



Mishawaka Communicator



Working together to build the "Best Hometown in America" by delivering exceptional services, promoting safe and clean neighborhoods, elevating the quality of life and inspiring pride in our community.

Dave Wood, Mayor

www.mishawaka.in.gov

February 2018

A Letter from Mayor Dave Wood



Do you have a New Year's resolution to get in better shape and live a healthier lifestyle? If so, you are not alone. I've contemplated such a resolution myself. If you have, you may be interested in an innovative new project the Princess City is pursuing. Every year thousands of Mishawaka residents and visitors use the Riverwalk for **fun and exercise**. Whether it's a leisurely stroll with friends and family, a bike ride or a run, that's a great start for adopting a healthier lifestyle and making our community a healthy place. But what if while on your visit to the Riverwalk, you could do a **full workout** in a beautiful outdoor setting, right downtown with all its many amenities? The City has just

begun a campaign to provide the opportunity to do just that!

The City would like to construct a new, outdoor fitness court in Central Park on an underutilized space near the dam and Riverwalk. What is a fitness court? About the same size as a basketball court, The NFC Fitness Court™ is a **world class outdoor gym** re-imagined to fit in and transform modern public spaces. The NFC model uses an outdoor fitness court and combines a simple, seven-minute, high quality workout with connected, digital platforms to promote fit communities through bodyweight circuit training. The City is working with NFC and several other partners to install one of these unique outdoor gyms. We believe that the Riverwalk is the perfect place for people to walk, run, and workout for free! This project is the first of its kind in the State of Indiana and we hope to install it without the use of taxpayer dollars.

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Know Your Numbers...Lower Your Cholesterol

Health Information from Saint Joseph Health System

Cholesterol is a fat (also called a lipid) that your body needs to work properly. There are many types of cholesterol. The ones talked about most are:

- Total cholesterol — all the cholesterols combined
- High-density lipoprotein (HDL) cholesterol — often called "good" cholesterol
- Low-density lipoprotein (LDL) cholesterol — often called "bad" cholesterol
- Triglycerides — a third kind of fatty material found in the blood

Too much bad cholesterol can increase your chance of getting heart disease, stroke and other problems. For many people, abnormal cholesterol levels are partly due to an unhealthy lifestyle, including being overweight or not exercising. Other causes include some health conditions (diabetes, kidney disease, pregnancy), medications (certain birth control pills, diuretics, beta-blockers, some antidepressants) or inherited disorders.

Exams and tests

"It is important to work with your primary care provider to set your cholesterol goals," said Susan Conn, nurse practitioner at University Park Family Medicine in South Bend. However, she said general targets are:

- Total cholesterol: Less than 200 mg/dL (lower numbers are better)
- HDL: More than 50 mg/dL (high numbers are better)
- LDL: 70 - 130 mg/dL (lower numbers are better)
- Triglycerides: Less than 150 mg/dL (lower numbers are better)

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UPCOMING EVENTS!

Feb 5	Movie Night "La La Land" (Battell Center)
Feb 9	Winter Concert "Out By 8" (Battell Center)
Feb 14	Couples Skate (Merrifield Ice Rink)
Feb 21	Brunch/Classic Movie "Easy Rider" (Battell Center)
Feb 23	Daddy/Daughter Dance (Battell Center)
Feb 24	Mother/Son Dance (Battell Center)
Mar 5	Movie Night "Manchester By The Sea" (Battell Center)
Mar 9	Family Fun Night "Kubo and the Two Strings" (Battell Center)
Mar 25	Easter Egg Hunt (Merrifield Park)

STATE OF THE CITY ADDRESS

Presented by
Mayor David A. Wood
March 12, 2018 - 7:00pm
Battell Center Auditorium

Volunteer Income Tax Assistance

Free tax prep & e-filing!

