

## TSET Better Health Podcast Transcript

### Episode 46: Local Successes From Newer TSET Grant Programs

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Summary: Discovery and Built Environment Innovations are newer TSET grant programs that already are benefiting Oklahoma communities. Episode 46 provides an overview of the new community grant programs and shares two Built Environment success stories. One is a Parks and Recreation master plan in Pauls Valley to boost livability and physical activity for years to come, the other is a new Horticulture Education Building for the Botanic Garden at Oklahoma State University that welcomes scores of thousands of visitors each year.

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#### **[Theme music]**

- James Tyree: Hello everyone; welcome to Episode 46 of the TSET Better Health Podcast. This is your host James Tyree, associate director of Integrated Communications at TSET ...
- Dylan Jasna: And I am Dylan Jasna, TSET associate director of campaigns and brands. And speaking of campaigns and brands, many people recognize TSET for the Oklahoma Tobacco Helpline for helping people quit tobacco and for our commercials with Shape Your Future, Tobacco Stops With Me and Healthy Youth Initiative messaging. TSET is also known for long-running local grant programs like the TSET Healthy Living Program and Healthy Incentive Grants for schools and communities.
- J. Tyree: But TSET funds another pair of community-based grant programs called Built Environment and Discovery. These are newer grants and so maybe not as widely known, yet they already are beginning to make a difference in communities across the state. In this episode of the TSET Better Health Podcast, we will visit Pauls Valley and the Botanic Garden at Oklahoma State University to learn how Built Environment grants have funded some much-needed wellness-related projects for community members.
- D. Jasna: Before we hear about their stories, let's first get an overview of these new grant programs from someone who helps grantees manage them.
- Underkoffler: My name is Andrew Underkoffler and I am a senior program manager here at TSET.
- D. Jasna: Thank you for joining us. What can you tell us about these community-based grants?
- Underkoffler: Yeah, I'll start with Discovery. So Discovery is our youngest grant out of these two. It's been around, it's launched in January of 2023. We're currently working through our first

round of those grants and Discovery grants are to help fund creative solutions to address unique challenges and barriers faced by Oklahomans, specifically with an emphasis on populations that are facing the greatest rates of tobacco use and or obesity prevalence. Those with a great need for improved nutrition and improved access and opportunity for physical activity.

These grants fall into two different sort of population categories. We have our community-based Discovery grants and our statewide based grants, Discovery grants. The community-based grants, they're focused in on a particular community or population of people, so maybe just one city or maybe a specific non-profit in the population they serve, whereas statewide Discovery grants have a wider statewide impact and might impact multiple populations across the state.

D. Jasna: That is interesting. What can you tell us about TSET Built Environment Initiatives grant program that launched in the summer of 2022 and recently had a second round of grants?

Underkoffler: In a nutshell, these grants are to do pretty much exactly what they sound like, improvements in the built environment. So we've broken it down into two tracks. So we've got our planning, design, and policy development projects and our construction implementation projects. The planning, design, and policy development track will provide funding for feasibility studies, streetscape designs, comprehensive plans, master plans, etc. Whereas construction implementation is going to fund changes in the built environment that are going to increase the number of people engaged in physical activity, providing additional opportunities for physical activity, enhancing safety, improving walkability, bike ability, et cetera. I will say with those, it is a requirement that there're already planned and ready to go and shovel ready in order to receive funding.

D. Jasna: Can you share with us an example of one of these grants in action, and the impact the funding is making on some fellow Oklahomans?

Underkoffler: Sure. Yeah, of course. Both grants have seen a wide range of positive impacts on their communities, and I could speak for a long time on both. One of the grantees I work with, actually one of our community-based Discovery grants is NewView Oklahoma. They're a local non-profit that provides employment opportunities and other health-based services for Oklahomans across the state with blindness and low vision. They have used their Discovery grant to improve the workplace wellness initiatives at their agency. They have multiple sites across Oklahoma. They have clinics both in Oklahoma City and Tulsa, and they actually have a manufacturing facility, which is their largest site, I believe, here in Oklahoma City.

One of the most exciting things that they have used their Discovery grant for is converting a space at their manufacturing facility that was previously, as I understand it used as a location where employees would go to smoke outside and now they have a community garden in place. They have a walking trail and they have nice outdoor exercise equipment. So what was once a place where people went to smoke is now a place where people have options for healthier activities, for going and tending the

garden, taking a nice walk outdoors. And the best part is it's all accessible to their population. As I said, they're a blind and low vision population, so everything that's been put into place is accessible to them. So yeah, through our time working with them, I mean, we've heard stories of employees and clients beginning their journeys to quit smoking and making healthier choices, making the conscious choice to choose the healthier option.

