



## **COMMUNITY HEALTH AND WELLNESS HUB**

### **PP4H FALL SUMMIT**

#### **Summary of Roundtable Discussion November 15, 2019**

#### **INTRODUCTION**

[Proviso Partners for Health](#) (PP4H) is a community-driven, multi-sector coalition that promotes racial equity, economic development, and food justice in the Proviso Township communities of Maywood, Bellwood, Broadview, and Melrose Park. Growing out of trusted relationships with African American and Latinx residents, PP4H's participatory model focuses on policy, systems, and environmental change. This collective impact model is driven by evidence-based solutions and quality evaluation. PP4H coalition members include 150 individual residents and organizations, including over 30 community nonprofits, businesses, churches, governmental agencies, educational institutions and other stakeholders.

PP4H is convening residents and business owners who live, work, and play in Maywood to envision a community hub of opportunity. This community-driven Hub would offer a variety of businesses, services, nonprofit programs, and entrepreneurial opportunities centered on health and wellness and grounded in the goal of economic equity. As an anchor development, the Health Hub can ignite growth from within the community, strengthen the local economy through wealth creation for entrepreneurs, create jobs for residents, and offer convenient access to goods and services.

#### **BACKGROUND**

##### **Artspace Study**

Beginning in 2018, the PP4H leadership team led a coalition of community members in a feasibility study to explore the potential for developing mixed use live-work residences in Maywood for artists and their families. Artspace, a national nonprofit with expertise in arts economic development, conducted this study. Maywood Fine Arts, Proviso Community Bank, and PP4H leveraged their relationships with key resident leaders and industry partners to form a strong steering committee that raised the visibility and participation in a two-day site visit by Artspace facilitators. The goal of the Artspace site visit was to gather data and community input around the topics of art, artists, and live-work spaces. Artspace gained the information and guidance they needed to make their recommendations through the facilitation of four focus groups, including one open to the public. Approximately 75 artists and supporters of artists participated in the focus groups with Artspace on September 6-7, 2018.

The Artspace feasibility study, completed in early November 2018, confirmed there is strong stakeholder interest in building Maywood's arts economy. Many creative community development ideas and recommendations came out of the report, which also recommended mobilizing and strengthening Maywood's local leadership for the arts. Key recommendations: 1) establish a Maywood arts council to advance a community vision, and create an asset map and arts directory; and 2) create an arts development staff position to help organize local and regional artists and help drive art interest in the community.

After the Artspace feasibility study was completed, the steering committee has facilitated the following action steps in 2019:

- Convened a community forum to share the Artspace report and the report's recommended steps with Maywood community members. This event was attended by 30 residents and stakeholders, and resulted in a unanimous decision to form a Maywood-Proviso Arts Council.
- Established the Maywood-Proviso Arts Council in May 2019, which is composed of 12 community members, a majority of whom are artists. The Arts Council steering committee is currently moving forward with plans to formalize its governing and begin outreach within the community and social media.
- Began work on an action plan, currently in development. The Maywood-Proviso Arts Council is building community support for priority ideas, including development of studio and gallery space, public mural project, asphalt arts project, and other arts-related businesses and creative arts activities within the Health Hub.

### **Community Health and Wellness Hub Workshop**

The Artspace study, led by PP4H and a local steering committee, was the genesis for the idea for a community hub of opportunity in Maywood that incorporates the local arts alongside small businesses, local retail and services, community gathering places, and public amenities. Community resident and stakeholder voice is essential to the process of co-designing successful initiatives and projects in Maywood. PP4H partners began co-designing a concept for a Community Health and Wellness Hub by hosting a community visioning workshop to ensure ideas were representative of the Maywood community. PP4H applied for and was awarded pro bono planning services from the Illinois Chapter of the American Planning Association (APA-IL) to support the planning and facilitation of the community visioning workshop. The [Pro Bono Services Committee](#) of the APA-IL assists community organizations in the initiation and organizing of early stage planning projects.

On a rainy night in July, more than 35 community members participated in the three-hour workshop generating ideas for the Health Hub, which integrates a priority focus on health and well-being with opportunities for local entrepreneurship, local retail, restaurants and food-related businesses, and a thriving local arts economy in Maywood. Participants wanted to see positive change in Maywood and expressed strong interest in a Health Hub that benefits Maywood's diverse residents. Many participants emphasized support for local entrepreneurs as a high priority. There was a resounding sentiment that Maywood needs a "big win" – a galvanizing initiative that provides positive momentum for both residents and businesses. Many participants agreed that a Health Hub could have this positive impact.