**CALL 2-1-1 to schedule
your appointment** or
schedule online at

www.uwsjc.org/vita.html

ONLINE ACCESS

- <http://mishawaka.in.gov>
- <http://facebook.com/cityofmishawaka>
- <http://mishawaka.in.gov/communicator>
- <http://mishawaka.in.gov/parksandrecreation>
- <https://twitter.com/MishawakaMayor>
- <https://instagram.com/MishawakaMayor/>

A Letter from Mayor Dave Wood *(continued)*

The fitness court will include some 30 individual pieces of equipment and a shock-resistant sports flooring and can be used outdoors year-round. The equipment will be grouped into exercise stations that allow for up to 28 individuals to use the court at one time. You can follow an NFC-recommended routine or create your own; you can use this as your main workout or add it to your normal gym regimen. The possibilities for customization are endless!

A free mobile app will be available and will make it easy to personalize every workout. The app features videos of personal trainers detailing the movements to their 7, 14, and 21-minute workouts and even lets you select music from your own playlist on your mobile device to help keep you motivated.

The roughly \$80,000 fitness park will be paid for through a creative, new crowdgrant program called Patronicity. This public-private partnership brings together local citizens and sponsors to support great initiatives in communities. Here's how it works: First, a community identifies a project they'd like to see funded and submits it to Patronicity. Patronicity then evaluates the project and sends each one for a final quick approval to sponsoring partner, Indiana Housing and Community Development Authority [IHCDA]. Once approved the project is listed on the Patronicity website and community sponsors and interested citizens are invited to participate by giving a donation of any amount toward the project. Projects that garner community support by hitting their goal, receive a dollar for dollar matching grant from IHCDA CreatING Places program. Therefore, if we can raise \$35,000, IHCDA will match that amount and we can build the fitness park. The good news is that we have already received some donations toward the project. We believe that we can hit our goal, but we could use some help.



The Fitness Court builds community and makes fitness fun. Challenge yourself, your friends and your community to get outside and get active. We are excited to make fitness available to all in Mishawaka, but we need YOUR SUPPORT to make it happen. Please consider donating today to help us reach our goal. Join the Movement to get FIT! Here's how you can help make the NFC Fitness Court™ a reality for Mishawaka:

1. Make a donation today! Any amount helps -- and your donation **will double if we reach our \$35,000 goal!** Consider it your lifetime, family membership to an innovative new gym.
 - ◇ To give online just click the SUPPORT button on the following website:
https://www.patronicity.com/project/fitness_court__mishawaka_parks#!/
 - ◇ To donate offline, make checks payable to *City of Mishawaka* and send to 904 North Main St. Mishawaka, IN 46545.
 - ◇ To make a contribution in person or for more information contact Phil Blasko at pblasko@mishawaka.in.gov or (574) 258-1664.
2. Tell your friends, family, neighbors and co-workers about this campaign to make Mishawaka a FIT city.

Mayor Dave Wood

Remember, **EVERY DONATION HELPS!**

Know Your Numbers... *(cont.)*

Health Information from Saint Joseph Health System

Treatment

Conn said to improve your cholesterol levels, and help prevent heart disease and a heart attack, you can:

- Quit smoking. This is the single biggest change you can make to reduce your risk.
- Eat foods naturally low in fat, especially saturated fat, including whole grains, fruits and vegetables.
- Exercise regularly.
- Lose weight if you are overweight.

Your provider may want you to take medicine for your cholesterol if lifestyle changes do not work. Make sure to speak with your provider to know what numbers, and what treatments, are right for you .

MILITARY HOMETOWN HERO BANNERS

The City is once again making banners available for purchase and display on lampposts throughout the City. Banners, which will be displayed from Memorial Day to Veterans Day, will have the serviceperson's name and military branch along with their picture.

The program was created to honor and recognize military personnel (active, honorably discharged or deceased) that reside or have resided in the City of Mishawaka; those who call Mishawaka their hometown.

For more information or to purchase a banner please go to <http://mishawaka.in.gov/military-hometown-heroes>.



Send your questions, comments, or concerns to communicator_feedback@mishawaka.in.gov