



## Chelsea Wellness Coalition – Friends and Family Wellness

### May 1, 2014 Meeting Summary

#### Next meeting is June 3, 6 pm, Chelsea Community Hospital Atrium B

**Attendees:** Dan Kaminsky, Cindy Triveline, Jane Thompson, Melinda Baird, Dayle Wright, Jack Wheeler, Jennifer Smith, Mary Hall, Andrew Thomson, Melissa Johnson, Jim Randolph, Shawn Personke, Stephanie Doll, Amy Matteson, Ashley Miller Helmbolt, Ruth VanBogelen

***NOTE TO INTERVENTION LEADS.*** Friday, June 6<sup>th</sup> is the deadline to submit grant documents to CWF. This is the process for actually receiving the funds. If you have any questions about how to do this, contact Matt at [matt@5healthytowns.org](mailto:matt@5healthytowns.org) or Ruth at [ruth@5healthytowns.org](mailto:ruth@5healthytowns.org)

### Summary

#### 1. Introductions

**2. Proposed new meeting dates.** For June, July and August, the Coalition will meet on the 1<sup>st</sup> Tuesday of the month instead of the 1<sup>st</sup> Thursday of the month to allow members to attend Sounds and Sights.

**3. Generate a list of tasks and teams for each quarter and month.** See Table 1 and 2 on the next pages.

- Five teams were formed to do tasks, process development, etc. for the coalition. The teams will meet and bring back proposals to the larger coalition.
  - Membership team – define what a member is, points of contact for new members, etc.
  - Marketing & Outreach Team – how to communicate coalition plans, work, interventions, plan celebrations, website, facebook, etc.
  - Prioritization/Evaluation Team – develop a proposal about prioritization and evaluation of the plan and interventions
  - 5 Year Plan Team – draft a 5 year plan document
- Meeting agendas for June, July and August were set, agendas for later meetings will be developed once the teams have completed their work.

#### 4. Other

- Jack Wheeler provided information about the Deny the Mine situation and asked if the coalition would support the effort against the mine. The consensus decision was to write 2 letters, one to the Lyndon Township Planning Commission (stating concerns and stating opposition) and one to the CWF, Amy Heydlauff.
  - Note – both letters were sent and are attached on page 4, and 5



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**Table 1. Coalition Task Schedule** – at the meeting we will move tasks as needed to different quarters and months, add new task, delete tasks, ask for volunteers for each task, type of meeting. Remember each meeting is 60-120 minutes.

Time	Tasks	Responsible person, groups
1Q - May	<ul style="list-style-type: none"> <li>○ Decide on meeting days, times, moderators, etc,</li> <li>○ Develop list of tasks</li> <li>○ Initiate interventions</li> <li>○ Develop community outreach</li> </ul>	
1Q - June	<ul style="list-style-type: none"> <li>○ Review HIP, MiPHY, NEAT and PAC data</li> <li>○ Discuss Goals for the Year 4 plan, the goals should direct what interventions the coalition is looking for (proactive not reactive), should result in a balanced portfolio,</li> <li>○ Proposal from the Membership Team: Definition of a Chelsea Wellness Coalition Team Member</li> </ul>	Ruth VanBogelen General discussion  <i>Membership Team</i>
2Q - July	<ul style="list-style-type: none"> <li>○ Proposal from the Prioritization/Evaluation Team about how to prioritize interventions in year 4, how to evaluation new interventions for year 4 and how to evaluate the interventions from the Year 3 plan</li> <li>○ Proposal from the 5 Year Plan Team</li> </ul>	<i>Prioritization/Evaluation Team</i>  <i>5 Year Plan Team</i>
2Q - August	<ul style="list-style-type: none"> <li>○ Proposal from the Marketing and Outreach Team</li> </ul>	<i>Marketing and Outreach Team</i>
2Q - September	Review 2014 MiPHY, NEAT and PAC data TBD based on work of teams	
3Q - October	TBD based on work of teams	
3Q – November	TBD based on work of teams	
3Q - December	TBD based on work of teams	
4Q – January	TBD based on work of teams	
4Q – February	TBD based on work of teams	
4Q - March	<ul style="list-style-type: none"> <li>○ Finalize the Year 4 plan</li> </ul>	



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**Table 2. Coalition Teams**

