

**Colorado
Public Health**



**Parks and
Recreation
Collaborative**

**11th Annual
PHPR Collaborative Summit
March 7, 2025**

WELCOME

PIRR
SUMMIT

2025

PHPR SUMMIT

2025

VISUAL SCHEDULE

8:30-9:00

Welcome

THRIVING TOGETHER

Secrets of Living well, Living Long, & Living Uniquely

9:00-9:30

Exploring the 1000 Neighborhood Gatherings Project

9:35-10:05

Designing places of Belonging

10:10-10:40

LIVE LONG + PROSPER WITH LIBRARIES

10:45-11:00

BREAK

11:00-11:40

Holistic Health Programming NURTURING MIND, BODY + SOUL

11:45-12:15

WORK SMARTER, PLAY TOGETHER BUILDING RESILIENCE + CONNECTION AT WORK

12:20-1:10

LUNCH - Longex Tables

1:25-1:55

INNOVATIVE SPACES:

CREATING AGE-FRIENDLY OUTDOOR SPACES FOR LONGEXITY + CONNECTION

2:00-2:30

Invitation to Explore Plant-rich meal planning strategies

2:35-2:50

TAI CHI BREAK!

2:55-3:15

BUILDING COMMUNITIES FOR LONGEVITY, CONNECTION + PURPOSE - a Data Driven Approach

3:15-3:35

HIGHLIGHTS + REFLECTIONS

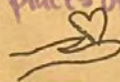
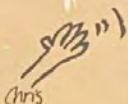
from the day

3:35-3:55

Tea Ceremony

3:55-4:00

CLOSING REMARKS



Welcome!

THRIVING TOGETHER

PHPR March 7, 2025 SUMMIT

Let's Live Well, Live Long, Live Uniquely

Intention

- Listen?
- Learn
- Share

Bring all of you



Why Live Longer?
BLUE ZONES

Quality of Life
LIVING WELL

Different for each of us
COMMUNITY

Living Long

Different things...
Health Span?

Life Span?
to different people

LIVING UNIQUELY

together... connection
elevate!

seated with
PURPOSE

Susie Anderson
Wheatridge Recreation Center

- move
- eat well
- outlook
- connect



"RIGHT TRIBE"

Sponsors...

Guests...

Planning Team

83 ORGANIZATIONS
~ 135 participants



AGENDA...
Feb 4
POWER 9

1,000 Neighborhoods

We can be cities of great neighbors



① Connecting
March mental health month together
Sept 28 Good Neighbor Day



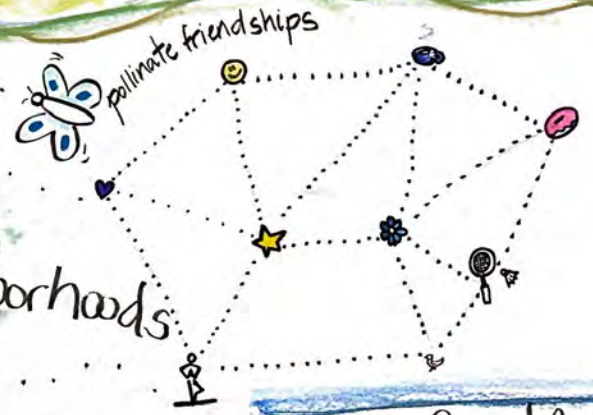
② Mental Wellbeing



- local sponsors
- events
- parties
- door hangers
- movie nights



200sq miles · 77 neighborhoods



Building Social Capital

③ Toolkits



By PAULINA & TIM & BRUSSOL



Designing Places of Belonging

"How might we foster AUTHENTIC Connection?"

Emmanuel Dider & Kate Davenport



We ARE Place

Not Sep.a.r.a.t.e from it



Landscape is a medium to explore BIG ideas & create positive change

- Intentional Transition
- Nurture Wild life with Plantings
- Nature Play Structures

- Dramatic Play
- Scale & Inclusivity
- Social Play
- Immersive Play

by Cayla Moss

ARLOSOU.com

Live Long and Prosper...



FREE!

Access

Needs

Deliveries

- LIBBY
- Summer Reading Challenges
- Experiences
- Reading Space
- BOOKS!
- Technology
- Community
- Education

Library
place of freedom
& abundance

Technology

- Wifi
- Hotspot
- 3D printer
- Media
- Circuit
- Robots

Experiences

- Games
- Visual Mediation
- Fiber Craft Mtgs
- Ukulele

Community

- Book Mobile
- Roaming Librarians
- Park Passes
- State Passes

Events: Mar 29

jeffcolibrary.org/program-proposal



LIBRARIES ARE MORE THAN BOOKS!

Always use your
eyes, hands, ears
and heart
when reading!