D. Jasna: That is fantastic, Andrew. Is there anything else you'd like to mention about either or both grant programs?

Underkoffler: Yeah. The only other thing I was going to add, and I think it's really cool, and it's not specific to a certain grant, it's more of a broad success that we're seeing, especially with our Built Environment grants, is how these communities are able to use the funding that they've received from TSET for their projects to leverage additional dollars from other funders for either their current project or others. And so we've been able to see projects grow and expand from their originally planned idea because of the impact of additional investment off of our initial investment. And that's really the idea of both of these grants, is to build a foundation to continue to grow.

D. Jasna: So who can apply for a Discovery or Built Environment grant, and how and when?

Underkoffler: So for both grant opportunities, pretty much it's the same for both communities, local governments, nonprofits, those who meet all of our guidelines in our RFP can apply for both of these grants. I don't believe there's a difference in who can apply for either of them. I will say at this point in time, the schedule for the next release of RFPs for both grant opportunities is not complete. But I will say for those who might be interested, they can go sign up on our website to receive information for when future RFPs are released for the next fiscal year.

D. Jasna: By way of reminder, the website is [Oklahoma.gov/tset](https://oklahoma.gov/tset), and then click on "Funding Opportunities." Thank you for telling us more about these grant programs. I know you have really enjoyed seeing the local impacts firsthand.

Underkoffler: Absolutely. I think it's just really exciting. We're seeing impacts quicker than we might have seen before, and so stick around for more exciting updates. Some of these Built Environment projects are just getting started. So in the next year or so, we'll continue to see even more and more exciting projects. Same with Discovery as we begin with our new round of grants July 1 of this year.

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J. Tyree: The new Discovery and Built Environment grants that Andrew referred to represent the second round of such grants. TSET Board of Directors recently awarded the first Discovery and Built Environment grants in 2022. More information about previously awarded projects and future funding opportunities can be found at [Oklahoma.gov/tset](https://oklahoma.gov/tset).

- D. Jasna: Now let's hear more about a couple of specific Built Environment projects and the impacts they are making for people in their local areas. James, you got to hit the road and see these things firsthand. What did you think?
- J. Tyree: Pretty impressive, Dylan, though one is an actual structure for a pretty special place, while the other grant produced a comprehensive plan that will benefit generations or residents and visitors. Let's go first to Stillwater to learn what's happening there from an OSU faculty member and director ...
- Lou Anella I'm Lou Anella. I'm the Director of the Botanic Garden at Oklahoma State University, and we are at the Botanic Garden in our new building, which we call the Horticulture Education Center.
- J. Tyree: What happens at this new center and how did it come about?
- L. Anella: We've always had a building that we were able to use as a classroom, and during COVID we lost that classroom and it was being used for offices and things like that at that time, and we weren't using it as a classroom during COVID. So I said, okay, you can utilize our classroom if you help me build a new building. That's really how it came about. The university agreed to that, and the university put up money to give us a new building so that we could have a place to have classes, workshops, camps during the summer for children, all things like that.
- That's how this building came about. We of course, needed more money than the university had budgeted for the building. That's how we got involved with TSET. I applied for one of the building environment grants and we were awarded the grant, and we now have a brand-new building.
- J. Tyree: Backing up a little bit, can you tell us a little bit more about the garden, about how big it is and what's grown here and what makes it special?
- L. Anella: We call this the Botanic Garden at OSU, and it really is at least 100 years old as a research station. This is where research is done for the Department of Horticulture and Landscape Architecture at OSU. About 50 years ago, actually, we're going to celebrate our 50th anniversary next year, the television program, the OETA public television program, Oklahoma Gardening started. I think about 10 years after the show had started, maybe 15 years, they needed a place to film besides in Oklahoma City.
- Originally, they had to go to Oklahoma City to film the show. Then they were filming it in the backyard of Ray Campbell's house here in Stillwater. They decided to start a garden where they could film the television show. Over the years, that garden has grown and grown and grown. We still film Oklahoma Gardening here, but now it's also a public space, a public garden, a place where people can come and see beautiful plants, beautiful flowers.