Following the workshop, PP4H shared a [Workshop Summary Report](#) on participants' input and ideas about the Health Hub. This report, which highlights themes, opportunities, and challenges stakeholders discussed in the workshop, can be downloaded from [PP4H's website](#). ([www.provisopartners.com](http://www.provisopartners.com))

## PP4H Fall Summit

At PP4H's Fall Summit held on November 15, 2019, the PP4H team briefly presented highlights from the July Health Hub workshop and outlined action plans to co-design a community-driven Health Hub. As with all its work, the PP4H coalition will place equity at the center of the Health Hub idea, ensuring that development benefits local residents and the local economy.

At the Fall Summit, over 60 attendees participated in an hour-long roundtable discussions to share their ideas on local businesses, community support services, and entrepreneurship opportunities that residents want and would use in the Health Hub.

## Roundtable Format

The roundtable discussion began with participants listening to a short imagined vignette with a vivid description of several small businesses and community spaces within the Health Hub. Participants at each table then discussed their responses to two prompt questions. Scribes at each discussion table recorded participants' ideas, which are listed on pages 4-9.

- 1) What are complementary services or businesses you can envision in or near the Health and Wellness Hub?*
- 2) How do you see you or your organization partnering or playing a role in the Health Hub?*

## Summary of Ideas from Roundtable

In six individual roundtable discussions, participants expressed their vision for a Health Hub that provides a mix of uses ranging from small businesses, retail, nonprofit community-based programs, counseling and wellness services, educational programs, entertainment, and gathering places for all residents to use.

PP4H staff reviewed participants' comments and grouped them into thematic categories: youth development; community support–social services; health and wellness services; food-related businesses; small businesses /job creation; creative arts; and placemaking/ open space design.

The ideas and words used in the list below are unchanged from notes that table scribes took during roundtable discussions. In instances where an idea is relevant to more than one category, this idea appears under two or more categories on the list. For example, a community kitchen is a health and wellness service, a food-related business, and a small business that creates jobs. Note that these idea lists are not prioritized or organized in any particular order. When more than one participant shared the same idea, this is noted in parentheses (ie: 2 comments).

Ideas shared by roundtable participants will be integrated into PP4H's pre-development proposal to support an action plan for the Health Hub. PP4H will continue to share pre-development plans for stakeholder input and co-design discussions to ensure the proposed Health Hub is aligned with resident values.



## PP4H FALL SUMMIT ROUNDTABLE DISCUSSION: SUMMARY OF LOCAL STAKEHOLDER IDEAS November 15, 2019

***Question 1) What are complementary services or businesses you can envision in or near the Health Hub?***

### **YOUTH DEVELOPMENT**

- Coffee shop directed at youth and young adults
- Satellite site for youth development
- Kids learn new trades (ex. hair stylist)
- Youth learn about a different occupation on a monthly basis
- Kids voice what they're interested in and connect them to a volunteer in that field
- Teenage engagement options (along with adults, youth, and seniors)
- Leadership Academy for Youth: peer mentoring, learning / enrichment programs, coding adjacent, police/fire career exploration
- Volunteers that can come to the home and talk with residents to talk/event

### **COMMUNITY SUPPORT - SOCIAL SERVICES**

- Sense of safety/violence prevention
- 24 hour safe spot with volunteers
- Social worker to navigate medical needs
- Work with high school or colleges to get students to do their volunteer hours at the Health Hub
- After work relaxation and local socialization
- DHS office
- Legal aid
- Fitness facility (4 comments)
- Express one-stop senior services (SoS ID renewal, food depository, RTA transit cards)
- Technology support services: (emailing, printing, navigating a personal IT device)
- Maywood Police Substation (offer community-based referrals, youth could interact informally with officers, more welcoming place for residents to drop in than main police station)

- Family entertainment
- Community resource center (2 comments)
- WIC Center (services and food for women and infants)
- Skills-based workshops
- Life coach non-profit (financial literacy, planning, life planning i.e. wills, estates)
- Volunteers that can come to the home and talk with residents to talk/event
- Rental space for events

