so if you know someone who would be a great candidate, please let them know about the opportunity [at this link here](#).
- Ronah Fe Famorcan's Employ & Empower internship with the team will end on Jan. 31. We are seeking another intern to continue working on the newsletter and with the Jobs & Education working group. [Apply here](#).
- Thanks to Bex, Zachary, and Ronah for all their contributions!
- **Newsletter** - Check out the January edition for grant opportunities, announcements, and our job board: [Sign Up](#).

Guest Presentation: Carie Chouinard, CERT Program Manager, San Diego – Fire-Rescue
CChouinard@sandiego.gov, 619-980-3532, [.PDF copy of presentation available to view here](#).

- Community Emergency Response Team, or CERT, is a curriculum that helps community members prepare for and recover from major, widespread disasters.
- Run by Fire-Rescue and take commands from Fire Chief.
- FEMA manages that curriculum, and if there's funding, it goes through the state levels, and CERT works locally; San Diego CERT is an accredited local program, one of 24 in SD County.
- Four types of trainings and/or opportunities CERT offers:
 - CERT Academy (no one can skip this if they want a certification, even a doctor)
 - One-Day certification trainings – Aware and Prepare (8 hours), Stop The Bleed (2-4 hours)
 - Also do a Spanish version of Stop The Bleed, Listos, and are working on a Mandarin version
 - Single-topic workshops available for anyone 12-and-older (1-2 hours), e.g.: Home evacuation plans, alerts sign-up, build a home/work/car go-bag or shelter-in-place kit, disaster first-aid, fire extinguisher safety, pet preparedness
 - Information tables at events (stop by for a few minutes)

Healthy Communities Logic Model Breakout Groups

Group 1: Increase Access to Healthy Foods ([View Objective 1 Logic Model here](#))

Attendance: Karen Clay, Amber Weber, Donika Moreno, Oscar Silva, Daniela Kelly, Elizabeth Castelo, Gabriela Ochoa, Lucken Gibore, Virginia Casey, William Burties

Notes:

- Lucken: Second Chance Youth Garden provide education to youth, ages 14-21, teaching how to garden, opportunities for residents of community to volunteer in garden and they are able to take food home after volunteering (increasing access to healthy foods)
- Amber: Emphasized the importance of organizations in this group sharing what they're doing within the Promise Zone and listing their activities in the logic model.

Group 2: Support Opportunities for Active Transportation and Active Living ([view Objective 3 Logic Model here](#))

Attendance: Zachary Engberg, Daniel Hamilton, Domanic Riley, Brandon Tran, Anthony Avalos, Anisah Enciso, Anne Fege, Lan Nguyen, Marcy Roke, Adrianna Yemhatpe

Notes:

- Anthony: Project New Village's new garden will be an off-grid meditative garden with a rain catchment 2 blocks from existing Mt. Hope garden. Recently broke ground, so at the moment, it's just dirt.
 - Have several other gardens, incl. at Morris High School and Encanto Village.
 - Putting hands in the dirt prompts a chemical exchange – good for you!
- Zachary: Would PNV be interested in working with other organizations and/or grant-makers to provide street and fruit trees at your new and existing gardens?
 - Anthony: PNV has worked with Treedom and Tree San Diego – Ms. Diane Moss refers to these organizations as do-gooders - and is interested in further collaboration regarding planting fruit trees.
- Marcy: The Traveler's Aid Society's use of existing infrastructure to exist seniors aligns with Alondra's idea of utilizing the built environment rather than changing infrastructure with Ride Finder and Travel Trainer programs. Large portion of Traveler's Aid Society funding comes via SANDAG. Can utilize this connection if it helps Working Group.
 - Took non-English speaking individuals to Liberty Station to teach how to utilize the bus and trolley.
 - Adrianna: We also assist with 2-3 older adult communities that live in Housing and Urban Development (HUD)-funded buildings in the Promise Zone, could replicate programs throughout the SDPZ.
- Lan: Can prioritize safety with actions like identifying and creating evacuation routes for existing transportation pathways, which could be re-purposed as bike lanes or hiking routes.
 - Zachary: Would be in line with improving the "Built Environment," such as using street trees as bus shelters or as fire breaks for vulnerable communities.

Final Comments and Farewell:

Meeting Conclusion:

- **Meeting day for next month:** Thurs., Feb. 13, 2025, 10:00 AM, via Zoom
- Digital Comment Box: <https://us16.list-manage.com/survey?u=e913b9d30ca18b3436360cf47&id=62c8f5dc2f>