The mission is to show people what they could do at home, to show people what beautiful things they can create and grow in their own garden.

J. Tyree: What kinds of things are grown here?

L. Anella: Sure. I think it's probably fair to say that our main focus is ornamental horticulture.

J. Tyree: Okay.

L. Anella: However, get people into ornamental horticulture, you can also get them into growing their own food and vegetables as well. We do have some gardens where we have ornamental plants highlighted in the garden, because that's kind of a thing these days. You don't have to have just a vegetable garden. You can have edible plants in your flower garden. You can have edible plants as part of your landscape. We also do have vegetable gardens. We have one formal, let's call it vegetable garden, that is enclosed with a deer fence and has raised beds. Then we have other gardens, like for example, when you came in this morning, you saw busloads of children here.

J. Tyree: Yes.

L. Anella: We have a schoolyard garden. We have a garden to showcase how schools can build vegetable gardens out of inexpensive materials like old tires and things like that, so that they can have vegetable gardens at schools to teach children. We do have lots of opportunities to showcase what people, again, what people can do at home for healthier living.

J. Tyree: Do you know about how many people visit here in any year? Or is it various groups of people or individuals or what?

L. Anella: There are lots of groups that come, especially school groups. We have had two to three busloads of kids every week for the last few weeks. I think it's the end of the semester, and they're doing field trips and stuff like that. We have lots of school children. We have lots of visitors, people that are just traveling through and they want someplace to visit in Stillwater. People just end up dropping in because it's rated as one of the most beautiful places in Stillwater.

Of course, we have a lot of local people visit as well. It has become a real resource for families. If you come here in the afternoon, we have something called the Tree Walk Village, and it's these platforms up in the trees where children can run up in the platforms. Then there are rope bridges between the platforms and a slide, so it's a lot of fun. You come here in the afternoon when school gets out, and the parking lot right next to Tree Walk Village is full because local people come here.

J. Tyree: It's a beautiful resource for Oklahoma State University in this campus, but sounds like it's also a wonderful resource for the community, not just Stillwater, but even beyond.

L. Anella: Absolutely. It's a wonderful resource for the community. You mentioned OSU when we kept track of this last time, 21 different OSU classes reserved the classroom that we had back then or reserved a tour or something like that. 21 different classes. That doesn't include the poetry class where the professor says, "Hey, you might want to go out to the botanic garden to get inspiration." These were actual reservations. Lots of different OSU classes use it, but it absolutely is a resource for the greater community.

J. Tyree: Well, I'm very happy that that TSET was able to help in finishing the construction here. What kind of features did you want in this new building? You were at the old place for such a long time. What did you want to make sure that you had here that could be helpful for everyone?

L. Anella: One of the main things is that this building is so much closer to the highway. It was very difficult to get to the old building. You actually had to get to it from a back road, a dirt road. Now we have a paved entrance very close to the highway, so access has improved tremendously, and it's improved our visitorship tremendously. I think a lot more people are utilizing it because it's so much easier to access now.

We wanted a large open classroom, and that's what we have. We have about an 1,800 square foot classroom, and it's very beautiful with wooden beams and a high ceiling. It's a really beautiful space. Also, this is about visitor comfort. We have three restrooms here, a place for people to take a break. We have a patio now, but we will be soon covered with a pergola, and so we will have a covered patio outside so that people can take a break again or maybe eat lunch out there.

Or if we have a class here or a workshop here, people can plan that their lunch will be served out there on the patio. Lots of features really focus on the visitor. The other thing is we have groups that come all the time, like master garden groups will come and want to tour the garden. Well, that's a big investment to rent a bus and bring a group of people here. What if it's raining? So it's nice to have this indoor space. If we had to, we could do a PowerPoint presentation and talk about the garden, and then the whole trip wouldn't be a waste.

J. Tyree: I'm sure you're familiar with the agency to help reduce tobacco use and improve health. When you were looking for additional funding, what was your thought when you said, "Oh, TSET may have a grant for us."?

L. Anella: A few things. Number one, we showcase things that people can do at home. Gardening is the most popular pastime for people. It does keep people healthier just by doing gardening, even though it could be ornamental gardening, not necessarily fresh food that they're going to eat, although that's possible too, just the activity, just having people be active is so healthy. The other thing is that we have the ability here at OSU to multiply the effect. If we do a workshop here, we could film it, we could put it on Oklahoma Gardening, we could put it on the television show, we can put it on YouTube. Everything we do here, we're able to multiply.

