



Building Community

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Herkimer County HealthNet Supports Arc Park

HERKIMER — Herkimer County HealthNet (HCHN) Executive Director Dr. Thomas Curnow presented a \$3,000 check and a Mohawk Valley Mile sign to Arc Herkimer in support of Arc Park and healthy recreation.

Located in the Village of Herkimer, NY, Arc Park is open to everyone, and meets a regional need for a public park that serves children and adults with disabilities who previously had no access to traditional playgrounds. The park features age-appropriate playground areas: ages 6 to 24 months, 2 to 5 years, and 5 to 12 years. Additionally, there is a baseball field, basketball court, and fitness trail that includes five exercise stations, a concession stand, family pavilion, and bandstand.

HCHN Executive Director Thomas Curnow said, "The donation to Arc Park helps to support Herkimer HealthNet's mission to improve the health and well-being of individuals who live, work, play, and learn in Herkimer County. We are pleased to support Arc Herkimer in their commitment to creating recreational opportunities in the community and being the first fully accessible park in the area."

Arc Herkimer President/CEO Kevin Crosley said, "The partnerships we have made through the Arc Park project have been amazing. Together, we are building community. Herkimer HealthNet has supported this regional asset from the beginning. Since it's opening in June, we've gotten many compliments regarding how the park is not only fun, but it's helping to improve the health of those who visit. One woman wrote us to say she walks 3 miles a day in the park."

HCHN also donated a sign designating a Mohawk Valley Mile, the number of laps around the park that equal a one-mile walk. The Mohawk Valley Mile is a fun way to get in daily exercise and



From left, Herkimer County HealthNet's Program Coordinator Elyse Enea and Executive Director Thomas Curnow present Arc Herkimer's President/CEO Kevin Crosley and VP-Strategic Development Frank Reid with a \$3,000 check and Mohawk Valley Mile signage to support healthy recreation at Arc Park.

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jump-start the week in a healthy way. Research has shown that many people vow to start a healthier lifestyle on Monday. It takes approximately 20 to 30 minutes to walk a mile and if completed daily this meets recommended guidelines of active exercise for 150 minutes each week.

HCHN Program Coordinator Elyse Enea said, "We strive to make the Mohawk Valley Mile program inclusive for everyone. All of our routes are located on sidewalks or park trail ways and we've taken into consideration safety by working with our partners to select routes that are accessible to parking, are well-lit, and ensure road safety with access to curb cutaways and traffic signals, where appropriate."

Herkimer County HealthNet works to decrease obesity and diabetes and promote physical activity and improved nutrition through its grant funding. Funding for the sign was supported by Local IMPACT, the New York State Department of Health program on Initiatives for Multi-Sector Public Health Action. The initiative supports the statewide goals of improving population health, transforming health care delivery, and reducing health disparities. HCHN collaborates with HealtheConnections to implement Local IMPACT within Herkimer County.

For more information or to implement a Mohawk Valley Mile, call Elyse Enea at (315) 867-1552 or email eenea@herkimercounty.org.

For more information on Arc Park, visit www.archerkimer.org or call (315) 574-7000.