



Charles Drew Health Center, Inc.

*"Growing a Healthy Community"*

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Omaha Pedalers  
PO Box 4729  
Benson Station, NE 68104  
July 1, 2014

To: The Omaha Pedalers Club, The Board, Pete Lieben and Bob Mancuso:

Thank you so much for your support of the Charles Drew Health Center's 2014 Earn-A-Bike Project. Thank you for the Bike Fix-it Station for Charles Drew Health Center. Thank you so much for upgrading the air pump. We are thankful that Bob Mancuso was able to attend the Big Event on June 7<sup>th</sup>. Thanks to your support the 50 students who earned new bikes will have a place to fix their bikes. I am attaching some photos from the event. **100% of the parents who completed the Earn-A-Bike evaluation said that this program would improve their health habits.**

The students earned their bikes by completing community service and writing essays. In addition, both the students and their parents participated in wellness workshops on bike safety, better nutrition and the importance of physical activity from 9 a.m. to 1 p.m.

Here are some of the quotes from the students:

- "At first when my mom told me (about community service), I just wanted to do it for the new bike. But when I saw that me helping people make them happy, it made me happy and it didn't feel like work." Rinyah, 9
- "We went around my neighborhood and picked up the trash. I never know how much trash was out there until we walked around!" Richard, 8
- "What I'll do is ride all day long, and I will go in our neighborhood and meet neighbors. Stay fit too!" Mellani, 11
- "Better foods make you feel better, and look good too!" Eloro
- "Doing physical activities helps you build character, keep you fit, relaxes your mind and helps to keep you motivated to exercise." Chance, 14
- "My family and I depend on each other to help and support to stay health, so I am doing activities for myself and for them. I try not to let them down." Samara, 9

We made a difference in the lives of 50 students and their parents in North Omaha and we could not have done it without your support!

Thanks Again,

Pam Singleton-Nelson, MBA

Charles Drew Health Center Wellness Coordinator  
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