That was one of the justifications I used to get the grant and I think one of the reasons that we were successful. For example, you saw those children here, Shelley Mitchell is housed in this building, and it's her job to coordinate children's programming throughout the whole state of Oklahoma. The schoolyard garden that I mentioned earlier, that's her responsibility, that's her garden. Not only do we have that garden here for people to visit, she travels the state talking about how to build those sorts of gardens.

I know she has a workshop coming up where teachers interested in having gardens at their school will be coming here, and she'll be doing a whole workshop to them. We have this ability to multiply our effect. Whatever we do here, we can showcase it throughout the state of Oklahoma. Then of course, YouTube has been a game changer for us. Our YouTube channels have millions of hits, millions.

The other multiplier that we have is that we have other things going on. We don't just have the Botanical Garden here. Right across the street now we have the student farm. That is focused on growing food for the local food bank, Our Daily Bread. There's another multiplier effect. They're right across the street. If they need to have a meeting or something, they come over here and use this new building. Lots of tours happen right there, right across the street. That's another multiplier effect that we have.

J. Tyree: Very, very nice. I think this is my final question, and that is, how much fun do you have in being here, whether it's interacting with groups or just being out in the garden?

L. Anella: Before you got here, I was out in the garden. My knees are all dirty because I was planting plants, establishing a new garden bed right around this building. I do love it. I do love it. For me, I love horticulture, I love plants. For me as Director, it's about the people. What I really love is seeing those two busloads of children come in here today. Maybe we can inspire them to be involved with horticulture.

The great thing about horticulture is it can last a lifetime. You can keep it with you for a lifetime. It can give you pleasure for a lifetime. It can help keep you healthy for a lifetime. We try to do things like the Tree Walk Village, like this building, things that will attract families, things that will attract children so that we can give that lifetime benefit to them.

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D. Jasna: The Botanic Garden at OSU sounds like a great place to visit, both fun and beautiful. And it's great how the garden incorporates both physical activity and nutrition. (Dylan then speaks on Shape Your Future's new involvement with the Oklahoma Gardening show.)

J. Tyree: That should be a fascinating series, one that folks throughout the state can enjoy. Podcast audio engineer Sam Carrillo and I also visited Pauls Valley, to learn more about

their plans to enhance recreation in that Garvin County community. Let's meet the person who spearheaded that collaborative project. In relating her story, the Erin and Alan she mentions are Erin Bolin and Alan Ware of the TSET Healthy Living Program – or HLP – in Garvin County.

J. Samford My name is Jennifer Samford. I am the parks and recreation director for the city of Pauls Valley.

J. Tyree: All right, and you and the city had applied for a TSET grant to do some improvements with parks here. Can you tell us what grant you went for, and what you wanted to accomplish with it?

J. Samford So we applied for a Policy and Built Environment Grant a little over, a year ago. And that was a matching grant. We had to put some money forward, and then, TSET came in with the bulk of it. And we used that to do a citywide parks master plan, and that also included our two lake properties.

I have been advocating in the community for several years that we needed a plan, and it just never came about. Sometimes, in community planning and in the municipal world, you can launch an idea, but that doesn't always mean that it's the right time for that idea to happen.

So I have some friends, networked friends with our Countywide Health Coalition, who are TSET HLP employees, grant recipients. So they worked for TSET in that regard.

And so, Erin and Alan had told me about this other grant and said, "Well, hey, this is something that's different and new that TSET is doing, and do you think that you could identify some kind of project, and go after some funding?" And I read through the grant application and I was like, "Yes, absolutely. We could actually have a parks master plan with this kind of money." So the wheels kind of started turning.

I'll tell you what was really, really key about that grant process is, we wrote it by committee, meaning, there were identified people that came to the table and helped write that grant. I got a lot of technical assistance from those TSET HLP helpers.

But then, at the time, our current librarian, she came to the table, and she helped write a portion of it, and then I wrote a portion, and then we kind of cobbled it all together. Everybody took time and proofed it and then we sent it in.

J. Samford: And then we got the award letter. So it was awesome.

J. Tyree: Who were some of the other community partners that came in and worked on this together? Because that seems interesting that you have a parks plan, but a librarian was part of that. So who else did you have, and why do you think they were involved?