## HEALTH AND WELLNESS SERVICES

- Loyola diabetes prevention and education
- Living Room (NAMI) – mental health support and services
- Cooking classes + grocery shopping class
- Financial meal planning
- “Let me vent” – (informal not clinical)
- American Cancer Society - train community health providers and relay this information to the community
- Social worker to navigate medical needs
- Complimentary wellness services (beauty, clothing, job readiness), mental health
- Health clinic (mental, dental, vision, wellness)
- Nature-based play and programming for youth and adults
- Fitness facility (4 comments)
- Sports facilities
- Canoe Launch space
- WIC Center (services and food for women and infants)
- Yoga/meditation studio
- Smoothie bar, personal trainer
- Better marketing of health and wellness services, businesses and experiences within the Hub

- Meetup groups focusing on health and wellness
- Inclusive community programming
- Mini-clinics offered in or by the Health Hub

## **FOOD-RELATED BUSINESSES / FOOD RETAIL**

- Veggie cafe cooperative: fruits/veggie meals, sit down
- Veggie Cafe - vegetarian restaurant, Wi-Fi, plants, fresh canned goods
- Salad/juice bar
- Coffee shop, directed at youth and young adults
- Sustainable agriculture (indoor or outdoor growing space within the Hub)
- Culinary art/nutrition
- Grab a bag meal with local food
- Indoor/outdoor eatery
- Produce/grocery market
- Food waste collection, redistribution
- Cinema-eatery (2 comments)
- Coffee shop-bakery
- WIC Center (services and food for women and infants)
- Entrepreneurs focused on specific food products
- Smoothie bar, personal trainer

## **SMALL BUSINESSES / JOB CREATION**

- Business incubator space to network and start businesses
- Veggie Cafe - vegetarian restaurant, Wi-Fi, plants, fresh canned goods
- Entrepreneurs focused on specific food products
- Kids learn new trades (ex. hair stylist)
- Workforce development/trade skills (3 comments)
- Leadership Academy for Youth: peer mentoring, learning / enrichment programs, coding adjacent, police/fire career exploration

- STEAM /tech training/resources
- Daycare (2 comments)
- After work relaxation and local socialization
- Local handy/tradesman
- Teenage engagement options (along with adults, youth, and seniors)
- Food waste collection, redistribution
- Independent book store with culturally diverse literature (3 comments), guest author talks, book resale, old vinyl records
- Fitness facility (4 comments)
- Family entertainment
- Salad/juice bar
- Cinema-eatery (2 comments)
- Landscaping design /maintenance
- Coffee shop-bakery
- Florist (3 comments)
- Maker Space and Workshop area (bikes, historic homes)
- Sports facilities
- Skills-based workshops
- Yoga/meditation studio
- Life coach non-profit (financial literacy, planning, life planning i.e. wills, estates)
- Stage (performances, speakers, "TED talks")
- Media lab: mix music, make a podcast, cameras

## CREATIVE ARTS

- Facility with a music instructor (volunteer)
- Rehearsal space
- Art classes/activity outreach
- Public art gallery

- Maker Space and Workshop area (bikes, historic homes)
- Cinema-eatery (2 comments)
- Prairie path “rest stop”
- Integration of the arts
- Displays on vacated buildings
- Stage (performances, speakers, “TED talks”)
- Media lab: mix music, make a podcast, cameras

## PLACEMAKING / OPEN SPACE DESIGN

- Corridor development
- Green space
- Prairie path “rest stop”
- Public transportation
- Cohesive community infrastructure and appearance, walkability, bike-friendly routes
- Canoe launch space
- Community display space - local schools (science/craft fairs)
- Displays on vacated buildings
- Collaborative effort that engages existing resources
- Old firehouse for the Hub location

### ***Question 2) How do you see you or your organization partnering or playing a role in the Health and Wellness Hub?***

- Quinn Community Center - advocate, promote, programming, education
- Youth Outreach Services (YOS) - mental health
- Proviso Township - resources, training, professional development
- Chicago Botanic Garden - green space, produce, education
- Resident advocate - presence, word of mouth, share voices
- Village of Maywood (Trustee Booker) - policy, committees + commission, resources, support



- Loyola Medicine and Loyola University
- Rotary
- Maywood Fine Arts
- FLIP program - (Family Lifestyle Intervention Project at Maywood Fine Arts)
- Maywood Fire Department
- Maywood Park District (2 comments)
- Forest Preserves
- Age Options
- Colleges (Concordia, Dominican, tuition)
- NOMCO (Neighbors of Maywood Community Organization)- can spread the word / add credibility to the Health Hub effort
- Maywood Public Library

