



## In This Issue

### Upcoming Events:

Make a Difference Day – Oct 22<sup>nd</sup>

Clark County Aging Readiness Task Force Report to the Community – Oct 27<sup>th</sup>

Urban Abundance Seasonal Feast – Oct 28<sup>th</sup>

Time to Celebrate Partnerships  
November 2<sup>nd</sup>

### Links

#### Website

[www.clarkcommunitychoices.com](http://www.clarkcommunitychoices.com)

#### Walkaround Guide

[http://www.clarkcommunitychoices.org/walkaround\\_guide/](http://www.clarkcommunitychoices.org/walkaround_guide/)

#### Healthy People 2020

[www.healthypeople.gov](http://www.healthypeople.gov)

#### Live Well Clark County

<http://www.columbian.com/news/livewell/>

#### Vancouver-Clark Parks and Rec Trail Map

[http://www.cityofvancouver.us/parks-recreation/parks\\_trails/trails/trailuse.asp](http://www.cityofvancouver.us/parks-recreation/parks_trails/trails/trailuse.asp)



## Healthy Halloween Treats

Join Community Choices Board member and all around community advocate Florence Wager and other Clark County residents who will be offering healthy choices to trick or treaters this year. Each year Flossie provides several options that include candy, bottled water, toothbrushes, liquid bubbles, unpopped popcorn, and other healthy treats. Please share with us on Facebook or via email at [Sharon@vancouverusa.com](mailto:Sharon@vancouverusa.com) what you did to encourage healthy choices this Halloween. Thanks for doing your part!!

## Live Well Clark County **Live Well**

Live Well Clark County is part of The Columbian's new focus on health this year. We're building a community resource for local health news and information that aims to help Clark County residents who want to know how to live well and be healthy in this community.

We rely on help from our partners, who contribute content to the site. And from our community advisory board, which has guided development of the site and provided valuable feedback on the topics we cover that are of most importance to the larger health and fitness community in Clark County and Southwest Washington. Check it out at <http://www.columbian.com/news/livewell/>

## Clark County's Aging Readiness Task Force Report



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Clark County's Aging Readiness Task Force will report to the community at 4-6 p.m., Thursday, Oct. 27, on its recommendations about making Clark County and its cities better places for a growing number of older residents.

The Report to Community will be in Clark College's Foster Hall auditorium at 1933 Fort Vancouver Way. The event will include time to answer questions. Light refreshments will be served at 3:30 p.m.

To reach Foster Hall, use Parking Entrance 3. Clark College is served by C-TRAN routes 4, 25, 30 and 44. C-VAN users should request drop-off at Foster Hall.

To register, please call (360) 397-2280 ext. 4958 or go to [www.clark.wa.gov/aging](http://www.clark.wa.gov/aging). A map of Clark College is available at the website. The Aging Readiness Plan is available for review and comment at [www.clark.wa.gov/aging](http://www.clark.wa.gov/aging).

## Make a Difference Day Cleanup Challenge

David Douglas Park: 1016 N Garrison Rd.

Saturday, October 22nd: 9am - 1pm



Join Vancouver-Clark Parks and Recreation for our cigarette clean-up campaign on National Make a Difference Day, October 22nd. Build your team, construct your uniform, pick your parks, and compete for great prizes! Meet us at David Douglas Park, 1016 N Garrison Road in Vancouver at 9am to start the sign-in process. Volunteer groups are encouraged, and should consist of five or less people. Prizes, food, and fun activities will be available from 12:00 to 1:00.

For more information, contact the city's volunteer coordinator, Michelle Simpson, at 360-487-8316 or [michelle.simpson@cityofvancouver.us](mailto:michelle.simpson@cityofvancouver.us). If you are ready to sign up, you can do so by visiting our Parks and Recreation volunteer website: [www.parkhero.org](http://www.parkhero.org). Click on the events calendar, and click on the sign up link for October 22nd. You can also contact the volunteer coordinator directly.