J. Samford Well, of course, the librarian that got involved, she writes grants for the library, but those are really super specific, and those are library grants that she has access to. But



she had the grant writing ability, and she had also been a former member on my Park and Tree Board. And so, she was a strong leader. And I think that that's what you got to do is, you got to just find who your champions are, and who can help you.

And especially in rural communities, it is important to, and it doesn't matter if it might be your assistant city manager, or your street department person, or your PTA mom, you've got to figure out somebody that's really passionate about how this can impact your community.

Our police chief, once we received the grant, because there was a lakes component to that, and the way the city of Pauls Valley is organized is, our chief of police has a real active role in our lakes. He came to all of our master planning meetings, his Lake Board got involved. So that was an interesting component, too, is, here there's buy-in from the police department, for something that's parks and recreation and lakes-related.

J. Tyree: Why was it so important to you early on, or for a community very early on, to have a master plan, as opposed to just, "Hey, let's build a playground here, and be done with it?" Why is it important to have a comprehensive master plan for the city?

J. Samford Well, when we created this plan, because there were surveys, there were community meetings, we asked the citizens for their input, and we have a great, statistically valid survey that we did. And so that is data that we can use to really help launch recreational planning, actual building out of parks, identify what we're doing good, what we're not doing good. What is the public's perception of what we have and how we take care of it, and then, what do they want to see in the future? And that's what that plan did.

It's really more than just one thing. It kind of is a whole package plan. And that way, you can serve your city better with the funding that you get. You can serve your city better in going after maybe potential grants. You can make your dollars stretch further, if you can identify other grants and avenues to go after funding. But then, also, you are actually putting to work what you know the citizens want to see happen.

J. Tyree Which takes me to my next question, Jennifer, which is this. From all the community input that you got in this process, what do people here want in their parks, from recreation?

J. Samford One of the things that we heard in the survey is, they like what we have. They wish we took care of it better. So that's a part maintenance thing, and that's a budgeting thing. "Okay, well we have all these assets, let's take care of what we have." So that's good information to know. They like it.

There were some interesting information about, maybe neighborhood parks that need to be developed, in certain parts of town. We have a lot of park property, but it's not necessarily allocated and spread out equitably, across town. That was something that came out in the plan. So how do we thoughtfully address that issue, moving forward in the next 20 years? And then, the survey told us what kind of actual programming they

would like to see, that we don't have, because we do do a lot of youth sports programming.

We're very blessed to have a beautiful recreation center to operate out of, and offer to the city. People can come in and pay a day pass, or have memberships, and work out here. And we offer all kinds of programming and things out of this building.

They want nature programming. I thought that was very interesting to me, because that is not necessarily what I would've thought. So that, and then, there was a perceived need of more adult programming, adult sports programming. So that was something that was interesting. And then, when it came to actual community, what they wanted to see that they didn't think that we had, and that was trails. They didn't think, we don't have any kind of dedicated trails anywhere.

And we don't have walking paths. We have one nature park that has a trail, but not really. That's the only trail space that we have in the community. We don't even really have trails or walking areas around our lakes. And so, that came out, number one on top was multi-purpose trail system, or trails, and nature paths. And then, a splash pad came out, that we don't have one. Now, we have a beautiful water park, but the citizens want a splash pad. So moving forward, that probably needs to be something that we think of as a project in the next five years.

J. Tyree: People of all ages, adults and kids and older people can really be physically active with all that, which is pretty cool. So where do you go from here?

J. Samford: Well, when we finished up the project for the parks and rec master plan, we did a reveal meeting with all of our community stakeholders. So, a lot of the leaders that had helped move that whole process through for a year, we met, and unveiled it. So there was 20 people in the room, and the company that we used to produce this product, they came and did a big unveiling, and we talked about it.

And then, it went to City Council. And City Council actually adopted it as the master plan. So then, what we do is, we periodically will touch on this, when we have Park and Tree meetings, when we have Lake Board meetings. So the important part with this plan is that you don't just put it on the shelf. It needs to become an active document that you reference.

And so, we've made copies, and provided those to the Lake Board, and the Park and Tree Board, and City Council members, and the city manager, and assistant city manager, they all have copies of it. And that way, when things come up, and we're doing planning or budgeting, or issues arise, we can go back to this, and we keep it a live active document that helps us make decisions and make plans. But one of the things that happened right after it is, TSET started or opened up a new, a different grant process, and it was Innovations and Built Environment, and it was for planning, design, and policy development, and construction implementation.

