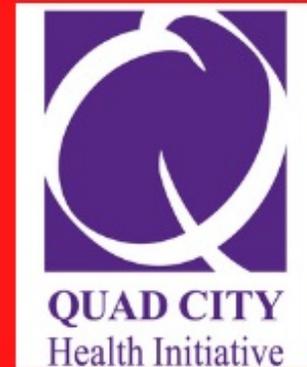


## QCHI E-Newsletter



### COVID-19 Corner

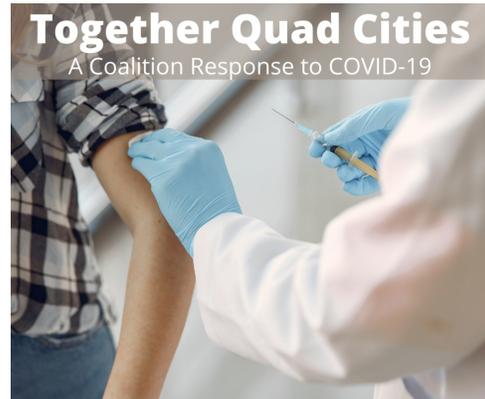
*Providing local updates on the pandemic response*

Challenges and limitations to what we can do continue, but hopeful developments have certainly brightened our holidays! The first doses of a COVID-19 vaccine have come to the Quad Cities (go to [TogetherQC.com](https://www.togetherqc.com) for important information, including how you will be reached when it's your turn). **Quad Citians do NOT need to take any action now to get "in line" for the vaccination.**

Awareness and education from trusted sources is foundational to hope. And messaging is going out to all sectors of our community, including businesses. Catch the Quad Cities Chamber's recent [virtual town hall meeting](#), giving business leaders the latest on vaccine developments.

We also find hope in new focus shed on inequities, and more and more of the QC pulling together to get the word out and influence change. One recent effort includes an important public service announcement, produced by the Azubuike African American Council for the Arts. See the video [HERE](#) and tap into other community materials they've put together for sharing.

Hope DOES abound. Please do your part to share it!



**REMEMBER**, even with a vaccine, it's important to continue wearing a mask, keeping physical distance, avoiding large groups, and washing hands frequently.



### Partner Spotlight

*Highlighting a partner's program that benefits the community*

Parents may be MOST in search of hope, these days, especially when it comes to keeping their young kids active/engaged. And hope can literally be one text away, through the Born Learning Start Smart Text Messages.

This is a FREE service (geared to parents of kids 5 and under), made possible by United Way's Women United donor network. Participants receive 4 messages each week-- tips on everything from helping out in the kitchen to creating a time capsule (perfect for holiday break activities!).



You can text 95577 **tobornlearning** to sign-up. Feel free to utilize yourself or pass on to a friend/client.

*IMAGE COURTESY: United Way of the Quad Cities  
The Coordinator for the Born Learning Start Smart Texts is also a member of our Be Healthy QC Coalition and often inserts messages about nutrition and physical activity too-- including info about QCTrails.org.*

## QC Trail of the Month

*Detailing a regional trail for your next adventure*

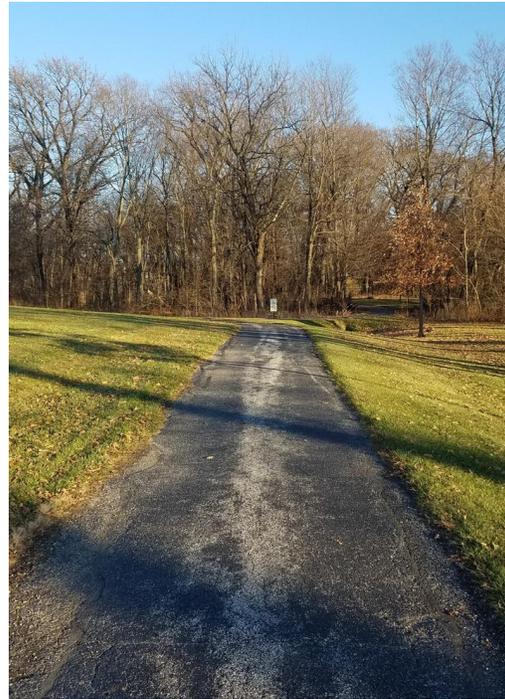
### Muscatine YMCA Trails

Hope is like a breath of fresh, outdoor air. And we've got plenty of ways for you to get the real thing on [QCTrails.org](http://QCTrails.org) (which features 500+ miles of non-motorized trails in the bi-state area).

This month we're highlighting one of our newest additions on the site: the [Muscatine YMCA Trails](#) in Muscatine, Iowa.

The area includes 1.1 miles of paved trail-- a great place for community members to get outdoors in all seasons. The trail connects to local neighborhoods and is adjacent to the Cedar Street sidepath, which runs to the Muscatine High School. The trail loops around the entire YMCA campus. Enjoy finding some hope during your walk or run and be sure to notice nature as you head through the wooded portion.

To learn more visit the [trail listing on QCTrails.org](#). And don't forget to follow [QC Trails on Facebook](#). We not only connect you to trails and health tips, but also local events.



*PHOTO COURTESY: Muscatine Community YMCA*

## Board Stories

*Revealing a personal side to our Board Members and why they're committed to QCHI and the health of our community*

Cheryl True, MD, knows all about a profession that can give real hope.

It's our pleasure to formally introduce her here. She's not new to QCHI, but she's just received a new title with our Board (recently voted in as Vice Chair).

Don't miss her "Board Story," where she's candid about how her analytical training and commitment

# Board Stories

"I now had a tool box to really help my patients manifest change..."

CHERYL TRUE



to science complemented a surprise pivot in her professional path. She's more passionate about engagement and leadership than ever! Check out the rest of her story [HERE](#).



Visit [TogetherQC.com](https://www.togetherqc.com)

We protect our neighbors | We mask up | We social distance | We are #togetherqc

*Proud partner of the QC COVID-19 Coalition*

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STAY CONNECTED

