

Newsletter

The Greenways Partnership is a public-private partnership that provides creative programming which broadens user engagement with Indy Greenways, builds support for the system, and catalyzes further investment in Indy Greenways.

INDIANAPOLIS
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Walk with A Doc

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Eskenazi Health Joins the Indianapolis Greenways Partnership

We are pleased to share that Eskenazi Health has joined the Indianapolis Greenways Partnership as one of our community partners, with a specific focus on helping to plan and grow our Walk with a Doc program. For the past year, Eskenazi Health has been involved with the early development of this program through the work of Dr. Carrie Leathers. Throughout 2019, she facilitated five walks engaging with over 80 participants and talking with people about how walking can develop healthy habits and can lead to better health and well-being. Through Eskenazi Health's partnership, two additional physicians, Dr. Juan Carlos Venis and Dr. Daniel Pino, will be joining the program to facilitate walks and expand upon what is already in place for the program. In addition to the three physicians, Eskenazi Health will be bringing additional planning resources and promotion to the program. Walks are being planned monthly beginning in spring and running through October.

Through this partnership, many of the walk locations in 2020 are being coordinated on greenways near Eskenazi Health Center locations and coordinated with other Eskenazi Health events, broadening the potential reach for the program. The impact of Eskenazi Health's involvement is already evident. Many of the walks are also being coordinated near facilities where CICOA Aging & In-Home Solutions provides services, creating even greater opportunities for getting more residents involved, and helping to expand the missions of our other community partners. "The opportunity to connect with patients and co-workers in the green spaces of our communities has been truly enjoyable," said Dr. Leathers. "I can't wait to discover more of the greenways with my patients this year." We are extremely excited to welcome Eskenazi Health to the Indianapolis Greenways Partnership!

ESKENAZI
HEALTH

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Greenways Partnership's COVID-19 Response

It seems as if the entire world has changed since our Community Partners last assembled. Like many organizations, the coronavirus outbreak has forced us to re-evaluate our mission, rethink the consequences of our actions, and seek new ways to continue our important work in a time of sheltering in place. Our mission of encouraging and providing opportunities to activate Indy Greenways remains intact but we are responding in ways we believe to be responsive to the health of the community at large. With guidance from **Indy Parks** and our healthcare partners, our two programs scheduled for March, our **Spring Family Hike** and our **Walk With a Doc on the White River Greenway** were both cancelled, and our upcoming Walk With a Doc Programs will likely also be cancelled. We are fortunate to have the **Marion County Department of Public Health** and **Eskenazi Health** as two of our community partners and we are following their lead and guidance on determining the appropriate time for programming to return to the greenways.

You may have also noticed that in early March we were still promoting personal use of the greenways on our social media, including guidelines for Social Distancing in Public Parks and Trails. Our initial thought was to continue to promote responsible use of the greenways during this crisis, further reinforcing their value to the community. In late March, we were involved in a meeting with DPW about increased use of the Monon during the shelter in place decree, and the concern over a lack of social distancing being seen on several of the greenways. We all share a fear that things will only get worse as the weather gets nicer. It is commendable that Indy Parks and Indy DPW have refrained from closing the greenways, and it is really hard NOT to advocate for the greenways, but it has also become difficult to reconcile the health dangers with continued promotion for public use. We have decided to instead focus on providing updates for future programs

or sharing valuable information from our community partners about preserving the health and safety of our community---you may have noticed we recently shared a series of blog posts from community partner **Jump IN for Healthy Kids** about tips for keeping kids active during quarantine. We will always advocate for Indy Greenways, but feel we have a responsibility in not promoting use that risks such huge health consequences. We ask that our community partners help us share valuable content that helps promote our shared vision.

We are continuing our work on planning great future programs and activities for Indy Greenways and look forward to the time when social restrictions allow our return to the greenways. Thank you to all of our community partners in helping us to navigate this uncertain time and remain relevant to a scared world.