HOLISTIC HEALTH

Living WELL



SNEAK IN
~ Be intentional ~

Personal playlist
speaker everywhere

MUSIC



MOVEMENT

MINDFULNESS

3 min breaks
BREATHE DEEP

SUNSHINE

walk & talk

COLOR

lighting
geopens
color theme days

DANCING

SOCIAL INTERACTION

ke-breakers
potlucks
round tables

Lexi Bulich
City of
LAFAYETTE

nurturing



mind body & soul

fatigue - stress - loneliness

energy - strength - health

GET UP AND MOVE EVERY 30min
move your body, move your soul



SIGN UP



BOX BREATHING
4-4-4-4



CONNECTION

~~NO~~ FEAR
ANGER
SHAME



... together forever ...

Pos Paulina
Patricia
@arbsoul

Work Smarter

Play Together

Ashley DePaulis



"You can't spell resilience without SILI"

What is **ONE** way I can bring **PLAY** to work next week?



Find Your
POWER PLAY

"Work doesn't have to be Serious to be Productive."

When did you last
PLAY?



What's your **PERSONALITY?**

WAYS TO PLAY

Doodling

Laughter

Outdoor Time

Healthy Lighting

Movement

Take BREAKS

Walking Meetings

Relational Imaginative

Whimsical Intellectual
ARLOSOUL.com
Cayla Dimes



Toy Box
Puppies @ the Gym

Work Smarter Play Together

Building Resilience & Connection @ Work

Ashley D.
March 7, 2025

by:
ARLOSULL

When did you last play?

- curiosity
- alive, happy

Always "On"

Full Speed Ahead

Use Play

- to break free from stress
- be a game changer
- become problem solvers



Creativity wakes you up!



why it matters
minds today 68% less stress
20% ↑ problem solving
better connection with coworkers

toy box

- crayons
- fun



time connect

- "What if?" Game
- 2 min Meeting?
 - begin @ a dance party?
 - laugh therapy?
 - bouncy houses
 - go out window
 - ice cream
 - lights
 - recess

Power Play

inside "resilience" lives "sillie"

Innovative Spaces

Dr. Sue Paul



Longevity & Connection



Where are the spaces for our elders?

GREAT PARKS
GET ELDERS OUTSIDE

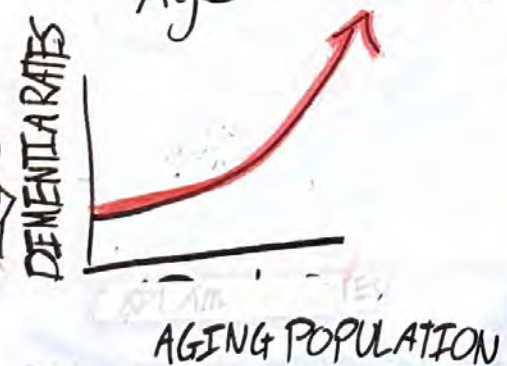
We need more

LONG HEALTHY LIFE

By Cayla Moss
Paulina Ericas
ARLOSOU.COM

- Hand rails
- Places to Rest
- Parking
- Fencing - Physical Boundary
- Low impact strength equipment
- Walking Path

TRENDS



Who will care for our loved ones getting older?

WHAT HELPS?

- Lifestyle changes early
- Nutrition (limit alcohol and smoking)
- Movement + exercise
- Vision hearing
- Fall prevention
- Connection



MENTAL HEALTH

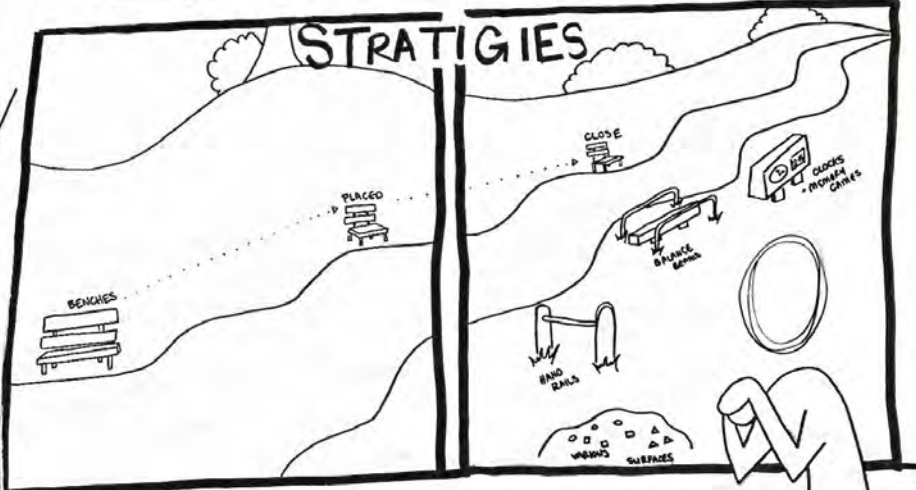


AGE-FRIENDLY OUTDOOR SPACES

DR. SUE PAUL'S
PASSION MISSION



| | |
|--|---|
| <p>ACCESSIBLE & Just being</p>  | <p>ENGAGING in nature MATTERS</p>  |
|--|---|

