



## **MEDIA RELEASE**

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## **FOR IMMEDIATE RELEASE**

**9/30/2015**

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### **MI-TRALE AND THE ONTONAGON TOWNSHIP PARK COMMISSION AWARDED \$9,000 FROM THE PORTAGE HEALTH FOUNDATION TO INSTALL NEW PARK EQUIPMENT**

[Hancock, MI] MI-TRALE (Michigan Trails and Recreation Alliance of Land and the Environment) and the Ontonagon Township Park Commission were recently awarded \$9,000.00 from the Portage Health Foundation to help purchase and install new park equipment for the Ontonagon Township Park.

These two organizations applied for funding under the PHFoundation's outdoor recreation RFP. The grant funding was a result of the foundation's Spring Gala where a total amount of \$60,000 was raised. The foundation sought applications focused on programs and resources that promoted outdoor activities, particularly for youth and families. As a result, many worthwhile applications were submitted throughout the foundation's four-county service area.

Today, we face a number of health issues such as obesity, diabetes, and depression, which often stem from living sedentary lifestyles. The PHFoundation believes it is important to combat these health issues through recreational activities. Research has shown that physical activity can lead to better mental and physical health by reducing depression, relieving stress, and improving self-esteem. These healthy changes often lead to positive economic and social benefits for local communities such as the promotion and creation of social bonds, livelier communities, and stewardship.

To encourage outdoor recreation, MI-TRALE and the Ontonagon Township Park Commission will be installing two ADA portable swings, a pair of basketball sets, and four disc golf stations at the Ontonagon Township Park. According to Kevin Store, Executive Director of the Portage Health Foundation, "What we appreciate about MI-TRALE and the Park Commission's application is their focus on providing recreational opportunities that all individuals and families can utilize. By having park equipment that is handicap accessible, for example, more people can enjoy the park in new and expanded ways. Additionally, the disc golf course and basketball sets provide a great opportunity for people to create new friendships or for families to share time together. By investing in the local park, we are investing in family, community, and health."

The Portage Health Foundation is a 501(c)3 charitable organization that receives and contributes charitable donations, which support the health needs of the community through enhanced philanthropy and community collaboration throughout Baraga, Houghton, Keweenaw, and Ontonagon counties.