

Conkey Cruisers Inc.

2016-2017

Month-to-Month Activities Report

Month	Activity	Pillar	Health Impact Zone
September'16	<ul style="list-style-type: none"> • 1st Annual Celebrity Tricycle Race featuring Silver Medal Olympian Nelson Vails • GoNelly Documentary & Popcorn Reception at Greater Rochester Airport • E-Bike Luncheon 	Fitness Fun Food Finance Faith Friendship	Obesity Cardiovascular Health Diabetes Prevention Social and Mental Health
October'16	<ul style="list-style-type: none"> • Rochester Educational Opportunity Center Community Leaders Breakfast • African American Giving Reception • Community Harvest Festival 	Fitness Fun Food Finance Faith Friendship	Obesity Cardiovascular Health Diabetes Prevention Social and Mental Health
November'16	<ul style="list-style-type: none"> • 2016 Finger Lakes Social Entrepreneurship Institute-Ithaca • Reshaping Rochester Awards Betty Strassenburgh Award for Activism Winner: Theresa Bowick for her leadership as an advocate for personal health, fitness and wellness throughout her northeast Rochester neighborhood and especially for her work with Conkey Cruisers, a grass roots neighborhood bicycling program 	Fitness Fun Food Finance Faith Friendship	Obesity Cardiovascular Health Diabetes Prevention Social and Mental Health
December'16	<ul style="list-style-type: none"> • Spin Time With Chase Coleman-Autism Awareness Cycling Event • WDKX Step Jam breakfast and lunch Food distribution • Winter Wellness Celebration In Collaboration with 6k Basketball • Free Winter Coats & Books giveaways 	Fitness Fun Food Finance Faith Friendship	Obesity Cardiovascular Health Diabetes Prevention Social and Mental Health

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January'17	<ul style="list-style-type: none"> • Zeta Phi Beta Award Ceremony Community Health Award • Presbytery of Genesee Valley Health Promotions Presentation • Tom Frey-Freyday Celebration 	Fitness Fitness Fun Food Faith Friendship	Obesity Cardiovascular Health Diabetes Social and Mental Health
February'17	<ul style="list-style-type: none"> • Aqua Zumba Party • Completed Coaches Training for Special Olympics Bicycling Team • Active Transportation Conference Clearwater, Florida 	Fitness Fun Food Faith Friendship	Obesity Cardiovascular Health Diabetes Social and Mental Health
March'17	<ul style="list-style-type: none"> • Blender Bikes Debut-Made Smoothies at Home and Garden Show-Rochester Convention Center • Anti-Obesity Outreach Collard Green Curves-Stage play Presentation REOC 	Fitness Fun Food	Obesity Cardiovascular Health Diabetes Social and Mental Health
April'17	<ul style="list-style-type: none"> • Conkey Cruisers Inc. received IRS determination as a 501 (c)(3) not for profit charity • Common Ground Health HIA-Bicycling and Chronic Illness 	Fitness Fun Finance Food	Obesity Cardiovascular Health Diabetes
May'17	<ul style="list-style-type: none"> • AHA Heart Ball • C&C Catering Nurses Ball-Key Note Address • Ameri-Corps Community Health Presentation and lunch • Rochester Educational Opportunity Center Collard Green Curves Presentation and Dinner 	Fitness Fun Food Finance Friendship	Obesity Cardiovascular Health Diabetes Prevention Social and Mental Health

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June'17	<ul style="list-style-type: none"> • Northeast Family Fitness 5k • Delta Sigma Theta –Pad Project • Feminine Hygiene Kits distributed • New Board Chairman-Stanley Purdie • Submitted RFP-Slow Ride Rochester-awarded 1st Municipality Contract • Channel 13-Interactive Studio Tour with Ginny Ryan 	Fitness Fun Food Faith Finance Friendship	Obesity Cardiovascular Health Diabetes Social and Mental Health
July'17 August'17	<ul style="list-style-type: none"> • Six-Week Summer Bicycling-to-Better Health Program • Quentin Gause Football Camp • Rochester Music Festival • TNT Networking Event • Save Our Women-Health and Wellness Presentations with Oprah's Greenleaf Actor Julian Britano • Rochester Slow Ride Series Pilot over 400 Cyclist Participated • Conkey Cruisers Educational Challenge • Statue of Liberty Tour New York City 	Fitness Fun Food Finance Faith Friendship	Obesity Cardiovascular Health Diabetes Intimate Partner Violence Prevention Social and Mental Health Weather Challenges
September'17	<ul style="list-style-type: none"> • Project Play Summit-Washington DC • Collard Green Curves-Geva Premier-obesity “edu-tainment”outreach presented to 540 Individuals 	Fitness Fun Food Finance Faith Friendship	Obesity Cardiovascular Health Diabetes Intimate Partner Violence Prevention Social and Mental Health

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October'17	<ul style="list-style-type: none"> • Celebrity Tricycle Race • Rise Up Latinos-Obesity Outreach • Harvest Festival • Breast Cancer Educational Dinner- Collaboration with Cancer Services of Monroe County. Seven year impact- over 500 women participated in up close and personal educational dinners, over 5,000 women received free mammograms • Safe Moms=Safe Baby Conference 	Fitness Fun Faith Friendship	Obesity Cardiovascular Health Diabetes Intimate Partner Violence Prevention Social and Mental Health
November'17	<ul style="list-style-type: none"> • Collard Green Curves-Obesity Outreach Encore Performance East High School. Mid-day Scholars Performance and free community Performance • Collard Green Curves Workshop Curriculum presented to scholars leading up to the performances • Veterans Recognition • Registration and Training for Rochester Tour-de-Cure 2018 	Fitness Fun Food Finance Faith Friendship	Obesity Cardiovascular Health Diabetes Intimate Partner Violence Prevention
December'17	Planned Volunteer Meetings & Trainings <ul style="list-style-type: none"> • Special Olympics Coaches Training • CPR • First Aid • Narcan Training 	Fitness	Obesity Cardiovascular Health Diabetes Intimate Partner Violence Prevention

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