Art on the Greenways Bike Tours to Resume in 2020

There is a tremendous amount of public art along the Indy Greenways and we are fortunate to have the **Art Council of Indianapolis** as a Community Partner. In 2019, the Art Council facilitated three bike tours on different parts of the greenways highlighting over 60 works of art, introducing participants to local artists, and providing unique perspectives on the individual pieces along the trails. The tours were a very popular program, often filling registrations as soon as they are announced. We are excited about the prospect of continuing these programs in 2020 and will be working with the Arts Council to develop and promote those tours. In addition to the tours provided for the Greenways Partnership, the Arts Council also facilitates additional tours as part of their outreach.

For additional information, please contact Julia Muney Moore at the Arts Council of Indianapolis at jmoore@indyarts.org.



Practicing Good Nutrition and Physical Activity Habits During Quarantine

Our partners **Jump IN for Healthy Kids** have been focusing their weekly blog posts on tools and tips for families during these weeks of isolation. These three blogs focus heavily on how to practice good nutrition and physical activity habits during quarantine also include many resources for people with urgent needs. Jump IN encourages its community partners to share this information throughout their networks. According to Megan McKinney Cooper, Communications Director at Jump IN, “we are all trying to support one another’s needs right now and our hope is that these may bring help to our constituents, neighbors, and partners.” Here are links to the three:

[Current local food resources and national nutrition](#)

[Resources and recommendations for keeping you and your family active while quarantined](#)

[Food and physical activity tools plus resources for child cares schools and you](#)

For more information, please contact Megan McKinney Cooper at Jump IN for Healthy Kids at Megan.McKinneyCooper@jumpinhealth.org.



Strengthening Internal Partnerships - Walk With a Doc Program

We learned many things during our one-year programming pilot project, not the least of which included getting to know our partner organizations a little better and seeing where overlaps in each organization offer potential for collaboration. An example of this type of opportunity is occurring now with **CICOA Aging and In-home Solutions** and **Eskenazi Health**. In early planning for our upcoming season of *Walk With a Doc*, greenway program locations for the walks were coordinated with Eskenazi clinics and the locations of CICOA-served facilities with the idea that the programs can serve as an extension of the services each organization provides to their base. This also provides the opportunity to draw specific users from these facilities to the programs. Each *Walk With a Doc* program scheduled for 2020 falls within close proximity of both an Eskenazi clinic and a CICOA-served facility. In one case, the walk will even begin and end at the Nora Commons assisted living community. The tentative *Walk With a Doc* events planned for 2020 include:

- April - Walk With a Doc on the White River Greenway
- May 22- Walk With a Doc on the Monon Trail (with Nora Commons)
- June 27 - Walk With a doc on the Pleasant Run Greenway
- July 25 - Walk With a doc on the White River Greenway
- August 22 - Walk With a Doc on the Eagle Creek Greenway
- September 26 - Walk With a Doc on the Grassy Creek Greenway
- October 24 - Walk with a Doc on the Pagues Run Greenway

Please note that these planned dates have not been finalized and are dependent on local health restrictions. This collaboration provides a great case study on how Community Partners can come together and build even stronger programs for their support bases. **For more information, please contact Dan Amonett at CICOA Aging and In-home Solutions at damonett@cicoa.org; Leroy Lewis at Eskenazi Health at Leroy.Lewis@eskenazihealth.edu, or Courtney Fehrenbacher at Eskenazi Health at Courtney.Fehrenbacher@eskenazihealth.edu.**





INDIANAPOLIS
BICENTENNIAL
2020-2021

2020 Program Opportunities with Indy Parks

Indy Parks is working on several great programming initiatives for 2020! Did you know that 2020 is the bicentennial of the City of Indianapolis? **Indy Parks** is planning for a year-long celebration beginning in June that will give residents an opportunity to get fit while they celebrate! Watch for announcements soon on special programming for commemorate the bicentennial. And please let Indy Parks know how you can tie your organization into their events!

June 27 is the annual Pack the Parks Day. Each year, **Indy Parks** encourages residents to pack the parks, swimming pools, and other facilities on this day of celebration. This year, the Indianapolis Greenways Partnership is working on three programs to help get residents out on the trails:

- History of Park Planning Bike Tour on the White River Greenway featuring presentations on Riverside Park and White river State Park
- Walk With a Doc on the Pleasant Run Greenway
- Fall Creek Family Bike Tour

Watch for details soon for a listing of all Pack the Parks events.