So I'm thinking, "This is awesome. We've got this master plan, and the construction implementation, we can do this. We've got all these ideas, that this master plan has come up for us, and we will just apply for one of those construction implementation projects." Then, I started looking at the RFP and I'm like, "Oh, that doesn't really ... I mean, our master plan doesn't really give us a shovel-ready project."

It gave us all kinds of information and data to move forward, with making a specific decision to do a specific project, but we didn't really have a shovel-ready project. And those construction implementation grants were, you needed to have something that was.

I thought, "Okay, well what could we apply for? Do we go back and do planning and design?" And so, that's what we ended up deciding to do. We took that survey information about trails, and the public's perception that we needed this. We have a levee system here. We've got a couple of levees that were built many, many moons ago, to protect the downtown area from flooding, from Rush Creek. So there's been a lot of talk about putting a trail on top of the levee. And with any kind of trails projects, there's always issues.

And with our community, we've got a state highway. Actually, that levee would end up, if we tried to connect it, we've got a four-lane state highway, and then, a two-lane highway and a railroad that all would have to be crossed, if we were to do a trails project.

So I went to a couple of professional development things, and listened to other people talk about trails. And I got some information from some, and some inspiration from some, in that if the Dallas Metroplex can figure out how to build a trail system, and they're dealing with multiple different municipalities, and all kinds of drainage issues, and highway issues, and streets and roads and all. And if that can happen in the Dallas Metroplex, then we can figure something out here in Pauls Valley. It's not an insurmountable thing.

So luckily, we had worked with Halff & Associates on our master plan, and we were able to put a grant proposal together, to do a trails and connectivity study. The goal of that grant ask was that we would do this study, and we would maybe dream of trails on the levees, but then, also, how do we make our community more bikeable?

How do we connect neighborhoods with parks, and neighborhoods with shopping, and schools with neighborhoods? How do we build a more connected community? Because I know, I lived here for a long time, and was raised here, and there are a lot of people that bike around. And they bike, surely, for transportation purposes, because they don't have cars.

Well, how do we make that easier, safer, and then also, for people to walk, and push strollers, and things like that? So this study, while yes, it can get people out and more active, it's also more about making your community more connected, and easier for

people to move around in, whether that be for fitness, or for shopping, or for health and safety, or all those things all fit into this study.

So, because of my world in parks and recreation, yeah, I want people to get out and move, and be healthier and be outside, because that makes healthier citizens. But TSET wants that too. And it's just like a win-win, all the way around.

J. Tyree: In a nutshell, can you kind of describe, or paint a picture of just how potentially transformational that the TSET funding has been, or could be, for what is happening here in Pauls Valley?

J. Samford: Well, I truly believe that without the funding from TSET, the city of Pauls Valley would not have a parks master plan. Without that kind of vision and plan in place, we would still be being reactionary to things. And I think, with the plan in place, we are going to be better suited to make decisions, based on great data. We know what the citizens want, we know what our strengths and weaknesses are, and we can move forward, and be a better community.

But the reality is, in the municipal world, there's not a lot of dollars out there. And so, this TSET funding was able to come alongside of us, and do something for us that I don't think we would have ever have had funding to do. And we all know that as Oklahomans, we have some pretty scary health statistics. And I commend TSET for thinking creatively with this funding, and partnering with municipalities, and other state agencies and other entities, to affect the built environment. Because if we have safer places that are accessible for our citizens of Oklahoma to get out, then they will.

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D. Jasna: That was compelling. It will be good to see how the parks and trails plans will unfold over the next few years in Pauls Valley, and it's encouraging to hear how they are taking a proactive and community-driven approach to the city's wellness and recreation goals. And that is just one example of how TSET Built Environment and Discovery grants are helping local leaders improve health and wellness in their communities, one idea at a time.

J. Tyree: We definitely want to thank Dr. Lou Anella and Jennifer Samford for sharing their time and stories with this podcast community, and to TSET Program Manager Andrew Underkoffler for providing an overview of the new grant programs. We also thank you, our listeners, for your interest and attention.

D. Jasna: We hope you enjoyed Episode 46 of the TSET Better Health Podcast and you are invited to check out any past episodes by visiting [Oklahoma.gov/tset/podcast](http://Oklahoma.gov/tset/podcast), or anywhere you normally listen to podcasts. So until next time, this is Dylan Jasna ...

J. Tyree: And James Tyree wishing you peace ...

D. Jasna: And better health.