Team Name	Team Lead	Team Members	Team's roles and responsibilities to the Coalition
Membership Team	Jennifer Smith	Amy Matteson Ruth VanBogelen	Develop a proposal for the coalition with a definition of membership to the coalition, is everyone welcome, who is required to attend, what are the expectations of a member, roles, point of contact for new members, update email group list of members, new member orientation.
Marketing and Outreach Team	Shawn Personke	Dan Kaminsky Mary Hall Amy Matteson Courtney Stinson	Develop a proposal for how to communicate coalition plan, work, interventions, etc., who to communicate information to, plan the yearly coalition celebration, and more including plans for website and facebook.
Prioritization/Evaluation Team		Ashley Miller Helmbolt Melissa Johnson Jane Thompson Jack Wheeler	Develop a proposal about prioritization and evaluation of the plan and interventions
5 Year Plan Team		Ruth VanBogelen Andrew Thomson	Develop a draft document with the 5 year plan for the coalition that can be included in the Yearly Plans

**New Intervention Ideas** (to be included in all meeting agendas and summaries)

1. Y2 Walking Program –
2. Farm to School programs to include local produce served in the cafeteria, healthy eating instruction and school gardens.



## Chelsea Wellness Coalition – Friends and Family Wellness

May 8, 2014

**To:** Lyndon Township Planning Commission

**From:** Chelsea Wellness Coalition

**RE:** Potential new sand mine north of Chelsea

In 2010 the Chelsea Wellness Coalition was formed to promote a culture of wellness in this community. Over a hundred community members have participated in the Coalition's monthly meetings. We focus our work in four areas of wellness, move more, eat better, avoid unhealthy substances and connect with others in healthy ways. We are very proud of the work we are doing and know that we are having a positive impact on the lives of thousands of people in the Chelsea area, including residents of Lyndon Township. Here are some quick facts about our coalition:

- ✓ To date, the coalition has sponsored 18 wellness interventions supported by grant funds and donations that total more than \$1M
- ✓ The interventions have been run by hundreds of community members donating thousands of volunteer hours.
- ✓ Over 3,000 residents of Chelsea have benefited from the interventions
- ✓ The coalition is connected to over two dozen other organizations in Chelsea

At the coalition meeting on May 1, 2014, we discussed our concerns about how the mine could have:

- A direct negative impact on the eleven wellness programs we have planned for this year. Many of the intervention programs we run are outdoor activities and many occur on or near Main Street. Thus, we are very concerned about the effect air and noise pollution and traffic issues could have on our programs.
- A general negative impact on the culture of wellness we are trying to create. Creating a culture of wellness is about opportunity and attitudes. We can provide wellness opportunities, and we can run programs addressing behavior changes toward a healthier life. However, we need the area to be conducive to participation of these programs, and we need the area to provide an atmosphere (wonderful place to live) so individual embrace the changes they need to make to live a life of wellness.

We are confident you recognize the negative community health impacts a sand and gravel mining operation would have on our efforts to make Chelsea one of the healthiest towns in the Midwest. In the interest of our health, please deny the permit for the sand and gravel mining.



## Chelsea Wellness Coalition – Friends and Family Wellness

May 8, 2014

**To:** Amy Heydlauff, Executive Director, Chelsea-area Wellness Foundation

**From:** Chelsea Wellness Coalition

**RE:** Potential new Sand Mine north of Chelsea

At the May 1 Coalition meeting, we discussed the potential of a sand and gravel mining operation north of Chelsea. We ask that you share with us CWF's opinion on the potential impact on the culture of wellness we are all trying to create in Chelsea. We have heard a lot of opposition to the mine over the past months at public hearings and ad hoc conversations.

Below is the list of threats to public health we have heard:

- Environmental degradation (water quality, local lakes and wild life, etc.)
- Exposure to toxins and pollution (air, noise)
- Economic decline that will have a negative impact on downtown business and on property values which would lead to financial issues for schools.

We have concerns about how these threats and the gravel trains travelling through Chelsea every few minutes would negatively impact the interventions we are running.

As our sponsoring foundation and experts in the area of community wellness, we have three requests:

1. Provide us with your opinions on the effect the mining operation would have on the public health and more specific on the culture of wellness in Chelsea.
2. Join us in opposing the approval of this mining operation by releasing a public statement. Our letter to the Lyndon Township Planning Commission is attached.
3. Help us to develop strategies to block the mine. For example, provide funding for building a trail system and creating a parkland in the proposed mine site.

In the event that the mine is approved, we may need to alter the plans for some of our interventions.

***We appreciate your rapid response to our requests.***