Finally, the Parks Department has recently closed Riverside Golf Course creating a large potential expansion of Riverside Park. Indy Parks is actively seeking ideas for programming on the golf course site. **For more information on any of these programs or to share your ideas, please contact Megan Bolton at Indy Parks at Megan.Bolton@indy.gov.**



PRELIMINARY 2020 PROGRAMMING SCHEDULE

The following programs were identified and compiled during our community programming meeting on November 1, 2019 and through discussions with programming partners since.

- **Black bold dates indicate programs currently being developed by the Greenways Partnership and its partners.**
- **Blue text indicates potential programs or programs through other organizations.**

March 2020

- **Spring Family Hike (Rescheduled from January)** - March 14, 2020- White River Greenway. Hosted by Indy Parks. **CANCELLED**
- **Walk With a Doc on the White River Greenway** - March 28, 2020, 3:00 pm- Downtown, departs from Eskenazi Hospital front courtyard. **CANCELLED**

April 2020

NOTE: All Indy Parks programming cancelled for the month of April, as per the City of Indianapolis and Marion County Department of Public Health announcement, April 1, 2020.

- **Walk With a Doc on the White River Greenway** - April 25, 2020, 9:00 am- Downtown, departs from Eskenazi Hospital front courtyard. **CANCELLED**

May 2020

- **Walk With a Doc on the Monon Trail** - Friday, May 22, 2020, 1:00 pm- Nora Commons
- **Riverside Park Master Plan and Riverside Golf Course Walking Tour** - Wednesday, May 20, 2020, 6:00 pm- Riverside Park along the White River Greenway. Hosted by Indy Parks and the Indianapolis Greenways Development Committee.

June 2020

- **PACK THE PARKS DAY 2020** - June 27, 2020
 - **History of Park Planning in Indianapolis Bike Tour** (White River Greenway, Riverside Park, White River State Park, White river Promenade)- June 27, 2020, 10:00 am
 - **Walk With a Doc on the Pleasant Run Greenway** - June 27, 2020, 9:00 am- Garfield Park.
 - **Family Bike/Tour of the Fall Creek Greenway** - June 27, 2020- 4:00 pm
 - **Additional Greenway Tour or bike ride hosted by the Indianapolis Greenways Development Committee- TBD.**

July 2020

- **Art on the Greenways: White River Greenway Bike Tour**
- **Art on the Greenways: Bike Tour of New Works along the Pleasant Run Greenway.** Wednesday, July 15, 2020, 6:00 pm- Ride begins at Garfield Park Arts Center. Co-hosted by Indy Parks and the Indianapolis Greenways Development Committee.
- **Walk With a Doc** - July 25, 2020, Time TBD- Northwestway Park

August 2020

- **Indy Greenways Mini-Ragnar Relay Race** - August 15, 2020, Time and Location TBD
- **Walk With a Doc on the Eagle Creek Greenway** - August 22, 2020, Time TBD- 56th Street Trailhead
- **Pogues Run Photography Competition (NEAR)**

September 2020

- **Bike Tour of Pogues Run Greenway and Spades Park.** Wednesday, September 16, 2020, 6:00 pm- Ride begins at the City County Building downtown. Co-hosted by Indy Parks and the Indianapolis Greenways Development Committee.
- **Walk With a Doc on the Grassy Creek Greenway** - September 26, 2020 Time TBD. Grassy Creek Park.
- **Pogues Run Bike Ride- Hosted by NEAR**

October 2020

- **Walk With a Doc on the Pogues Run Greenway** - October 24, 2020 Time TBD. Location TBD.

November 2020

- **November Walk With a Doc- November 28 (Thanksgiving weekend)**

December 2020

- **Third Annual Winter Solstice Walk and Celebration** - Friday, December 18, 2020, 6:00-10:00- Pennsy Trail
- **December Walk With a Doc - December 26 (Christmas weekend)**

August 2021 Events

- **Indy Greenways 50-mile Ragnar Relay Race** - August 2021, Time and Location TBD

Other Ideas not assigned a date

- **Eagle Creek West Side Tour**
- **Everybody Rides Program on the Cultural Trail** - want to do rides on different trails.
- **Greenways Partnership visit to three arts programs events with Arts Council.**
- **Nine13Sports** - one on greenways, one on Riverside. May be one other ride TBD.