| | |
|---|--|
| <p>STRATEGIES</p>  | |
|---|--|

⚠️ RISKS

WITHOUT AGE-FRIENDLY OUTDOOR SPACES

Falls 

Obesity 

Social Isolation 

Dementia 

HIGH RISK

LOW RISK

YOUNGER PEOPLE

AGE ↑

We need to care for the elderly

FREDERICK, MD
Aging 3x national average
FIRST SENIOR PARK

BY:
TIM &
PATRICIA
& ALO SOUL

Melinda B
March 7th, 25



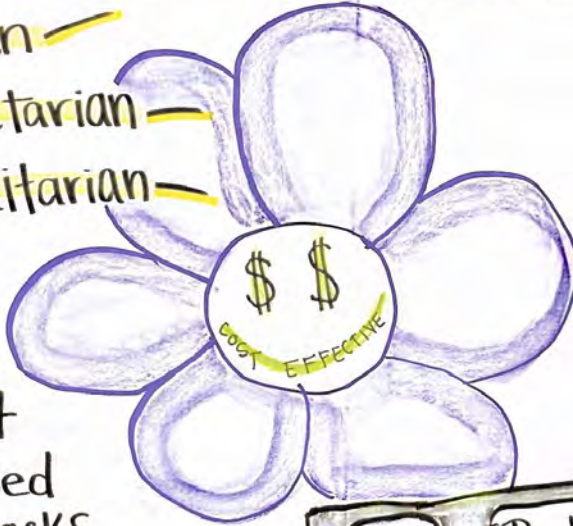
EATING PATTERNS

Invitation to Explore:
Plant-Rich Meals
Planning Strategies

BY: Lex
and Lauren
Artesoul



- Vegan
- Vegetarian
- Flexitarian



Plant Based Snacks

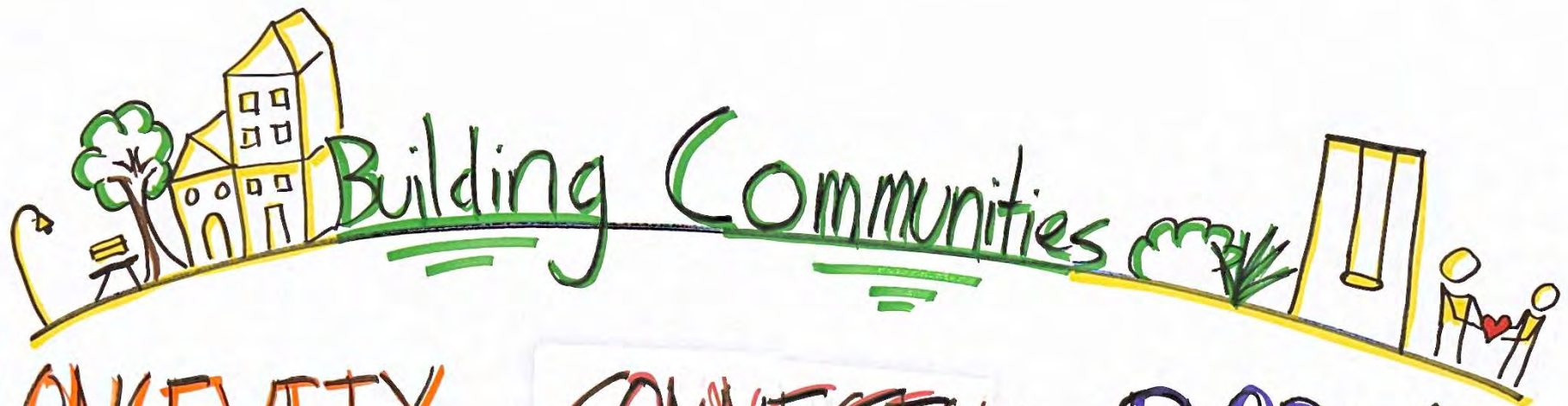


Fullness

Regulated
Blood Sugar

ENERGY
CONCENTRATION
INCREASED





Building Communities

LONGEVITY

CONNECTION

PURPOSE

Mobility Friendly
Neighborhoods



Greenspace
Access



Social WITH
Isolation



Intergenerational
Activities

Reciprocal
Empathy



Purpose in Life
↑ purpose = ↓ mortality

Volunteer Engagement



By Cayla
Moss
ARLOSOU.COM

LONGEVITY

CONNECTION

PURPOSE

Ross Carson PhD

Building Communities
TOGETHER



lifecourse

LONGEVITY CHECKLIST

- Mobility friendly
- Nature Access

30% ↓ risk



CONNECTION CHECKLIST

Social isolation = 15 cigarettes/day

- Reciprocal Empathy

50% ↓ risk of dementia



Generosity
and
Empathy



PURPOSE CHECKLIST

- High Purpose
- Volunteering

24% ↓ risk
44% ↓ mortality rate

BY: Tim + PAULINA CARLOSOL